



Zwingli United Church of Christ

Celebrating and Sharing God's Love

Zwingli Hill News

May 2022

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I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.... Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all.
(Romans 12:1-2, 9-18)

Holy Scripture often casts a vision of who we are to be as Christians and the church. One of my favorite passages about this vision is the one from Romans quoted above. It gives some basic direction for what we are to be about. Over the past few months, Council and pastoral leadership have worked to identify and begin to cast a vision for the work we are to do over the next few years or so, a 2025 vision for what we believe God is calling us to do and the ministry priorities to focus on. I believe the priorities identified reflect Paul's appeal in the letter to the church in Rome, a letter just as critical for us today! The initial priorities identified by Council involve three different kinds of endeavors:

- (1) **Community building.** The pandemic certainly interrupted our usual ways of being the church. The pastors and leaders worked ardently over the past few years to find ways to remain connected amid the ever-changing landscape of the pandemic. We are now a hybrid church, with more and more returning to in-person worship, education and other activities, and with others continuing to worship online, or who stay engaged as best they can from a distance through technology. As we slowly emerge from the pandemic restrictions, *the leadership of the church believe it's time to focus again* on traditional and new ways to reconnect in-person for worship, education, fellowship and service for those who feel it's safe to do so. Since the pandemic has redefined what it means to be church, we also want to enhance our web and social media presence, to expand our community beyond the doors and beyond geographical restraints, to creatively engage folk at a distance so that they also feel they're an integral part of the ministry at Zwingli.
- (2) **Building a brand.** Scripture tells us that we shouldn't hide our light under a bushel basket, but to let our light shine before others so that God may be glorified. There's a desire among leadership, and I'm guessing many others in the church, that we clearly identify who we are and find ways to share the light of our ministry and purpose in more visible and tangible ways. Building a brand involves celebrating who we are now, but also identifying and proclaiming what our future might look like as we heed the Spirit's direction and inspiration. Although we can do some of this work ourselves, we will also look to find help from a quality church consulting group to help us along the way. "Building a brand," will involve many avenues of discovery, growth and making public who we are in this time and place.
- (3) **Mission, ministry in the community.** In the next year or so it is our hope to identify a need in the community not being addressed (or addressed adequately) for which we can provide leadership,

programing, education, and empowerment. This effort may be in collaboration with other churches or be developed and implemented on our own. There are plenty of possibilities – for example, ministry with those with dementia and their caregivers, working with the LGBTQ community, especially youth, or using our ONA mission statement to spur other ideas to minster with marginalized groups. *In the meantime*, there are plenty of groups that we can engage that serve the community, like Keystone Opportunity Center, Laurel House, the Bean Bag Project, or Emmanuel Lutheran’s emeal program to name a few.

I’m really excited about the possibilities ahead. As we focus on these priorities, we are also looking at worship and how that can be enhanced so that we can be connected more deeply with God and one another. With fantastic ministerial colleagues (pastoral, music, office), great leadership and the support of a wonderful congregation, all things are possible through God who loves and guides us. These priorities will require us to make an extra effort, participate as fully as possible and even volunteer to help lead. These efforts will also take time, patience and prayer. So, thank you in advance for the many ways you will be a part of serving Jesus in our church and the world.

Peace,
Butch

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CONTINENTAL BREAKFAST

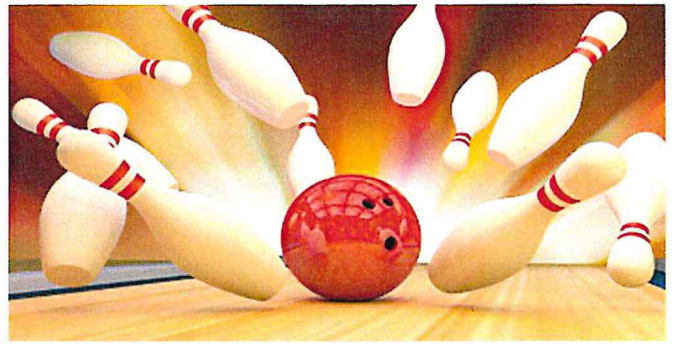
Join us for a continental breakfast on Sunday, May 8 at 8 am. The Ministry of Shepherds will provide the food – you provide the fellowship! We'll finish in time for worship at 9:00 a.m.

Hope to see you there.



KNOW OF ANY ZWINGLI MEMBERS GRADUATING THIS YEAR?

If so, we want to know! Graduation Recognition Sunday is right around the corner and we want to celebrate all our graduates and their hard work! **Please e-mail Lisa at office@zwingli.org** with the name of the graduate, where they're graduating from and what their next plans are (if they're continuing their education where and what are they studying? If they've taken a job, where and what are they doing?). Please submit this information to the church office by Sunday, May 22nd.



Shine Up Those Bowling Shoes And Wipe Down Those Bowling Balls As You Are Invited To Come Bowling With Your Zwingli Family

(Lyft, Youth, Children and Parents)

WHEN: Sunday May 22, 2022

WHERE: Earl-Bowl Lanes, 390 Morwood Road, Telford

TIME: 6:00pm

Sunday Night Family Special

***Must Start Between 5:00PM-8:00PM**

***Includes One(1) Plain Pizza**

***Includes One(1) Pitcher Of Soda**

***Includes Shoe Rental**

***Minimum 4 Bowlers Per Lane**

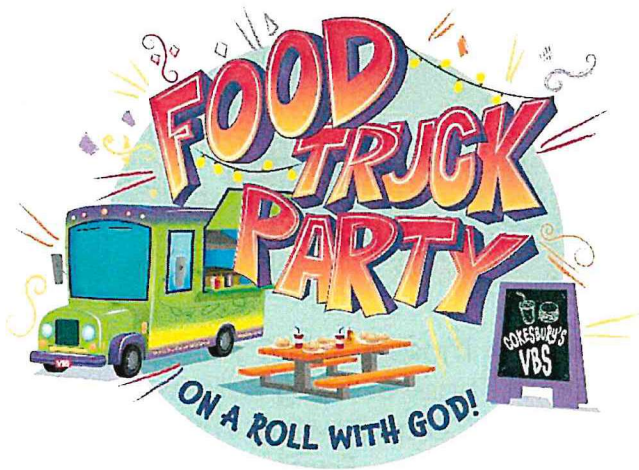
***Maximum 8 Bowlers Per Lane**

ONLY \$45/2HRS/LN

per lane - must start by 8:00PM



Looking Forward To Seeing You All There!



VACATION BIBLE SCHOOL IS COMING!
August 1-4, 9AM - Noon

Do you love food? Do you love fun? Do you enjoy teaching and helping our kids? Volunteer with us at Vacation Bible School.

Our theme this year is "Food Truck Party", based on Cokesbury's curriculum. During the week, we'll learn about the ways that God loves us so we can love others.

Hosted at **Little Zion Lutheran** (267 Morwood Road in Franconia Township) and in partnership with **St. Paul's Lutheran** of Telford and **Zwingli UCC** of Souderton, we're looking for leaders and assistants in preschool (age 3) through 5th Grade.

We're also looking for teens and adults with a passion for sharing God's love with kids through a variety of ways during the program. Even if you are only available to volunteer for some of the time, helpers are needed for many roles, from assisting with snack time to leading our Pre-K group. For more information about VBS and to volunteer, please contact the church office. office@zwingli.org or 215-723-1186.



GREETINGS FROM THE HOLIDAY HOUSE
TOUR COMMITTEE

While you might not be thinking of the Christmas Holidays, the House Tour Committee has. We greeted 2022 with eager anticipation, with thoughts of conducting our 10th Anniversary Tour.

After a great deal of deliberation, weighing the pros and cons of conducting the house tour, we have reached the conclusion that conducting a cold weather event in a continuing environment of uncertainty, due to COVID variants, is not prudent.

We felt that it is irresponsible to place homeowners in the potential position of having the tour cancelled, in the event of rising positivity rates, after they put so much time, and possible expense, in preparing their home for the House Tour.

Returning to this wonderful display of community fellowship will, hopefully, happen in 2023.

The Holiday House Tour Committee:
Gladys Amspacher, Marian Eide, Bobbie Ralphs, Susie Woodland



ZWINGLI SUMMER SUNDAY SOCIALS

Once a month from May-September on a Sunday afternoon, join us for fellowship at Bishop Estate Vineyard and Winery, 2730 Hilltown Pike, Perkasie. We will enjoy good conversation, live music, tasty wine/beer, and the great outdoors!

Bring a snack to share and a lawn chair or blanket to sit on. Food trucks are there if you prefer to purchase something to eat. No outside alcohol permitted, but water and soft drinks are fine to bring.

No need to sign up, just show up. We will set up as group. Look for the purple canopy out in the field!

This event is open to all ages and friendly dogs are welcome.

Cost: Whatever you choose to buy. There is no cover charge.

Dates: May 15, June 5, July 17, August 14 and September 18

See Lisa Cinciripini with questions.



**May 1 – 31, 2022
40 Cherry Lane
Souderton**



**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.

RETURN TO CHURCH GUIDELINES

After consultation with the new CDC guidelines, Montgomery County, and other resources, the Return to Church (RTC) Team has made a change to the masking policy. **Masking is recommended, but is**

not required. For those who have been vaccinated and are healthy, masks are not required indoors. If you are immunocompromised or high risk for severe illness, we recommend speaking to your primary care physician about masking choices, or we recommend you wear a mask. If you live with someone whose health is compromised, we recommend wearing a mask.

There are other important matters to mention regarding worship/events at Zwingli as we live into the "new normal" of the pandemic:

- We will continue to pause our fellowship/refreshment time until we can meet outdoors.
- We will continue our current practices around passing the peace and greeting before and after worship.
- We will continue our current practices regarding announcements during the service.
- If you do wear a mask, please be careful to wear it properly. Double-masking is encouraged unless you are wearing an N-95 or KN-95 mask.
- Please try to social distance as best you can when attending in person worship and events. Please remember to practice good hand hygiene.
- Get vaccinated as soon as possible and keep up with vaccination boosters!! We encourage this out of our deep care for you!!

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. Please also stay home if you have experienced 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.
- If you are unvaccinated, we recommend that you wear a mask or enjoy our services and special church events from home.

The RTC Team will continue to monitor pertinent information as we always have and make ongoing decisions about mitigation efforts 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 or
 Go to Twitter #Zwingliucc or
 Check your weekly Z-News on Monday.



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.**



SUNDAY SCHOOL AND YOUTH GROUP

May 22nd will be the last Sunday school and youth group class until September. We will be having a celebration on May 22nd in celebration of Sunday school and youth group ending for summer break.

ADULT CHRISTIAN EDUCATION

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

May 8
Mother's Day - Doula

In recognition of Mother's Day, Kyna Castaneda will share her experience and background as a Doula with us. It will be interesting to learn how COVID-19 impacted patient care for clients during the pandemic. We invite you to join us for this live presentation and discussion.



EASTER EGG HUNT

This event was a HUGE success! Thank you to all of the volunteers and those that donated plastic eggs, candy and decorations!!

May 15
Native American

We invite you to attend a moving and insightful video as we investigate the history, operation, and legacy of the federal Indian Boarding School system, whose goal was total assimilation of Native Americans. One of the schools was located in Carlisle, Pa. Join us as we gain a clearer understanding about this topic.

May 22
"Hawaii: A Different World View"
- Tony Villareal

On a sabbatical leave, I explored the connection between the Congregational Missionaries of New England and the establishment of the Congregational Churches in Hawaii. This led to some interesting insights into the changing world view of the people of Hawaii, and its impact on the modern movement for the return of the indigenous rights and lands to the Hawaiian people. Though not an extensive treatment of the topic, it is interesting to share some of the insights learned.

May 29
No Sunday School

MISSIONS

UKRAINE CRISIS

The Missioners decided to respond to the crisis with a donation taken from the Mission Endowment Fund immediately in the amount of \$1,000. It was sent in March to the UCC Global H.O.P.E. Ukraine Emergency Appeal (<https://www.ucc.org/global-h-o-p-e/ukraine-emergency-appeal/>). We considered other agencies, but settled on this one.

We decided to wait until after Easter to launch this campaign. Donations will go towards reimbursement of the Mission Endowment Fund with the first \$1,000 collected. Anything over \$1,000 will be forwarded to the UCC Ukraine appeal. Donations can be marked "Ukraine" on your envelope. If you make your gift online through our website, under the dollar

amount, click the + icon to "Add special instructions to the seller:" and specify Ukraine.



STRENGTHEN THE CHURCH

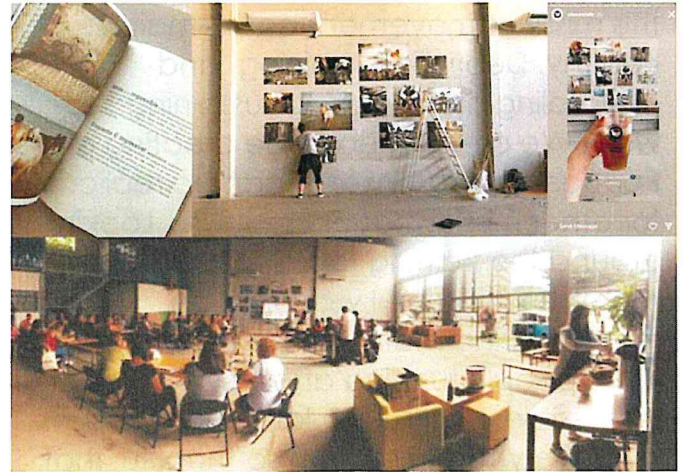
On Pentecost Sunday, June 5, 2022, the UCC churches will be collecting for the Strengthen the Church offering. The funds raised will help build new churches, support leadership development, awaken new ideas in existing churches and develop the spiritual life of our youth and young adults. By your generosity to this offering, you build up the Body of Christ.

ONE GREAT HOUR OF SHARING THANK YOU

Donations this year totaled \$1,010 to help spread a message of love and hope to people in crisis. Working with international partners such as Church World Service and the ACT Alliance it will help provide sources of clean water, food, education, health care, small business micro-credit advocacy & resettlement for refugees and displaced persons, emergency relief & rehabilitation and support domestic & international ministries for disaster preparedness & response.

The Missioners want to thank the congregation for supporting One Great Hour of Sharing again this year.

A LETTER FROM OUR MISSIONARY



The past 3 days have been a whirlwind as we hosted our first staff care training here in Brasil.

At the very beginning of the pandemic in 2020, I had just recovered from a near burnout myself when our director asked me to pioneer a staff care branch for the ministry. Easier said than done. Although we are a mission of 50 + staff working in very high trauma situations, Brazilian culture does not readily ask for or accept help. The first year was spent breaking down stereotypes and resistance to counsel as mental health in caregiving professions is not something often addressed here. After 2 years of slow, steady, breakthrough the majority of our leadership team has been able to receive coaching, and instead of one counselor to serve 50 people, we have 4 individuals working in this role. It was surreal hosting our first training for the team that openly discussed subjects from boundaries to vicarious trauma. As I have talked about in the past, the social services system here is about 50 years behind the US system. This is not limited to the ways in which clients are treated, but also the resources available to care givers, creating for exceptionally high levels of burn out. This is equally true among missionaries.

Brasil is the second largest sender of

missionaries worldwide. Yet despite this, the nation lacks support options to make sure this missions movement can remain healthy. Debriefing, training, and counseling are critical to sustaining this work. We are excited to be creating a Portugese program that can be replicated for other missions agencies here. Looking around the training room at the 50 staff members present, I was undone remembering that 11 years ago, we were just 7 people running after a vision that felt impossible. I learned a lot of hard lessons over the years, and I am so thankful that we are now able to help others avoid those pit falls by teaching how to navigate the wounds that come with this work. It is truly a privilege and incredibly humbling to share from this place of experience and healing.

In case you're curious about art hanging in the background of the training photos, I am excited to announce that I also recently launched an art gallery at Shores base in Recife which houses our legal offices and coffee shop. The photos are images from a book called Sons and Daughters. A few years ago I had released this publication in English but it has now translated into Portugese as well. Selected portions of the text are hung beside the photos to cultivate awareness and conversation around the ever present reality of human trafficking. The base has become a center of community activity as many come to eat and co-work in the cafe. It also serves as our drop in center for kids from the slum and women from the red light district. Shores legal team has offices here as well and so the gallery simultaneously exists in their waiting room. Our lawyers and social workers have served over 90 families in the community to date, so the room is always full with individuals waiting to meet with their teams. It is, I believe a perfect space to warn the at risk populations we serve about commercial exploitation, educate

about exit strategies, and share stories about recovery. The artist statement reads:

In dedication of all who carry similar stories: A wall to honor all the communities and individuals we have crossed paths with throughout these years. May you know that our lives are forever changed because of you. May you understand your immeasurable value. May you always remember that you are not alone.

I pray this email finds you all well. May your spring bring renewed hope and reawakened vision! Thank you all so much for the continued support.

Blessings,
Kate Saurman

MILLER-KEYSTONE CANTEN VOLUNTEERS NEEDED

It should be of no surprise that blood supplies are in short supply in both the Red Cross and Miller-Keystone. Both have also been hit with staffing issues since the pandemic. Recently our Indian Valley Community Drive for January and February had to be canceled due to illness in the drive staff and the April drive is already canceled due to short staffing. Along with staffing issues is the need for more local volunteers to staff the canteen at the drives. When a volunteer isn't available, paid staff has to fill in. As a non-profit organization, that cuts into the bottom line.

M-K is the sole provider of blood for over 25 hospitals which includes Grand View, St. Luke's and Lehigh Valley. You can contact Jim See at 215-257-4160 if you would like to find out more about volunteering. Or you can call M-K directly and talk to Kathy Hoy, Volunteer Coordinator, at 610-926-6060 ext. 1103 or email at khoy@GIVEaPINT.org .

Staffing the canteen is not hard, it's not strenuous, it's not complicated, it's not rocket science. Please consider this opportunity.

WALKING THE LABYRINTH

As you know, we dedicated a new outdoor labyrinth on Sunday, March 20 and have been waiting for the ground to be ready for those who would like to walk the labyrinth. That time has come! Labyrinths were used in Christian spiritual practice as early as the 4th century, flourishing in Europe in the 11th and 12th centuries. Unlike a maze, which is designed to trick and confuse, the labyrinth is a single path into its center and out again, inviting the walker into sacred space and encouraging a pilgrimage of discovery about God and our interior life. In short, the labyrinth is a path for prayer and meditation and a way to deepen our faith. We hope you will take advantage of this way of praying and connecting to God.

Some of you may be wondering how to walk the labyrinth. Information about walking the labyrinth will be available May 9 in the church office and atrium. For those who would like to walk the labyrinth before then, instructions can be found at peacelabyrinth.org and veriditas.org (under the "labyrinth resources" tab, see "New to the Labyrinth?" Printable instructions available). If you have any questions, please be in touch with Pastor Butch.

PASTOR BUTCH AWAY MAY 8 TO JUNE 5: Please offer your support to Pastor Alan, the Elders and other leaders while Pastor Butch is away for vacation time. In addition to Pastor Alan preaching on May 15 and 22, we will welcome Rev. Dr. Fred Schwerdt as guest preacher on May 29 and Rev. Nancy Hardy as guest preacher on June 5.



**Healthy Moments
Narcan to the Rescue
By Kristie Lowery, Faith Congregational
Health Nurse**

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." 1 Corinthians 10:13

Drug overdose-related deaths are on a steady rise in the United States. In 2017, there were an estimated 72,000 deaths due to drug overdoses. That same year, 46% of Americans had friends or family addicted to drugs. Addiction poses an increased risk of death from overdose. As many as 60% of overdose deaths are directly related to opioid addiction including heroin and prescription painkillers.

What would you do if you found someone you love overdosing on opioids? In recent years the United States government has declared opiate addiction a public health emergency, and have taken measures to curb the increasing death rate of this addictive class of drugs. One such measure was making a life-saving medication known as Narcan (brand name Naloxone) available to the public. It is designed to be used in an emergency to reverse opiate overdose. With only basic training, Narcan can mean the difference between life and death in an overdose situation.

In a hospital setting, opiates are actually very useful. Doctors use them to help people recovering from traumatic injuries like broken bones, sprained muscles, and after surgery. They are also used to help hyperactive and anxious individuals relax due to their ability to "turn down" the central nervous system. The problem is that they are both highly addictive, and potentially lethal. After long term use, the body requires higher doses to achieve adequate pain relief, which can lead to an overdose.

The use of drugs can occur anywhere throughout the community and can occur within our churches. Knowing the signs and symptoms of an opioid overdose will help to expedite treatment and ensure their safety. Signs of an opiate overdose include: extreme drowsiness; slowed breathing; slowed heart rate; pinpoint pupils; confusion; loss of consciousness. Even with many attempts to reform, relapses can occur without much warning.

If you suspect someone is experiencing an overdose, immediately call 911. If Narcan is available, administer Narcan immediately to help stabilize the person until a medical professional arrives. Narcan (Naloxone) is a non-addictive drug used to treat opiate overdoses

Our church has acquired a few Narcan doses to use in the event an overdose is suspected. These doses are being kept in the atrium in the cabinet under the sink with the first aid kit. There is a sign on the front of the door indicating Narcan is stored in the cabinet. Inside the door is a sign explaining administration of Narcan. The Narcan is sitting on top of the first aid kit. Remove it from the box, tear open the Narcan packaging, and insert the round plunger side into one of the overdose victims' nostrils — then squeeze. A dose of Narcan will be sprayed into the nose, and quickly absorbed by the tiny blood vessels in the area. After about 2 or 3 minutes, you should start to see some improvement in their condition, but it is important to keep a close eye on them. Take note of the time you gave them a dose and continue to watch their breathing. Make sure someone has called emergency help. When emergency help arrives, tell them the time the Narcan was administered.

Narcan takes about two minutes before it produces any effects and will last between

45 minutes and 90 minutes. It is important to make sure the victim's condition is stable until help arrives. Keep watching them and look for signs of improvement or worsening. If nothing happens after about 3 minutes, another dose of Narcan can be given.

As Christians, we are called to care for the sick, reach out to those with pain and suffering, and show our compassion to those in need. Being prepared to assist those who may be having a drug overdose, is one way for us to serve our God and do for those that need our assistance. The next time you walk through the atrium, note the location of the Narcan so that in the event it is needed, you will know where to find it. And pray for those who are trying to overcome the addiction, that with God's help they will find the courage and faith they need to remain strong and resist the urge to use again.

References.

[Comprehensive Guide to Narcan \(Naloxone\): The Opiate Antidote to Save a Life \(stopoverdoseil.org\)](#)

[Q&A: Preaching Harm Reduction - Open Society Foundations](#)

[The Prescription for Saving Lives - Open Society Foundations](#)

[FCC Faith-Based-Toolkit 2021.pdf \(pitt.edu\)](#)



a just
world
for all
ucc.org

ONA IMPLEMENTATION TEAM

Mental Health Awareness Month

Over the past 3 years we have studied and learned about what it means to be an Open and Affirming church. We have focused a lot on the LGBTQ+ community, but our covenant covers much more. The first paragraph of our covenant says:

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.

May is Mental Health Awareness Month and the 2022 theme is:

Back To Basics: Practical Mental Health Information

Since the start of the pandemic, more and more people are talking about mental health. An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach.

Are there common warning signs for mental health conditions or crises? Specific factors that can lead to mental health conditions or even crises? What resources are out there – and how do I know if they're right for me?

Many people are learning about mental health topics for the first time. Having a widespread understanding of the topic can help you be more informed if you or someone you know is experiencing a mental health condition or crisis. Around half of people in the U.S. will meet the criteria for a diagnosable mental health condition at some point in their life, so everyone should know what to look out for.

Everyone should have the support needed to thrive. Communities that have been historically and presently oppressed face a deeper mental health burden because of the added impact of trauma, oppression, and harm.

There's often no one single cause for a mental health condition. Instead, there are many possible risk factors that can influence how likely a person is to experience a mental health condition or how serious the symptoms may be.

Some risk factors for mental health conditions include: trauma, which can be a one-time event or ongoing; your environment and how it impacts your health and quality of life (also known as social determinants of health like financial stability and health care access); genetics; brain chemistry; and your habits and lifestyle such as a lack of sleep.

Of course, understanding the risk factors for a mental health condition can be more difficult when it's your own mental health.

Take time to ask yourself about your thoughts, feelings, and behaviors to see if this is part of a pattern that may be caused by a mental health condition. Here are some questions to get you started:

- Have things that used to feel easy started feeling difficult?
- Does the idea of doing daily tasks like making your bed now feel really, really hard?
- Have you lost interest in activities and hobbies you used to enjoy?
- Do you feel irritated, possibly to the point of lashing out at people you care about?

Our society focuses much more on physical health than mental health, but both are equally important. If you are concerned about your mental health, there are several options available. You are not alone – help is out there, and recovery is possible. It may be hard to talk about your concerns, but simply acknowledging to yourself that you're struggling is a really big step.

Taking a screen at mhascreening.org can help you to better understand what you are experiencing and get helpful resources. After that, consider talking to someone you trust about your results, and seek out a professional to find the support you need.

While you may not need this information today, knowing the basics about mental health will mean you're prepared if you ever need it. Go to mhanational.org/may to learn more.

Ref: www.mhanational.org



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!

LANDIS SHOPPERS

If you shop at Landis, please consider purchasing gift cards from the church office. We learned recently that if the gift cards are not used within a year, they start to take service fees from the balance. Due to COVID, the sales of these cards have been sparse. The cards have been re-dated, so they are good for a full year, but it would be helpful to use them up! Please see Lisa Cinciripini to purchase a card. We have \$25, \$50 and \$100 denominations. 5% of your purchase goes directly into our general fund budget.

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>

PETER BECKER
50TH ANNIVERSARY CELEBRATION



**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 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
**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**

The Peter Becker Community is celebrating 50 years of having the honor of caring for so many special residents, working alongside compassionate and gifted employees, and receiving overwhelming community support.

Please join Peter Becker for their 50th Anniversary Celebration on Sunday, May 15, 2022 (rain date Monday, May 16, 2022)

Schedule of Events

Festivities begin at noon following the 10:30 am chapel service.

- 12 pm – Picnic at the Pavilion
- 12 – 2 Exhibits, Auxiliary Sales, Campus Tours, Thrift/Furniture Store and Demonstrations
- 2 pm – Anniversary Ceremony
- 3 pm – The Barbone Street Jazz Band

**DEADLINE FOR SUBMITTING MAILING
 ARTICLES FOR THE JUNE MAILING IS
 MONDAY, MAY 16!**

SUNDAY MORNING USHERS/GREETERS

- | | |
|---------|--|
| May 1 | Joanne and LaMar Kratz
Jonathan Kratz, Liz Bibic |
| May 8 | Barry and Lois Johnston
Joan Yeager, Gladys Amspacher |
| May 15 | Maureen Hartman, Sue Wack
Tom and Toni Kramlik |
| May 22 | Dale and Susie Woodland
David and Carol Reiff |
| May 29 | Rhonda Moyer, Larry Moss
Pete and Pam Myers |
| June 5 | Gene and Rhonda Moyer
Kristie Lowery, Mark Comden |
| June 12 | Jen Smeed, Gene Mattes
Gene and Rhonda Moyer |

ACOLYTE

May 1	Ryan Chalmers
May 8	Nora Jalboot
May 15	Madison Klausfelder
May 22	Evan Chalmers
May 29	Cali Smeed
June 5	Adalyn Neff
June 12	Caleb Jalboot

REFRESHMENTS-Temporarily Cancelled due to COVID concerns

FACEBOOK MONITOR

May 1	Tony Villareal
May 8	Kristie Lowery
May 15	Kristie Lowery
May 22	Lisa Cinciripini
May 29	Tony Villareal
June 5	Kristie Lowery
June 12	Laurie Reynolds

MONEY COUNTERS

Steward of the Month: Charlotte Kramer

May 1	Charlotte Kramer, Carol Wenger
May 8	Joanne Kramlik, Sue Wack
May 15	Carol and David Reiff
May 22	Mike and Jess Jalboot
May 29	Marian Eide, Sue Wack

Steward of the Month: Joanne Kramlik

June 5	Ed and Liz Bibic
June 12	Lee and Lois Hunsicker

TRUSTEE ON DUTY – MAY: Barry Tice/Tom Cinciripini

Zwingli UCC Staff

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

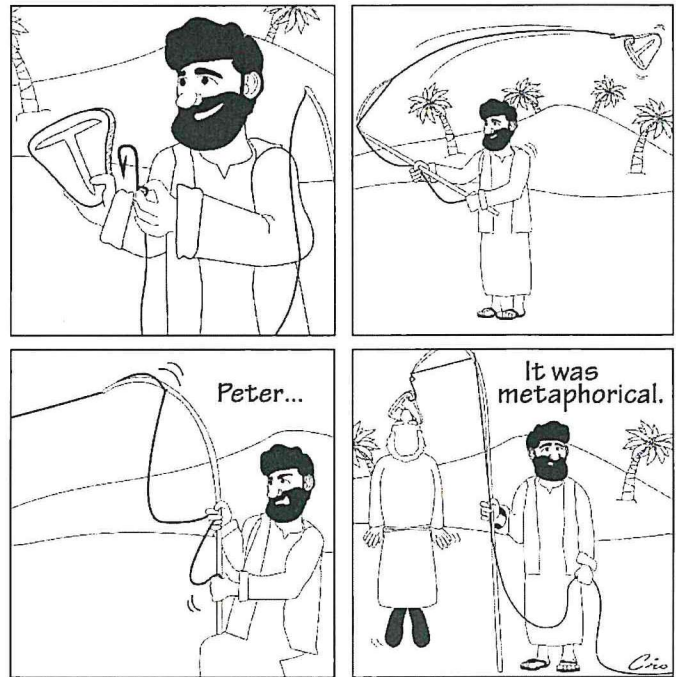
Zwingli United Church of Christ, 350 Wile Avenue, Souderton, PA

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

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ONA COVENANT

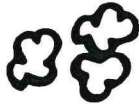
At Zwingli United Church of Christ, we promise to engage and nurture Christ's light in all of God's people, no matter their sexual orientation or gender identity, race or ethnic background, social status, soul injury, religious beliefs, age, and physical, mental, or addiction challenges.

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.

9.12.21



Some popcorn plus a little heat makes a big change.



What you need:

- 2 Tbsp. popcorn kernels
- 2 tsp. oil
- 1 Tbsp. sugar
- Brown paper lunch bag

What you do:

1. Add popcorn kernels, oil and sugar to the bag.
2. Fold the bag's top down about half an inch. Repeat two more times. Gently shake to mix ingredients.
3. Microwave for 1½ or 2 minutes (or use the Popcorn setting). Allow bag to cool before removing and opening it.
4. As you share popcorn with family and friends, discuss the change in the kernels. Read Acts 2 together. What changes did the disciples experience? What was the source of their power?



A POWERFUL CALLING

Before his ascension, Jesus tells the disciples they will receive a gift and carry out a job.

Directions: Use the code to fill in the blanks and complete Acts 1:8, NIV.

	□	○	△
✝	R	H	L
☩	S	P	W
👑	O	A	I
🌐	T	N	E



“But you will receive _____ when the
 Holy _____ comes on you; and you
 will be my _____ in Jerusalem,
 and in all Judea and Samaria,
 and to the ends of the _____.”
ACTS 1:8, NIV

Answer: power, Spirit, witnesses, earth