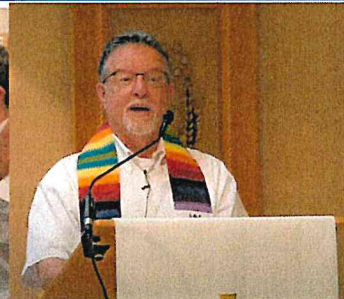


# Zwingli Hill News

July/August 2022

Vol. 60 No. 6


*Join us for worship at 9 am each Sunday!*





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## Beyond number

God is all-knowing, and his thoughts toward us are beyond number.

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*Directions: Solve the addition problems and use the code to complete Psalm 139:17-18, NIV.*

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How            to me are your           , God!

$13+10$  $12+6$



How        is the        of them!



$8+11$  $10+3$

Were I to            them,

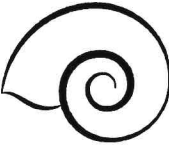
$15+6$

they would            the grains of            —


$3+12$  $4+18$

when I           , I am still with you.

$13+4$



**PSALM 139:17-18, NIV**



Answer: precious, thoughts, vast, sum, count, outnumber, sand, awake



## 2022 ZWINGLI GRADUATES

### High School

**Henry Aidan Acevedo** is graduating from Boyertown Area Senior High. He will continue his education attending the BEST program through Boyertown High School until he turns 21.

**Mackenzie Harwick** has graduated from Souderton Area High School and plans to attend Temple University in the fall.

**Brandon Kuhnsman** graduated from Souderton Area High School and is currently working for Souderton Borough.

**Ashlyn Odenwald** graduated from Souderton Area High School. She will be attending University of Pittsburgh this fall for Bioengineering program. She hopes to focus on prosthetics for animals, dogs in particular.

### College

**Adam Yeager** graduated from Temple University with a BS in Sports Management and will be working for the Philadelphia Eagles. He will be working as a Premium Sales and Service Associate.



### OUTSIDE CHURCH AND PICNIC AT PERKASIE PARK

Join your Zwingli friends and family on July 10 at Perkasio Park. The service will begin at 10:30 followed by a picnic lunch. We will be joined by our friends at Trinity UCC. The Shepherds will provide sloppy joes and hot dog and sauerkraut. See the sign-up sheet on the fellowship bulletin board and let us know if you are coming and are able to bring a side dish or brownies/cookies. We will be sharing the day with Trinity UCC congregation and members of the Perkasio community. The Shepherds will serve the meal for Covid safety. If you have questions, please contact Lois, Carol, Eleta or Betsy



### SUMMER COMMUNION

Summer Communion will be observed on August 7 both in person and virtually. For those attending at church, we'll continue to use individually packaged elements in an effort to practice health-conscious habits in light of the pandemic.



Those joining online are invited to prepare elements at home or wherever you may be so you can participate virtually. No matter what you choose, communion is a time to celebrate our oneness in Christ and call to be Christ's body in the world.

snack time to leading our Pre-K group. For more information about VBS and to volunteer, please contact the church office ([office@zwingli.org](mailto:office@zwingli.org) or 215-723-1186).

**COMMUNITY VBS 2022**  
 at Little Zion Lutheran Church  
 267 Morwood Road, Telford  
 VBS August 1 - 4  
 9:00 am - 12:00 pm

Register at [littlezion.org](http://littlezion.org)

Community Party  
 August 4 from 5:00pm -7:00pm  
 Free food and fun!

**FOOD TRUCK PARTY**  
 ON A ROLL WITH GOD!

Registration Details:  
 Grade: children from the Grace of Jesus Ministry, Telford  
 and Zion Lutheran Church, Telford. St. Paul's Lutheran Church, Telford.  
 Family oriented for children in Telford.  
 Contact: [office@zwingli.org](mailto:office@zwingli.org) or 215-723-1186



**ZWINGLI SUMMER SUNDAY SOCIALS**  
**July 17 from 1 – 4 pm**  
**August 14 from 1-4 pm**

**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 5<sup>th</sup> 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

Once a month from May-September on a Sunday afternoon, join us for fellowship at Bishop Estate Vineyard and Winery, 2730 Hilltown Pike, Perkasio. 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.

Bring a Friend! Feel free to wear your Zwingli T-shirt or cap.

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



Dates: July 17, August 14 and September 18. Time: 1-4 pm

See Lisa Cinciripini with questions.



**Healthy Moments**  
**Coping with Traumatic Events**  
**By Kristie Lowery, Faith Community Nurse**

*"Casting all your anxieties on him, because he cares for you." 1 Peter 5:7.*

Listening to the news every evening is becoming very difficult for myself and I know for many other people. So many tragic events, take your pick. Ukraine War, mass shootings at schools, shopping centers, medical office buildings, malls, concerts, and a pandemic to name a few of the many crisis events happening daily. Listening to this constant negativity can be toxic and can affect us as individuals trying to cope with life. You reach a point where you want to shout "Enough is Enough!"

It is normal to experience traumatic stress following a disturbing event whether it's a traffic accident, plane crash, violent crime, terrorist attack, global pandemic; or natural disasters such as an earthquake or hurricane. Round the clock news and social media feeds means that we are constantly bombarded with devastating images of tragedy, suffering, and loss at almost the instant they occur anywhere in the world. Repeated exposure can be overwhelming and create what is referred to as "traumatic stress" meaning you

experience the same stress you would as if you were living the event firsthand. Traumatic stress can destroy your sense of security, causing you to feel helpless and vulnerable in a dangerous world. This can easily happen when the major event was caused by a man-made event such as a shooting or act of terrorism. It is not uncommon to feel physically and emotionally drained, and overcome with grief. It can also make it difficult to focus, sleep, or control your temper. These are normal responses to abnormal events.

Over time these symptoms may subside as life returns to normal, but for others, there could be more lasting effects. Regardless of how the traumatic event impacted you, it is normal to feel anxious, scared, and uncertain about what the future may hold. Symptoms of traumatic stress can cause you to feel jumpy and anxious and other times you may feel disconnected and numb.

It can take time to clear the rubble and repair the damage following a disaster or traumatic event. It can also take time to recover your emotional well-being and focus on other aspects of your life. There are some things you can do to help you cope with your feelings and to come to terms with the trauma that is upsetting you.

1. Avoid obsessively reliving the traumatic event. Continuously thinking or viewing the horrific images can be overwhelming, making it harder to think clearly. Participate in activities that keep your mind occupied, such as reading, watching a movie, cooking. This helps you avoid dedicating all your energy and attention to the traumatic event.
2. Re-establish routine. There is comfort in familiarity. After a traumatic

event, getting back to the normal routine helps to minimize traumatic stress, anxiety and hopelessness. Structure your day with regular times for eating, sleeping, spending time with family, and relaxing.

3. Put major life decisions on hold. Making big decisions about your life, including home, work, or family while traumatized will increase the stress in your life. Try to wait until life has settled down and you are able to think more clearly.
4. Minimize media exposure. Excessive exposure to images of disturbing events can create traumatic stress in people not directly affected by the event or if they have been involved in the event and can cause repeated traumatic stress.
5. Accept your feelings. Accepting the feelings and allowing yourself to feel what you feel, is necessary for healing. Give yourself time to heal and to mourn any losses.
6. Challenge your sense of helplessness. Overcoming traumatic stress is often about taking action. Volunteer your time by giving blood, donating to a charity, comforting others. Simply being helpful and friendly to others can deliver stress-reducing pleasure. Help your neighbor, hold a door for a stranger, share a smile with people you meet each day.
7. Get moving. Exercise can burn off adrenaline and release feel good endorphins. Try exercise that is

rhythmic and engages both your arms and legs.

8. Reach out to others. There is a temptation to withdraw from people while experiencing traumatic stress. Connecting face to face with other people is extremely important for your recovery. Talking to another person can trigger hormones that relieve traumatic stress.
9. Make stress reduction a priority. Too much stress can interfere with recovery. Practice relaxation techniques. Schedule time for activities that make you happy. Use downtime to relax.
10. Eat and sleep well. The food you eat can improve or worsen your mood and affect your ability to cope with traumatic stress. Eating a diet rich in fresh fruit and vegetables, high quality protein, and healthy fats can help you better cope with the mood swings following a tragic event. Lack of sleep adds additional stress to your brain. Keep a schedule for sleep by going to bed at the same time and getting up at a scheduled time.

If your traumatic stress reaction is intense and persistent, it may be necessary to seek professional treatment. Traumatic stress red flags include:

1. It's been six weeks and you are not feeling any better.
2. Having trouble functioning at home and work.
3. Experiencing terrifying memories, nightmares, flashbacks
4. Having a difficult time connecting and relating to others.



5. Experiencing suicidal thoughts or feelings.
6. Avoiding more and more things that remind you of the disaster or traumatic event.

When one is affected by a traumatic event, reactions and negative feelings are normal. But when you continue to feel overwhelmed, it is more difficult to shake the feelings of despair, as well as have anxiety, panic, depression, and bad dreams. It is important to seek help through your healthcare provider. Asking for help is a sign of strength. Remember that the traumatic stress that people are experiencing with all the "bad events" occurring daily is a normal response. What is important is to recognize when further action is needed to cope with the traumatic events occurring on a regular basis.

References:

*Dealing with Stress.* Centers for Disease Control and Prevention. Updated December 16, 2020. [Dealing with Stress after a Traumatic Event | CDC](#)

Teehan, Anna. *Coping with Traumatic Events and Tragic News.* Canadian Red Cross. January 10, 2020. [Coping with traumatic events and tragic news amidst COVID-19 - Canadian Red Cross Blog](#)

*Self Care and Recovery after Trauma – Surviving a Traumatic Experience.* Medically reviewed by Arefa Cassoobhoy, MC, MPH. WebMD November 4, 2020 [Ways to Get Past a Traumatic Experience \(webmd.com\)](#)

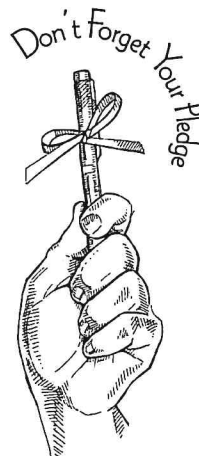
Smith, Melinda, M.A., Robinson, Lawrence. Segal, Jeanne Ph.D. *How to Cope with Traumatic Events.* November 2021. Help Guide. [How to Cope with Traumatic Events - HelpGuide.org](#)



**FACEBOOK/SOUND AND CAMERA VOLUNTEERS NEEDED**

We currently have four dedicated volunteers who have been offering the wonderful service to our Facebook family and we now would like to add a few more volunteers. Can you help us? If we get two or more volunteers, the rotation would

have you running the Facebook portion of worship once every couple months. We will train you and written instructions are always available. Let Lisa Cinciripini know if you can help. If you are interested in helping with our Sound System and Cameras, please speak to Ed Bibic. Training and support will be provided.



**FINANCIAL STATUS UPDATE**

The Ministry of Stewards reports thus far in 2022 offerings are lagging behind expenses. A special mailing will be sent to the congregation providing an update on individuals' and families' giving status along with a plea additional offerings where that is possible. Times have been tough for some during the pandemic but overall, giving has increased compared to this time last year. It just has not increased enough to cover expenses. We are entering the summer with an approximate deficit of \$21,000. There is usually a decrease in giving over the summer due to vacations but we are praying that this year will be different. You may bring missed offerings to church with you, mail them to the office or sign up for electronic giving. If you already give electronically and pledged to give more in 2022, please make sure your electronic giving reflects your wishes. Forms for e-giving (starting it up or making changes) are on the Stewardship table in the Atrium or you can contact the church office to request a copy. Thank you!



## 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.

**NEW! RETURN TO CHURCH GUIDELINES:** After consultation with the new CDC guidelines, Montgomery County, and county COVID levels, **masking is again optional for the time being.** Community level spread is now at the medium category, so according to the CDC, masking is optional, in consultation with your health care provider.

***We continue to ask for your help in protecting our entire congregation and the wider community by staying home if you have mild symptoms, such as congestion or cough, and especially 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.
- Get vaccinated as soon as possible and keep up with vaccination boosters!! We encourage this out of our deep care for you.

We 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](http://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](http://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](http://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.



### ONA IMPLEMENTATION TEAM

Part of the mission of being an Open and Affirming congregation is striving toward diversity, equity, and inclusion. In this quest, language is a powerful tool which can draw us closer together or drive us further apart. Simply put, words matter. The words we use are key to creating safe, inclusive, respectful, and welcoming environments. Please see the enclosed attachment for the complete article.



### 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.

# MISSIONS

### UKRAINE EMERGENCY APPEAL

On February 24, the Russian military attacked Ukraine. Millions of persons have sought refuge outside of Ukraine. Others have remained in the country but are displaced from their homes. The humanitarian crisis is accelerating in Ukraine and in neighboring countries as the violence continues and the number of people on the move multiplies.

The United Church of Christ is appealing for support for refugees who have fled the Ukraine to neighboring countries and for elderly and other vulnerable people who are displaced within Ukraine and unable to leave. As a member of the ACT Alliance,

UCC support is being targeted to people most in need through humanitarian relief partners with a history of working in the region.

In March the Missioners arraigned for \$1,000 to be sent to the UCC Ukraine Relief Fund from Zwingli's Mission Bequest Fund. The need has increased immensely since then. Thus we're initiating a summer appeal to allow the congregation an opportunity to increase Zwingli's support. All donations will be sent to the UCC Ukraine Relief Fund. We'll be kicking off this appeal on June 12<sup>th</sup> and extending it through August. Simply mark your envelope "Ukraine".

Uniting in prayer, action and giving, we stand as a people of faith in love and compassion with the people of Ukraine and all who are affected, and with our global partners who are welcoming those driven from their homes.



## 9/11 NEVER FORGET

MOBILE EXHIBIT

### TUNNEL TO TOWERS 9/11 NEVER FORGET

Miller-Keystone Blood Center (MKBC) is privileged to be hosting the Tunnel to Towers Never Forget Mobil Exhibit on July 16<sup>th</sup> & 17<sup>th</sup> at the M-K Bethlehem Donor Center at 1465 Valley Center Pkwy. As

part of this very special event, MKBC is also collecting blood, with a goal to collect 343 units of blood – one for every New York firefighter, who made the ultimate sacrifice on September 11. For more information or to donate, go to **GIVEaPINT.org**. Click on **Tunnel to Towers** at the top right, then follow the directions to schedule a time. Watch the Sunday bulletins for updated information as the date gets closer. NOTE: You can give blood even if you recently received the COVID vaccine.

### MILLER-KEYSTONE CANTEEN 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](mailto: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.





**THANK YOU**

A special thanks to all who donated to the Strengthen the Church appeal. We received \$885 that will help support the expansion of ministry and growth of UCC congregations, specifically supporting youth ministries, full time leaders for new churches in parts of the country where the UCC does not have a strong presence and support for existing church's new initiatives.



**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 the 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.



**ZWINGLI NURSERY SCHOOL**

**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>**



**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!

Look for our booth at:

Telford Night Market on

Wednesday, July 27 from 6 – 8:30 pm.

Come and see us!

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

**Please call the church office, visit**

**[www.zwingli.org/zns](http://www.zwingli.org/zns)**

**or see Lisa Cinciripini for a registration form.**

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



**SUMMER OFFICE HOURS**

From July 1 – September 6, the office will be open 8:30 am – 3:30 pm, Monday through Friday. Closed 12-1 daily.

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**DEADLINE FOR SUBMITTING MAILING ARTICLES FOR THE SEPTEMBER MAILING IS MONDAY, AUGUST 22!**

\*\*\*\*\*

**SUNDAY MORNING USHERS/GREETERS**

- July 3 Liz Bibic  
Lee and Lois Hunsicker
- July 10 Joanne and LaMar Kratz  
Jonathan Kratz, Gladys Amspacher
- July 17 Barry and Lois Johnston  
Joan Yeager, Rhonda Moyer
- July 24 Maureen Hartman, Erin Chalmers  
Tom and Toni Kramlik



### SUNDAY MORNING USHERS/GREETERS CONT.

July 31	Susie and Dale Woodland Dave and Carol Reiff
August 7	Rhonda Moyer, Larry Moss Pam and Pete Myers
August 14	Jen Smeed, Gene Mattes Kristie Lowery, Mark Comden
August 21	Jess and Mike Jalboot John and Laurie Reynolds
August 28	Charlotte Kramer, Carol Wenger Rick and Missy Rogers
September 4	Chalmers Family Lee and Lois Hunsicker
September 11	Joanne and LaMar Kratz Jonathan Kratz, Rhonda Moyer

### ACOLYTE

July 3	Caleb Jalboot
July 10	Nora Jalboot
July 17	Madison Klausfelder
July 24	Evan Chalmers
July 31	Cali Smeed
August 7	Chalmers
August 14	Adalyn Neff
August 21	Claire Jalboot
August 28	Miles Smeed
September 4	Ryan Chalmers
September 11	Nora Jalboot

### REFRESHMENTS

July 3	Ministry of Stewards
July 10	Janet Whitefield, Joanne Kramlik
July 17	Eleta Hittinger, Missy Rogers
July 24	Sue Pro, Sandy Schuler
July 31	Erin Chalmers, Lois Hunsicker
August 7	Marian Eide, Rhonda Moyer
August 14	Gladys Amspacher, Susie Woodland
August 21	Ministry of Stewards
August 28	Kristie Lowery, Charlotte Kramer
September 4	Joey Bush, Karen Kispert
September 11	Betsy Villareal, Myra See

### FACEBOOK MONITOR

July 3	Laurie Reynolds
July 10	Laurie Reynolds
July 17	Lisa Cinciripini
July 24	Tony Villareal
July 31	Laurie Reynolds
August 7	Kristie Lowery
August 14	Tony Villareal
August 21	Kristie Lowery
August 28	Kristie Lowery
September 4	Lisa Cinciripini
September 11	Laurie Reynolds

### MONEY COUNTERS

#### **Steward of the Month: Charlotte Kramer**

July 3	Charlotte Kramer, Marian Eide
July 10	TBA
July 17	Jack and Judy Dunn
July 24	Lee and Lois Hunsicker
July 31	Ed and Liz Bibic

### MONEY COUNTERS CONT.

#### **Steward of the Month: Rick Rogers**

August 7	Jack and Judy Dunn
August 14	Kristie Lowery, Becky Klausfelder
August 21	Sue Wack, Joanne Kramlik
August 28	Rick Rogers, Carol Wenger

#### **Steward of the Month: Rick Rogers**

September 4	Rick Rogers, Charlotte Kramer
September 11	Jack and Judy Dunn

### 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](http://www.zwingli.org) [office@zwingli.org](mailto:office@zwingli.org)

**Summer Office Hours: M- 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

## ONA Message Inclusive Language Part I

Part of the mission of being an Open and Affirming congregation is striving toward diversity, equity, and inclusion. In this quest, language is a powerful tool which can draw us closer together or drive us further apart. Simply put, words matter. The words we use are key to creating safe, inclusive, respectful, and welcoming environments.

“Inclusive language,” or preferred terminology, is constantly evolving as new terminology emerges or current language becomes obsolete. It is important to make an effort to speak to and about people using the language which affords them the most respect. Words that are condescending or elicit shame, pity, or suffering should be avoided.

July 14 is Disability Awareness Day. In this article we will look at a few examples of current preferred semantics for people of *different abilities* (a gentler version of disabilities), physical or mental conditions, or with varying socioeconomic status.

<b>Terms to Avoid</b>	<b>Suggested Alternatives</b>
Special needs	Person with a disability
Physically challenged	Person with a physical disability
Mentally challenged; mentally retarded	Person with an intellectual disability
Mentally ill	Person living with a mental health condition
Wheelchair-bound person	Person using a wheelchair; wheelchair-assisted
Brain damaged	Person with a TBI (traumatic brain injury)
Alcoholic	Person with alcohol use disorder
Addict	Person with substance use disorder
Homeless person	Person without housing or experiencing homelessness
Prisoner, convict	Person who is/has been incarcerated
Poor or low class people; the poor	People whose incomes are below the federal poverty threshold
The elderly; elderly people; the aged/aging; seniors/senior citizens	Older adults or people; people 65 years and older; the older population



Mankind	Humankind or people
Manmade	Synthetic
Chairman	Chair or chairperson
Freshman, etc.	First year student, etc.
Mailman, policeman, fireman Waitress/waiter Stewardess/steward	Mail carrier, police officer, fire fighter Server Flight attendant

Not **all** people in the subgroups or with the conditions listed in the table above will necessarily prefer these terms. If you know a person's or group's specific preference as to how they would like to be identified, that person's or group's expressed preference supersedes any current trends.

Inclusive language is constantly evolving. What is considered preferred terminology today could very well become obsolete tomorrow! Also, there is not 100% agreement that these are always the preferred terms. They are, however, what are most commonly accepted at the present time. It is important to stay informed and keep ourselves educated as best we can!

## References

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