



Zwingli United Church of Christ

Celebrating and Sharing God's Love

Zwingli Hill News

January/February 2022

Vol. 60 No.1

[The New Year] may mean the first encounter with stark tragedy or radical illness or the first quaffing of the cup of bitterness. It may mean the great discovery of the riches of another human heart and the revelation of the secret beauty of one's own....It may mean an encounter with God on the lonely road or the hearing of one's name called by Him, high above the noise and din of the surrounding traffic....In whatever sense this is a New Year for you, may the moment find you eager and unafraid, ready to take it by the hand with joy and with gratitude.

--Howard Thurman, Meditations on the Heart

I love this message, this wisdom from Howard Thurman. As someone who experienced the best and the worst of humanity, it is inspiring that he could write and embrace such words of hope and encouragement. It is a message we all need as we move into this New Year, 2022. We know the score...the pandemic rages on, but we see glimmers of hope; the political divide seems to get wider and societal ills continue to harm, yet there are those who relentlessly seek the common good and work for justice, and will love neighbor no matter what; the year will be full of news and tests and events that will break our heart, while other news, result and events will fill our heart with gratitude and grace.

As children of God, we will experience the best and the worst of life and humanity too. Yet we are called by God to "be not afraid," and to take the moments "by the hand with joy and gratitude." We can hear these words in a sentimental way, or we can understand the depth of faith needed to nurture attitudes of joy, gratitude, patience, mercy and peace. Such attitudes are developed and refined in the nitty gritty realities of life, but also in Spirit filled moments of amazing grace and faith.

I just finished the year end report for 2021. A year we hoped would turn out differently did not come to fruition in so many ways. But, as I noted in the report, such disappointment did not get in the way of great ministry and a deeper sense of purpose. Like we earned after the fire, new life continues to find its way even in the darkest moments and despite incredible challenges. The resilience of our community at Zwingli United Church of Christ has been tested again and again, yet we continue to endure and persevere as seek the light, and act in faithful ways that bear witness to the light of Christ.

On Sunday, Council and ministries started a process to identify and live out new mission in 2022 and the years ahead. As this process unfolds, we will be encouraged to face new challenges, create ways to be more inclusive, host community events that will enlighten and welcome, broaden our worship practices and listen very closely to the heart of God's hopes for our church and community. We will also be encouraged to listen more deeply to our community to discover the best ways to reach out and welcome.

As we move into the new year, I hope that we will have the faith and courage to be *eager and unafraid, ready to take the opportunities in the New Year by the hand with joy and with gratitude*. I hope each of us will nurture these ways of living in our personal lives, our family commitments and in our beloved church. As we do, may we have patience. As a Rwandan proverb says, "To go fast, walk alone. To go far, walk together." May we go far in the year ahead.

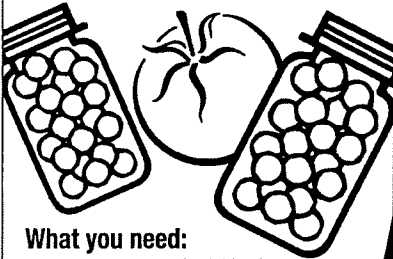
Peace, Butch

Table of Contents

1	Women's Day, Thank You!	9	Fundraisers
2	Worship Information	10	Zwingli Nursery School
3	Lent/Fastnachts	11	Volunteers
4	Health News	12	January Birthdays
5	ONA Implementation, Christian Education	13	February Birthdays
7	Missions		

Friendship SOUP

Make jars of Italian barley soup to share love and warmth with friends.

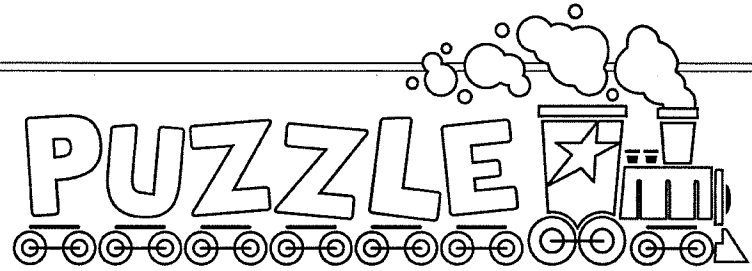


What you need:

- 1 cup pearled barley
- ½ cup sundried tomatoes
- 1 Tbsp dry minced garlic
- 1 Tbsp dry minced onion
- 1 veggie bouillon cube
- Glass pint jars with lids
- Cardstock
- Scissors
- Pen

What you do:

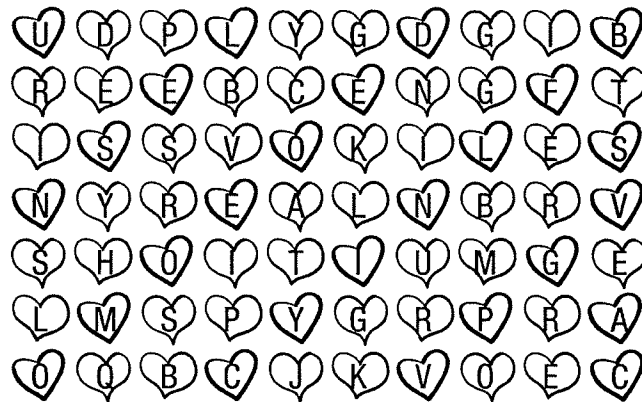
1. In order, layer the first five ingredients into the jar.
2. Trace the outline of the lid onto cardstock. Cut out.
3. On the card, write these directions: Remove wrapper from bouillon cube. Add contents of jar to saucepan. Add 4 cups water and a can of diced tomatoes. Bring to a boil over high heat, reduce to low. Simmer about 20 minutes, until barley is tender. Serve with parmesan cheese.
4. Place the card atop the lid. Screw on the canning ring to keep it in place.



The heart of a friend

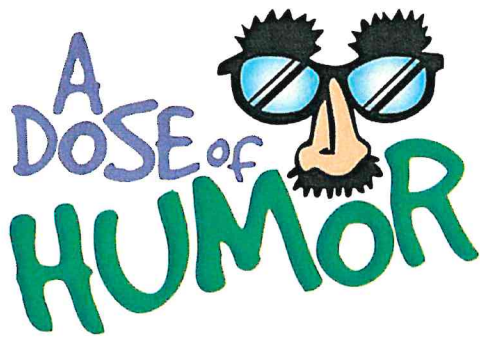
Big-hearted friendliness comes from generously serving others.

Directions: Start with the first D and move according to the arrows beneath the blanks. Then fill in the letters to complete 1 Peter 4:8-10.



Above all, love each other D , because love
 over a multitude of . Offer
 to one another without
 . Each of you should use whatever
 you have received to others, as faithful
stewards of God's in its various forms.

1 PETER 4:8-10, NIV



WOMEN'S DAY OUT!
Funny Women of A Certain Age
Sellersville Theater
February 27, 2022 | 2:00 PM
Doors Open: 1:30 PM

Join us for a fun day of laughter and fellowship as we enjoy a show at The Sellersville Theater.

After the show join us for an early dinner at The Ram Restaurant
606 W Chestnut St, Perkasie.

Tickets are \$25 each plus your dinner. Bring a friend / sister / daughter / mother / aunt / grandmother. **Sign up on the bulletin board by February 6.**

Questions can be directed to Lisa Cinciripini at 215-808-8926 or office@zwingli.org

CAUTION: This show may be a little racy.

FUNNY WOMEN OF A CERTAIN AGE is a show straight from the unfettered mouths and uninhibited minds of the funniest, most daring, most experienced people in comedy: the women that have seen it all. They've raised children both on and off the road, having club bouncers watch their babies while onstage. These women have stayed in comedy condos where you don't want to use a blacklight on anything. They've been told women aren't funny and asked to trade sexual favors for work. They have A LOT to say and they say it hysterically.

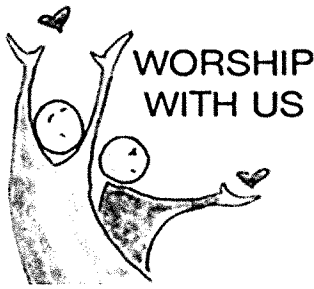
This show features Leighann Lord, Vanessa Hollingshead and FUNNY WOMEN creator Carole Montgomery. With over two dozen television credits to her name, CAROLE MONTGOMERY is a respected veteran of the standup comedy scene nationwide. In addition to her numerous television appearances, Carole has headlined clubs and colleges across the USA and starred in two different Las Vegas production shows. In her ten years as a Las Vegas star, it is estimated that she has been seen by over 5 million audience members.

COVID-19 UPDATE: Sellersville Theater is requiring proof of vaccine or proof of a negative Covid test within 72 hours to attend this event. Mask wearing is strongly recommended. When entering the auditorium, hold out your driver's license and valid vaccination card. If you do not have a vaccination card and are taking a Covid test within a 72 hour window of your show, hold out your driver's license and the test result with your name visible. Please note, at-home Covid tests do not fulfill this requirement. Once your vaccination or test result is checked, you'll receive a sticker for entry.



We thank the following Zwingli members for having served on the various Ministries and Church Council. Their work has been greatly appreciated and they will be missed!

Educators: Pam Myers
Elders: Liz Bibic
Evangelism: Jonathan Widgins
Missioners: Sally Kuykendall
Shepherds: Sandy Schuler
Trustees: Pete Myers
Vice-Moderator: Nikki Bechtel
Member at Large: Pam Myers



JOIN US IN-PERSON OR ONLINE FOR SUNDAY WORSHIP

*Follow the directions below
for your choice of worship.*

IN-PERSON WORSHIP INSTRUCTIONS

Prelude music will begin at 8:45 am.
Worship will begin at 9 am.

We encourage you to worship with us in person. However, please pay attention to recent changes to our COVID-19 requirements. Recent changes are bolded below.

The dramatic rise in COVID-19 cases and the uncertainty of the Omicron variant has led to some changes in our guidelines. We continue to ask for your help in protecting our entire congregation and the wider community by **staying home if you feel sick in any way** or are experiencing any of the following:

- Any symptoms of Covid-19 – cough, fever, loss of smell and/or taste, headache, or shortness of breath.
- Have cared for or been in close contact with anyone diagnosed with Covid-19 in the past 14 days. (Please note that this does not apply to health care professionals.)
- Have been advised to self-quarantine.
- Are currently infected with Covid-19 or are undergoing treatment for Covid-19.

- **Are feeling sick in any way, even if you think it is allergies.**

In light of the Omicron and Delta variants:

- If you are unvaccinated, please enjoy our services and special church events from home.
- **Please get vaccinated as soon as possible. We encourage this out of our deep care for you. It is also helps prevent mutations of the virus.**
- Please be careful to wear a *mask* properly and *social distance* as best you can when attending in person worship and events. Please remember to practice *good hand hygiene*.
- **Double-masking is encouraged unless you are wearing an N-95 or KN-95 mask.**
- *We will be suspending fellowship/refreshment time for the foreseeable future. So, please remain masked in the church buildings at all times (Some of those leading worship will be unmasked during their part in the service, so please leave the front row empty).*
- *We ask that church related meetings be held by zoom in the new year.*

The RTC Team will continue to monitor pertinent information as we always have and make ongoing decisions about restrictions as new information is available. We ask for your patience and hope our church community can be flexible enough to move in and out of restrictions with ease, if necessary, as we keep in mind the safety of our congregation and the community at large.

ON-LINE WORSHIP INSTRUCTIONS

Prelude music will begin at 8:45 am.
Worship will begin at 9 am.

To join us on Facebook Live, go to:
www.facebook.com/Zwingli.ucc

Don't have a Facebook Account? No problem –below are directions to watch the worship service without a Facebook account.

1. Click on www.facebook.com/Zwingli.ucc/live at 8:45 am.
2. If video is not playing, click the word "videos" in the left column, then look at the first video thumbnail under "all videos". This should be the most current Live video. If you are early, you may need to refresh the page by hitting F5 on your keyboard.
3. You DO NOT need to log in or sign up to be able to view the service.
4. Remember, if you load the page before the stream starts, the stream will not pop up. You will need to refresh the page.

If you miss our live broadcast, you can watch at a later time:

Go to www.zwingli.org or
Go to [Facebook.com/Zwingliucc](https://www.facebook.com/Zwingliucc) or
Go to Twitter #Zwingliucc or
Check your weekly Z-News on Monday.



LENTEN WORSHIP AND PROGRAM

Please mark your calendar for worship opportunities and program being planned for the season of Lent. Ash Wednesday service will be March 2 at 7:00 pm with a program on the Wednesdays following through April 6. Maundy Thursday service will be April 14 and Good Friday on April 15, both at 7:00 pm.



FASTNACHT NEWS

Due to the pandemic and to protect our volunteers, we have decided to cancel our annual fastnacht sale. We are sorry for the disappointment but feel the health and safety of our members and friends are priority. Cross your fingers for a healthier and safer atmosphere in 2023 to make fastnachts!



Healthy Moment

STRONG BONES'

Karen Hosler Kispert, Ph.D.; NSCA-CPT, ACE-CGFI

Its bones are tubes of bronze, its limbs like rods of iron. Job 40:18

Have you noticed that older people, especially women, appear shorter than they used to? I remember being startled to see that my mother – never tall anyway at just 5 feet – had become shorter than her 4'11" granddaughter. It's not an illusion, it's *osteoporosis*, which refers to the loss of bone density which reduces bone strength, which in turn increases the risk of falls and fractures. While bone density starts decreasing shortly after the age of 30, osteoporosis is especially common in postmenopausal women because of the effects on bone of the loss of estrogen. Women can lose 10%-30% of bone between the ages of 50 and 70. Both men and women lose 20%-25% of bone after age 70. Younger adults are not immune to bone loss, however. *Osteopenia* is a less severe decrease in bone density than osteoporosis; it can appear in women as young as their mid-thirties. Osteoporosis is a significant health concern because it increases the risk of fractures and other health disorders and even mortality. People with osteopenia are at greater risk for developing osteoporosis.

Osteoporosis and osteopenia are typically diagnosed by a *DEXA scan* – a non-invasive x-ray-type scan that measure the density of bones in the hip and back, and compares the results along a scale, with

"1" being the normal density of a 30-year old. A baseline DEXA scan is recommended for women by age 65.

Good news! Bone is strengthened by weight-bearing exercise. While some bone loss is an inevitable part of the aging process, osteoporosis itself can be prevented, or if developed, its effects can be lessened. "Weight-bearing" means the use of implements to stress the muscles and bones so they adapt, becoming denser and stronger. This is "good stress." Examples of weights include dumbbells, bags of groceries, and gallon water jugs. Weights can be carried, either one in each hand with arms straight down and shoulders back, or carried in one hand at a time. Weights can be pressed from the shoulders straight up to the ceiling. There are a multitude of other ways to do weight-bearing exercise. Feel free to contact me about it!

If you do not have osteoporosis, jumping is a great way to ensure strong bones. Try some squat jumps or jumping jacks, or jump rope! Skip! Run! If you are a woman in your 40's, this is a prime time for you to strengthen your bones.

Our skeleton is the wonderful framework of our bodies. Strong bones are an indicator of health and wellness. Take care of your bones. It's never too late.



ONA IMPLEMENTATION TEAM

After attending the Council/Ministry Retreat on Sunday, January 9, it was obvious that we are more than ready to post a Pride Flag in our front yard. It's time to share with our community what it means to be an Open and Affirming church that welcomes all who enter.

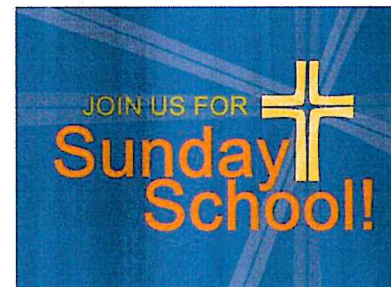
Flags are ordered and plans are being made. We have begun to research what it takes to host a PFLAG support group; to partner with the Souderton Area School District Gay/Straight Alliance Group; and to highlight and celebrate LGBTQ+ Awareness Days.

Watch for information in March about the Transgender Day of Invisibility. Learn as we learn to understand, respect and offer radical hospitality to anyone who wishes to welcome God into their lives.



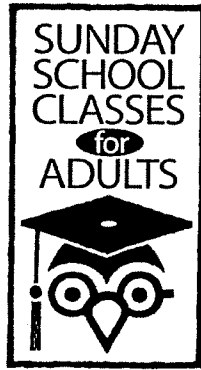
WEDNESDAY PRAYER CIRCLE

We will meet for Prayer Circle with Pastor Alan or Pastor Butch **each Wednesday** of the month from 12:00 to 12:30. The zoom invitation will be sent ahead of time. We feel that heartfelt communal prayer is especially needed on a consistent basis as we continue to deal with individual, family and church concerns, the pandemics of COVID 19 and racism, as well as other societal issues and direction.



NEW SUNDAY SCHOOL TIME

Please join us for Sunday School and Youth Group on Sunday mornings from **10:15 - 11:15 AM**. We are starting a little earlier but having the same amount of fun. During the winter we are gathering indoors **with masks** and social distancing. As soon as the weather warms up, we will gather outside again. Looking forward to all of you joining us. **Remember - 10:15 - 11:15 AM.**



**PLEASE JOIN US FOR ZWINGLI
ADULT BIBLE STUDY**

We will meet every Sunday morning in person at 10:30 am (except the first Sunday when we join Adult Electives at 10:30.) We will be studying traditional Sunday School themes based on the Standard Sunday School Commentary. Our teachers are Jonathan Widgins, Toni Kramlik and Charlotte Kramer. The themes for 2021-2022 will be:

Dec, Jan, Feb 2022: Justice, Law, History

Mar, Apr, May 2022: God Frees and Redeems

Jun, Jul, Aug 2022: Partners in a New Creation

ADULT ELECTIVES

Join us Sunday mornings at 10:15 am in the sanctuary for the following classes:

January 23

Civil Rights Journey

From May 29 to Juneteenth, 2021, Stephen and Jean Godsall-Myers embarked on a Civil Rights Journey, leaving from the Indian Valley area, going South to follow the beginning of enslavement to the civil rights era. Stephen and Jean will be with us for their presentation.

January 30

Joint Bible Study led by Charlotte Kramer

February 6

***Walking While Black: L.O.V.E. is the Answer
Part 1***

Join us as we watch a documentary that examines racial profiling and the daily struggle it creates for minorities in our society.

February 13

***Walking While Black: L.O.V.E. is the Answer
Part 2***

We welcome you to join us for the conclusion of this documentary, followed by your reaction and understanding of the issues we are experiencing today.

February 20

How are the Children?

A movie available from the United Church of Christ Palestine Israel Network called How are the Children? tells the stories of Palestine children, some as young as five years old, detained by Israeli forces in the West Bank of Israel. This thought-provoking session will broaden our perspective on related issues we face in the US.

February 27

***Queerness & Disability: Showing up as our
Full Selves***

The UCC Webinar series offered the opportunity for us to learn more about those who identify as both queer and disabled. This intersectional identity can strongly inform their understandings of self, others, and God. Members of the UCC Disabilities Ministries Board discuss invisible identities, self-discovery, and living outside the box. Join us for this informative session.

March 6

Joint Adult Bible Study led by Toni Kramlik



SUNDAY SCHOOL CHRISTMAS MISSION

A very special thank you to everyone who participated in our Angel Tree gift collection for the youth at Bethany Children's Home. It certainly was different shopping on-line for Bethany, but we know they greatly appreciated receiving gifts without concern about spreading COVID. We also had a nice collection of items brought to the church that were delivered by Tony and Betsy Villareal. Thanks so much. The folk at Bethany were thrilled by the gifts that helped to provide the youth at Bethany Children's Home a very special Christmas.

MISSIONS



The Missioners have selected the World Wildlife Fund as the recipient of a special Lenten Offering for their mission to conserve nature and reduce the most pressing threats to the diversity of life on Earth.

WWF has organized these threats into work centers in these six areas:

- Food
- Climate
- Freshwater
- Wildlife
- Forests
- Oceans

All of these are areas of great concern to humankind as we face the threats of global warming. By assisting WWF, we help ourselves and protect future generations while serving the will of God.

Envelopes will soon be available in the vestibule or you may forward your check made payable to Zwingli UCC and marked WWF to the church office. More information will follow.

CHRISTMAS FUND THANK YOU

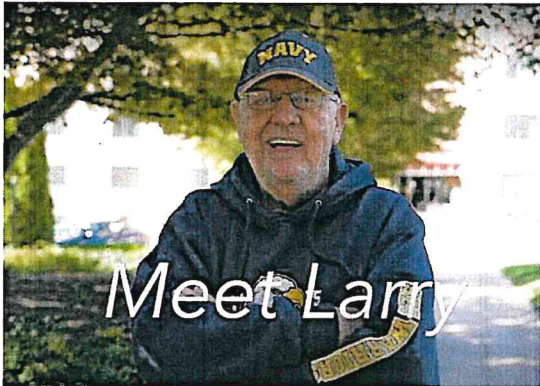
Thank you to all who supported the Christmas Fund which provides emergency grants, supplementation of small annuities & health premiums, and Christmas "Thank You" gift checks to our lower-income retirees, servants of the church who are facing a time of need. This year's donation was \$510.

REACH OUT AND READ THANK YOU

Thank you to all who supported the Advent Mission Project which provided, along with interest from the Mission Endowment Fund, enough to purchase over 600 new developmentally appropriate books to be given to CHOP Primary Care offices through the Reach Out & Read program. The books will help young families give their children a head start in life.

MEET LARRY

The following is reprinted with the permission of Keystone Opportunity Center from an item in their November newsletter (and Larry) to help us understand that Keystone Opportunity Center is more than a pantry. His name was changed for the article.



Larry, a Navy veteran who served on aircraft carriers before finally settling down in Souderton 31 years ago, is a client of Keystone Opportunity Center.

He wants to tell you his story.

*"I was living in a one-bedroom apartment. The place had changed owners twice since I moved in. And of course, each new owner raised the rent. **What I was getting from social security was not enough.** I would get my check, pay my rent, pay my phone and electric. There was nothing left."*

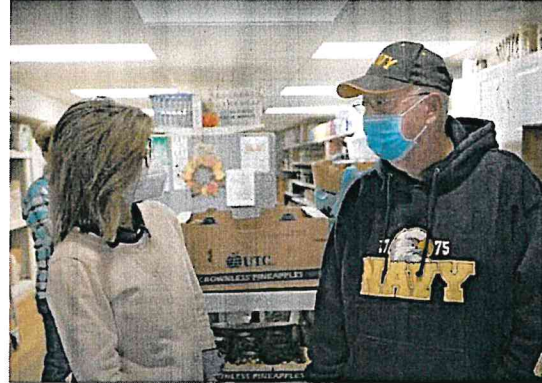
"If it was not for food-stamps and the Keystone food pantry, I would have starved!"

Keystone's Community Case Manager worked with Larry to connect him to numerous supports for seniors and veterans. In Larry's case, they even helped him fill out the forms.

"Being on social security, you get all kinds of paperwork, but my hands shake and it is now very difficult for me to write. I would

connect with Keystone staff who would help me fill out the forms. The case management team connected me with many resources over the years that have been helpful to me."

"It means everything to have Keystone Opportunity Center there to help me."



That's not where the assistance from Keystone ended. They were also able to help Larry find housing at a fraction of what he was paying.

Through a yearly \$1,000 donation from the Bequest Mission Fund we join with 23 other churches to support the salary of one Case Manager focused on helping people referred by the churches, an initiative sponsored by the Indian Valley Ministerium. It's results like this why Zwingli supports Keystone Opportunity Center so heavily in so many ways. Thank you for your support.



IF YOU ARE HOSPITALIZED

Due to privacy procedures implemented by all healthcare facilities, it is much more difficult for the church to obtain information about patients than it has been in the past. **If you or a member of your family is hospitalized, or at a rehab or other health facility, please let the church office and the pastor(s) know directly.** This is the only way you can be certain this information will be received.



STAY INFORMED

If you want to stay current on what Zwingli Ministries and Council are doing, pick up a Pre-Council Report from vestibule or contact Lisa in the office for an electronic copy. See the wonderful ideas that are being shared by your leaders!



SIMPLE WAYS TO HELP THE GENERAL FUND BUDGET

GIANT, Landis and Shop Rite Gift Cards

By purchasing **store gifts cards** from Zwingli Church, on a Sunday morning or throughout the week, you help contribute 5% of your store spending to the general fund of our church. AND, it doesn't cost you a cent. Purchase a \$25, \$50 or \$100 gift card to **Giant Stores, Landis Supermarket or Shop Rite** on Sunday mornings or through the church office. Thank you for your participation in this program!

Support Zwingli By Shopping At AmazonSmile!

When you shop at AmazonSmile, Amazon will donate .5% of your purchase to the Zwingli UCC general fund. Just go to smile.amazon.com, designate Zwingli United Church of Christ as your charity, and start shopping! Or type in this link which will take you directly to Zwingli's Amazon page:

<https://smile.amazon.com/ch/23-6291301>



purchased to Zwingli. You just need to inform them when placing your order for dine in, pick up, or delivery that you are a member of Zwingli. It's that simple!



ZWINGLI NURSERY SCHOOL UPDATE

Zwingli Nursery School is now accepting registration for the 2022-23 school year!

Please call the church office, visit

www.zwingli.org/zns

or see Lisa Cinciripini for a registration form.

Classes held Monday, Wednesday and Friday from 9 – 11:30 am

DEADLINE FOR SUBMITTING MAILING ARTICLES FOR THE MARCH MAILING IS MONDAY, FEBRUARY 14!

SUNDAY MORNING USHERS/GREETERS

- January 23 Sue Wack, Larry Moss
Pete and Pam Myers
- January 30 Gene and Rhonda Moyer
Kristie Lowery
- February 6 Jen Smeed, Miles Smeed
Ed and Sue Rauch
- February 13 Mike and Jessica Chinault-Jalboot

2022 FLOWER AND BULLETIN SPONSORSHIPS

Would you like to sponsor the flowers in the chancel one Sunday morning or a bulletin?

Chancel flowers are \$44.
Bulletins are \$15.

For either/both sponsorship, please pick up a form from the vestibule, attach a check and place in the labeled box in the vestibule OR mail to 350 Wile Avenue, Souderton, PA 18964. We appreciate your support.



Fasageo's Italian Restaurant and Pizzeria Fundraiser

We have partnered with Fasageo's Italian Restaurant and Pizzeria, 724 Ridge Rd., Sellersville, PA for an ongoing fundraiser. Fasageo's will return 10% of any food sales

February 20 John and Laurie Reynolds
Charlotte Kramer, Carol Wenger
Rick and Missy Rogers
February 27 The Chalmers
Susie and Dale Woodland
March 6 Joanne and LaMar Kratz
Jonathan Kratz, Joan Yeager

REFRESHMENTS-Temporarily Cancelled due to COVID concerns

FACEBOOK MONITOR

January 23 Laurie Reynolds
January 30 Lisa Cinciripini
February 6 Tony Villareal
February 13 Kristie Lowery
February 20 Lisa Cinciripini
February 27 Laurie Reynolds
March 6 Tony Villareal
March 13 Kristie Lowery

MONEY COUNTERS

January 23 Kristie Lowery, Becky Klausfelder
January 30 Tara Kuhnsman, Sue Wack
February 6 Joanne Kramlik, Erin Chalmers
February 13 Tara Kuhnsman, Rick Rogers
February 20 Lee and Lois Hunsicker
February 27 Tara Kuhnsman, Marian Eide
March 6 Tara Kuhnsman, Erin Chalmers
March 13 Carol Wenger, Kristie Lowery

TRUSTEE ON DUTY-JANUARY – Tom Cinciripini
TRUSTEE ON DUTY – FEBRUARY – Barry Tice
TRUSTEE ON DUTY – MARCH – Butch Hafler

Zwingli UCC Staff

Butch Kuykendall, D.Min.....Senior Pastor
Alan Miles, M.Div..... Associate Pastor
Steve Emery.....Director of Music/Organist
Linda Cuddahy.....Nursery Caregiver
Lisa Cinciripini.....Office Administrator
Kristie Lowery.....Office Assistant

Zwingli United Church of Christ, 350 Wile Avenue, Souderton, PA

Phone: 215-723-1186 Fax: 215-723-5402

www.zwingli.org office@zwingli.org

Office Hours: M- TH: 8:30-4:30, F: 8:30-3:30
Closed Daily 12-1



ONA COVENANT

At Zwingli United Church of Christ, we promise to engage and nurture Christ's light in all of God's people, no matter their sexual orientation or gender identity, race or ethnic background, social status, soul injury, religious beliefs, age, and physical, mental, or addiction challenges.

We aspire to be a counterweight to exclusion and discrimination. We choose to purposefully welcome and include all people in every aspect of our church family including worship, fellowship, and leadership, lay and ordained, and will meet you where you are on life's journey to share God's love with you. It is our commitment that all members should feel and be safe, as we express God's universal and unconditional love in our church, community and daily lives.

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