

# ZION NEWS

---

For the Members, Family and Friends of Zion Blue Mountain United Church of Christ

---

One of the signs of the vitality of our congregation is that it seems that something is always happening. Lisa Shupp told me recently that things slow down here in the summer. I am not sure that's accurate!!

Vacation Bible School was held and celebrated. A big THANK YOU to Wendy Schutt and her volunteers, who made that week a success! The Food Pantry continues that good ministry. A faithful crew keeps bingo going. The Mission Committee remains busy, Caroline Bashore is getting ready for another Community Dinner.

By the time Zion News goes to print for August we should be hearing more about the need of the roof repair and or replacement by the Trustees.

A Confirmation Class will begin in September during the Sunday School hour, so I am beginning to review the curriculum and do some initial planning. Please let the office know if you have a young person of Confirmation age who wants to participate.

The Transition Team continues its work. Data is being collected about our congregation and community. Very soon we will set a date for our first gathering as a church family to begin to prayerfully

discern 'who we are now,' 'who is our neighbor,' and 'who is God calling us to be.' You should receive a letter in the near future inviting you to participate in one or more of these gatherings. It is important that we get as much input as possible as we prayerfully seek the answer to these questions.

I am sure I've forgotten some things going on around here, so suffice it to say that the mission of the church has not taken the summer off.

And, of course, there is the Holy Spirit. There is Jesus. We recently heard from the gospel of Mark, chapter 4: 35-41, also known as 'Jesus stills the storm.' In light of all of these good things happening, I am reminded that even good things sometimes make us weary. Jesus and the disciples are in the midst of 'getting away' when a storm ensues. In that text, Jesus does not expect the disciples to act out of their perfectly normal fear, nor does he expect them to stand steely jawed in the front of the boat. He expects that they will follow him, and in doing so will remember that he is with them always there is calm space in the midst of everything else going on.

Blessings on the journey, Jon



## **Sunday School**

We wanted to take a moment to express our heartfelt appreciation for all the support the congregation has given the Sunday School over the years. We always looked forward to teaching Sunday School each week and to seeing the excitement and wonder when the children heard the stories from the Bible. We have loved and cared for the children like they were our own, and we have truly enjoyed getting to know each and every one of them. Therefore, it is with heavy hearts that we will not be returning as Sunday School teachers this year. Collectively, we have taught for over 50 years! We feel it is time to allow others the same opportunity given to us in the last 20 years. Please speak to one of us if you are interested in teaching Sunday School classes this fall.

Thank you again for your support, and may you be blessed abundantly in return for the many ways you have blessed us.

*Wendy Schutt, Lisa Shupp and Cindy Emore*



**Worship times beginning September 16  
8 & 10:30 AM**

Join us for  
**FREE COMMUNITY DINNER**  
**AUGUST 17<sup>th</sup>**  
**4-7 pm**



**Hamburgers, hot dogs, chips, salads, drinks, desserts (homemade ambrosia)!**

**Bingo Kitchen August 10**

4 – 7 pm	7- close
Sharon Eaton	<b>Please sign the sheet</b>
Kerry Holzman	<b>Please sign the sheet</b>
Chick Stambaugh	<b>Please sign the sheet</b>
Karen Miller	Karen Miller

5-8 pm	Lisa Shupp
--------	------------

Hot Pot – Sue Ehrets  
 Cathy Diggan

Bakers – Sharon Eaton  
 Karen Kissling  
 Joyce Deisemann  
 Karen Miller



The Transition Team met on Tuesday, July 17th. One of our tasks is to survey the congregation to get some basic information about our church family. You should be on the lookout for a survey (one per household). Please fill it out and return it to the church office at your earliest convenience.

We will be planning the first of our small group gatherings very soon, so watch for that information. We need your participation in this very important work. We look forward to hearing from you!

## MISSION COMMITTEE REPORT

We are extremely happy to report that our baby bottle campaign was tremendously successful, our final collection total was \$1691.00!! Thank you to everyone who contributed.

The Mission Committee met in early July to map out our plans for the remainder of the year. We have quite a few ideas and events that we are working on. We will be selling Redner's Sandwich tickets in the upcoming weeks. The tickets will be \$5 and may be redeemed at the quick shop in Bernville or any store that makes the sandwiches. We will also be running a bake sale at the Pot Pie Dinner. These funds are crucial for us to continue with Mission projects for the church. We would love to grow our mission but in doing so we incur costs which there are no funds available in the budget. We hope that you will support the Missions committee as we continue to grow, and if there is ever something you feel strongly about please approach Christine Bashore or Lisa Shupp to see how the Mission Committee can help.

Our next event is the FREE COMMUNITY DINNER! August 17, 4-7 pm. If you are interested in helping please contact Caroline Bashore 610-488-6102. The following donations are needed and can be deposited in the box in the Narthex:

- Hamburger rolls
- Hot dog rolls
- Mini marshmallows
- Maraschino cherries
- Canned pineapple chunks
- Canned mandarin oranges

Thank you for your support in the Missions of Zion Blue Mountain!

### **THE CHURCH LIBRARY HAS BEEN RELOCATED!**

**THANK YOU TO CHRISTINE, CAROLINE AND ALLISON BASHORE FOR REORGANIZING ALL THE BOOKS ONTO THE SHELVES AND NOW THEY HAVE BEEN MOVED TO THEIR NEW HOME IN THE OLD CHOIR ROOM.**

**THIS ROOM IS AVAILABLE FOR MEETINGS, QUIET MEDITATION OR READING. PLEASE STOP BY TO CHECK IT OUT AND FEEL FREE TO BORROW A BOOK OR IF YOU HAVE AN APPROPRIATE DONATION THERE IS A BOX INSIDE THE DOOR FOR THAT TOO!**



# ALL YOU CAN EAT POT PIE SUPPER

Saturday September 22 4 - 7 pm

**Adult \$8**

**Children age 6 to 10 - \$4.50**

**Under 6 FREE**

## **A.Y.C.E. Homemade Pot Pie**

**Includes Corn, Salad, Rolls, Drinks & Dessert**

**Take Out Meals \$7.00**

**Quarts Available for Purchase**



8/1 Bree Shanaman

8/2 Reid Schrack

8/3 Alexa Shupp

8/4 Richard Yeager

8/5 Steve Reber

Erma Koenig

8/6 Ernest Bausher

Chad Kamp

8/7 Myles Himmelberger

8/10 Linda Bausher

8/11 Marian Long

8/13 Kenny Machmer

8/14 Brady Breininger

8/15 Stephanie Miller

8/17 Tom Moorhead

8/20 Jill Baver

Cindy Snyder

8/25 Sharon Kominsky

Wendy Schutt

8/29 Alyssa Machmer

8/30 Josh Kline

8/31 John Miller III

Brett Schlappich



8/14 Marjorie & Allen Bashore married 53 years

8/21 Travis & Kristen Breininger married 14 years

8/27 Sue & Steve Shollenberger married 7 years

8/28 Beth & Kenny Machmer married 25 years

8/31 Shirley & Gerritt Breininger married 44 years

## FOOD PANTRY NEWS: SENIOR HUNGER

Nearly one in six seniors in America faces the threat of hunger and not being properly nourished. This applies to those who aren't sure where their next meal is coming from and those who don't have access to the healthiest possible food options. The issue is severe enough that the AARP reports that seniors face a healthcare bill of more than \$130 billion every year due to medical issues stemming from senior hunger. Senior hunger is an expansive issue that requires an understanding of exactly what constitutes a senior being "hungry," the issues that stem from senior hunger, and how seniors who are hungry can be helped.

To understand the concept of seniors being hungry, you must understand what it means to be "food insecure." When you are food insecure, it means that there is "limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways," as defined by a study published in The Journal of Nutrition. Essentially, it means that you aren't receiving and/or don't have access to the necessary foods and nutrients to help sustain your life.

The concept of being "hungry" is a state-of-mind, meaning that there is a physical aspect to the lack of food. Attending to an area where people are hungry and basically starving is a much more immediate and severe problem to solve. Being food insecure, on the other hand, helps include people who may have enough food and don't technically live consistently in hunger, but the food they are eating—usually in large amounts—isn't up to nutritional and dietary standards.

In 2006, the USDA broke down food insecurity into two categories to help determine how food insecure someone is:

### **Low Food Security**

While there may not be an overall reduction in how much food someone is intaking, there may be a lower quality and variety of your diet. For instance, there may be reduced amounts of fresh vegetables and meats, but that may be replaced with fast food. In this category, people don't miss many meals, but the type of meals that are being eaten diminish in quality.

### **Very Low Food Security**

When you have very low food security, your health and ability to correct it with healthy food is in a dire situation. To be assigned this categorization, the USDA says there must be "multiple indications of disrupted eating patterns and reduced food intake," meaning you're often missing meals and not eating enough to survive.

### **Are Some Seniors More Affected than Others?**

There are socioeconomic reasons why a senior may be food insecure. But there are plenty of other factors that may cause someone to not get the proper food they need to maintain their health:

### **LIVING ALONE**

According to a 2012 report, nearly half of the senior households that experienced food insecurity were those where a senior was living alone. There are many things that living alone can do to spur food insecurity, such as

not having someone else to help get food from the store if you're lacking mobility and cook it for you. Living alone also factors into depression and the development of dementia, both of which have side effects of the suppression of hunger. The NFESH study backs this up as well, noting that "those living alone are twice as likely to experience hunger compared to married seniors."

## AGE

Seniors aged below 70 are more likely to experience bouts of food security than those aged 70 and up. The NFESH report showed that as seniors aged, they were less likely to be any level of food insecure, with those under 70 (20 percent) living at some level of food insecurity than those over 80 (14 percent). This can be attributed to many factors, such as the amount of money received from government programs like Medicare (which help alleviate medical costs so more money can be spent on food) and whether or not they live in an assisted living facility, which may help with more consistent eating habits.

## EDUCATION LEVEL

Those with a high school degree or no high school degree at all are more likely to experience some sort of food security than those with a college degree. There is a stark drop off of food insecurity levels with someone who at least has some college education. This can be tied to getting paid higher wages at jobs, which then translates to the potential of having more money saved up when you're older.

Overall, senior women are slightly more likely to be food insecure than men, but the rates are not vast enough to be a determining factor in the likelihood of food insecurity. All of these factors, though—from the big ones like geographic location and race to the smaller ones like age—play into seniors' overall health, a detrimental factor to how long seniors will live.

Thank you to everyone who continues to support our pantry through volunteering, monetary and food donations. We need to continue to reach out to everyone in our community to make sure that no one is hungry.

## AUGUST FOOD PANTRY ITEM: Canned Soups





## From the Treasurer- May Financials

	<b>Month</b>	<b>Actual YTD</b>	<b>Budget YTD</b>
<b>Receipts</b>	<b>\$30,322</b>	<b>\$129,885</b>	<b>\$133,385</b>
<b>Expenditures</b>	<b>\$29,387</b>	<b>\$132,245</b>	<b>\$142,305</b>
	<b>\$935</b>	<b>(\$2360)</b>	<b>(\$8920)</b>

The church remains below budget in both receipts and disbursements. Worship collections (offering plate giving) is \$9,817 below budget. Overall, our net receipts fell below disbursements by \$2360 as of May 31, 2018. Our revenue is down \$10,002 compared to 2017 but this variance was caused by fundraising revenue being down due to the lack of the Sportsman's dinner.

**FUNDRAISING COMMITTEE MEETING MONDAY AUGUST 13 @ 7 pm** to plan our upcoming Pot Pie Dinner and other fundraisers, if you have ideas or suggestions please attend!



"Since we now have a leaking roof problem, it might be a good time to schedule baptisms"

On Sunday, July 15, we had a downpour during the worship hour. One of the areas where our roof is leaking began to drip. One member quickly grabbed a bucket and put it under the drip. Well, even a single drop of water falling 20 feet into an empty bucket is loud! During the announcements I said, "Here is your advertisement for the 'roof fund' folks. Get out your rusty money!" Thankfully the Trustees are already working on it, getting estimates and having several roofers look over the old roof. If you have questions about the progress of this work, please see Brad Faust, Keith Hamm, Jon Schaeffer, or Bryan Houpt.

**SUMMER COMMUNION & MEMORIAL  
GARDEN DEDICATION  
SUNDAY AUGUST 5 @ 9 am**





## “Interim Time”

When near the end of day, life has drained  
Out of light, and it is too soon  
For the mind of night to have darkened things,  
No place looks like itself, loss of outline  
Makes everything look strangely in-between,  
Unsure of what has been, or what might come.  
In this wan light, even trees seem groundless.  
In a while it will be night, but nothing  
Here seems to believe the relief of darkness.  
You are in this time of the interim  
Where everything seems withheld.  
The path you took to get here has washed out;  
The way forward is still concealed from you.  
“The old is not old enough to have died away;  
The new is still too young to be born.”  
You cannot lay claim to anything;  
In this place of dusk,  
Your eyes are blurred;  
And there is no mirror.  
Everyone else has lost sight of your heart  
And you can see nowhere to put your trust;  
You know you have to make your own way through.  
As far as you can, hold your confidence.  
Do not allow confusion to squander  
This call which is loosening  
Your roots in false ground,  
That you might come free  
From all you have outgrown.  
What is being transfigured here in your mind,  
And it is difficult and slow to become new.  
The more faithfully you can endure here,  
The more refined your heart will become  
For your arrival in the new dawn.

John O'Donohue, from *To Bless the Space Between Us: A Book of Blessings*, 2008.



Zion (Blue Mountain) Church  
PO Box 98 (6573 Old Rt. 22)  
Strausstown, PA 19559

*Staff*

*Interim Minister: Rev. Dr. Jon Fogle (Fogleja@comcast.net)*

*Office Administrator: Lisa Shupp (lshupp@zionbluemountainucc.org)*

*Consistory*

*Elders: Doris Wagner (President), Anne Binner, Ruth Himmelberger, Cathy Diggan*

*Deacons: Sharon Eaton, Wendy Schutt, Susan Harbonic, Melissa Miller*

*Trustees: Jon Schaeffer, Keith Hamm (Vice President), Brad Faust, Bryan Houpt*

*Contact Information*

*Pastor: 484-269-9624*

*Office Phone: 610-488-7361*

*Website: [www.zionbluemountainucc.org](http://www.zionbluemountainucc.org)*

*ZIONEWS is published monthly to keep our congregation and friends informed of current events, ministry opportunities, and other pertinent information. We reserve the right to print any letter or article, unless, in the opinion of the elders, it is unsuitable for the newsletter. We also reserve the right to edit or alter any article for length and content.*