

October 2018 Newsletter



CHURCH OF THE APOSTLES UNITED CHURCH OF CHRIST

WORSHIP 10 AM

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THOUGHTS FROM THE PASTOR.....

As I write this I am keenly aware that summer is almost over. September 22nd is the first day of fall – the season of autumn. This is my favorite time of year. The cooler temperatures, the mornings when we wake up to the frost that blankets all nature and gives way to the turning of the leaves to beautiful colors of orange, red, and yellow. This reminds me of an article my friend and colleague, Rev. Clara Benson wrote where she says, “The season of autumn portrays the art of surrender.”

If we think about this, some animals surrender their lives; the fields, vines, and trees hand over their grains, nuts and fruits. The hardwood trees let go of their leaves. Clara goes on to say, “Like it or not, we too, have spiritual autumns. We have to let go of our children and entrust them to the care of others; we surrender addictive ways of living and we let go of old patterns of thinking that cripple and imprisons us in narrow, lifeless places. Each letting go is painful, yet just as the falling leaves become a nurturing source for new beginnings, so can our autumn like surrenders be a source of new beginnings for us.”

This became painfully apparent to a dear friend of mine when he called to share with me that his mother, very suddenly, had to switch roles from caring for her husband, his father, to be cared for now by her husband for a time. As difficult as this has been for my friend, he views this as the next chapter towards the next season of their lives.

If we look to the writer of John’s gospel we find where Jesus suggests that the dying of the seed is a necessary dying so that new life may arise. We read in John 12:24 where Jesus says, *“Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.”*

So as we continue moving into this beautiful season of autumn, may we take some time to watch the falling leaves and changes that come with the season; and ask ourselves, “What in me needs to die so that new life can rise?”

Have a joy-filled and blessed season of autumn and may you look forward with great expectation to the next season of nature and life.



Blessings for the journey,
Pastor Narda

Remember to turn your clocks BACK on November 4th!!!

ANNUAL MEETING DATE

Our 2018 Annual Meeting is set for **Sunday, October 28!**

Please, mark your calendar and plan to join us as we celebrate the end of a challenging year and look forward to the blessings to come in 2019!

As anticipated, the future looks bright as we have successfully made a transition and are beginning to reap the benefits.

**Come, hear the good news
for the future of
The Church of the Apostles!**

We will "Go Italian!" for the meal.

Please, sign up on the sheet in the Narthex to help provide the food.

"Consistory 101"

A Reminder to Consistory members:

The last two seminars presented by the PA Academy of Ministry will be hosted by us on Saturday, October 6 and Saturday, October 27 at 10:00 AM - 12:00 noon.

October Team Meeting



50th Anniversary Team will meet on October 31 at 1:30 PM.

Thursday Morning Movie Postponed

**MORNING
MOVIES**

The movie that was scheduled for October 25 has been postponed due to the Book Study. It has not been rescheduled. We are going to continue the movies as there are a lot of inspirational ones being made right now. However, it may be after the holidays.

Birthdays & Anniversaries in October



- 2 Dorothy Wetherald
- 3 Sue Dingle
- 10 Judy Fitz
- 14 Robert Bostwick
- 19 Donna Haugh
- 24 Tyson Berkey
- 27 Nevin Monn
- 28 Mary Lou and Timothy Misner

Social Seniors

Social Seniors will meet at Church of the Apostles on October 8, from 2-4 PM. The program will be the Mission Trip between Trinity and Apostles, rebuilding homes with the Fuller Center for Housing.

Calendar of Events for October

- 6 Consistory 101 10 AM-Noon
- 7 Worship 10:45 AM
- 8 Social Seniors at Apostles 2-4 PM
- 8 Buchanan Quiltmakers 5:30 PM
- 14 Worship 10:45 AM
- 16 Silver Express Delivery 1:30 PM
- 21 Worship 10:45 AM
- 26 Buchanan Quiltmakers 9AM-5PM
- 27 Consistory 101 10 AM-Noon
- 28 Worship 10:45 AM
Annual Luncheon & Meeting
following Worship
- 31 50th Anniversary Team 1:30 PM

Book Study:

October 4, 11, 18 & 25; 11 AM - Noon



Weight Watchers meets every
Tuesday at 5 PM
and Wednesday at 9 AM
Al Anon meets every Thursday
from 8-9 PM

WORSHIP ASSISTANTS *for* **October**



October 7: Donna Levick & Richard Hovis
October 14: Ernie Fitz & Judy Fitz
October 21: Nevin & Sondra Monn
October 28: Randy Cramer & Bob Benchoff
November 4: Tony & Donna Haugh

Lay Readers *for* **October**

October 7: Richard Hovis
October 14: Judy Fitz
October 21: Mary Lou Misner
October 28: Bob Benchoff
October 7: Richard Hovis
November 4: Donna Haugh



Save the Date !



*The 50th Anniversary Team
is planning a great celebration -
please attend on June 9, 2019 !*

Details to come.

Communion Assistants

October 7: Donna Levick &
Richard Hovis
November 4: Tony & Donna
Haugh



CROP Hunger Walk



The 47th annual Waynesboro Area CROP Hunger Walk will be held on Sunday, October 14th, with registration beginning at 1 PM and the walk at 2 PM. This year the walk will again be held on the walking path along the new

Washington Township Boulevard and will feature a 2-mile and a 5-mile route. The Walk will begin and end at the soccer fields on the corner of Washington Township Blvd. and Country Club Road and will feature some new items. This year, in order to try to encourage more participation in this vital ministry, we will be promoting a little "friendly competition" among area churches. We will be awarding what will become an annual affair, a "traveling trophy" for the church that has the most walkers participate in the walk and one for the church that raises the most money for Church World Service. Last year, Trinity United Church of Christ won both trophies so the challenge is out to unseat Trinity!

From its inception in 1969, Church World Service sponsored CROP Hunger Walks have grown to include walkers of all ages, faiths and backgrounds in more than 1,000 communities throughout the U.S. CROP Hunger Walks are interfaith events that build community while raising funds to end hunger in our own community as well as around the world. Participation impacts people in more than 35 countries. In many developing countries, people can walk up to 6 miles a day to get food and water. CROP Hunger Walk is an opportunity to walk and be in solidarity, bring awareness to these issues and raise the funds for permanent change.

With this being Waynesboro's 47th consecutive Hunger Walk, there is only one other walk that has been happening for a longer period of time which is in York. Traditionally, 25% of the money raised goes to local ministries right here in Waynesboro. New Hope Shelter, The Lunch Place and Human Resources have been the recipients of these funds the past few years. Last year there were about 74 walkers (plus 5 dogs) who collected \$8,000 for Church World Service.

Our goal this year is to have 100 walkers and collect a minimum of \$10,000 in sponsorships. To attain materials for the walk which would include sponsorship forms and church bulletin inserts and posters, please see Pastor Narda for your sponsorship envelope.

3rd ANNUAL
PETS & BLESSINGS
October 7
Red Run Park

All pets welcome
2—5 p.m.

Activities include

Train Rides

Pet Blessings

Pet Contest:

Smallest Pet, Largest Pet, Most Colorful Pet, Most
Unusual Pet

KIDS Craft

Bounce House

Pet Memorial Service

Pet Vendors

PHOTO WITH ST. FRANCIS

And **MORE!**

Sponsored by

Trinity Lutheran
Church, Rouzerville

Trinity United Church of Christ,
Waynesboro

Church of the Apostle United Church of
Christ, Wayne Heights

Take a step toward staying

Healthy & Active

Be Smart: Do More For Your Cardiovascular Health

No Plaque Buildup



Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plaque buildup

That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors*

*Key Risk Factors include Age 55+, High Blood Pressure, High Cholesterol, Diabetes, Obesity, tobacco usage, family history of CVD or stroke

We are coming to your neighborhood.

Where: Waynesboro - Church of the Apostles

When: Friday, November 09, 2018

Pre-registration is required. Call: 1-888-653-6450

To register for your appointment and to receive a special \$10 discount, please call 1-888-653-6450 or visit www.lifelinescreening.com/community-partners

Trusted by Hospitals Nationwide.

Life Line Screening has partnered with over **100 hospitals** across the country and has conducted **8 million** screenings since 1993.



Carotid Artery (Plaque) Screening —

Ultrasound scan of the carotid arteries that screens for buildup of fatty plaque — a leading cause of strokes.



Heart Rhythm Screening (Atrial Fibrillation) —

A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence or absence of an irregular heartbeat.



Abdominal Aortic Aneurysm Screening —

Ultrasound screening for an abdominal aneurysm (enlargement) that could lead to a ruptured aorta.



Peripheral Arterial Disease Screening —

Evaluates for peripheral arterial disease (PAD) in the lower extremities, which increases the risk of heart disease.



Osteoporosis Risk Assessment —

Ultrasound screens the heel for bone mass density. Osteoporosis is painless and silent in its early stages.

PACKAGE 1

Plaque, Vascular Disease and Heart Rhythm Package — 4 tests for only \$139!

PACKAGE 2

Add an Osteoporosis Screening for only \$10 more — 5 tests for only \$149!

A \$181 savings!

Screening results are provided to you in 21 days. We direct all participants with abnormal results to take the report to their physician. Carotid Artery and PAD screenings help identify the presence of Atherosclerosis, and if found, can be an early warning for higher risks of stroke and coronary artery disease. Such early warning information can help you and your doctor take important steps to reduce your risk for more serious health issues. If necessary, steps may include lifestyle and diet, medical therapies, and even more thorough follow-up testing and evaluation of your heart function. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. Screenings in California are provided by Life Line Mobile Screening, a physician-owned practice. Screenings in Kansas are performed by Life Line Screening of America, Ltd. on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Manganaro, 70 Niagara Street, Buffalo NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service. Texas residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. Cancellation Policy: A full refund is issued if you call to cancel at least two days prior to your appointment. If less than two days' notice is given, we will issue a Gift card for the full amount to be used by you, or anyone you choose, to purchase future screening services.



Thinking of sending **something** to help the relief effort?

We have been awestruck by the devastation from the storm and aftermath of flooding that Hurricane Florence brought to the North & South Carolinas. Thank you to all who have expressed great compassion in wanting to provide relief aid. Here are a few ways you can help:

PRAY - Please keep the victims, families, leaders and responders in your prayers.

MAKE A DONATION - As always, our UCC response has been quick and will be on-going. If you would like to make a donation, please send it to our Harrisburg Penn Central Conference Office (900 S Arlington Avenue, Room 227A, Harrisburg, PA 17109).

Your donation will help the UCC respond quickly to immediate disaster and long-term recovery needs. The focus is on the most vulnerable by addressing injustice, responding to the community and filling in the gaps in service. There are no administrative fees -- 100% of funds designated for disaster relief to the United Church of Christ are used for disaster relief and rehabilitation programming.

Checks should be made payable to Penn Central Conference, and clearly note that they are for disaster relief efforts.

PURCHASE CLEAN UP KITS - You can assist hurricane and other disaster relief efforts by pre-assembling various kits that are warehoused by CWS, ready to be shipped at a moment's notice when the need arises.

Thank you for your abundant generosity!

SEPTEMBER 16th JUST PEACE SUNDAY SERVICE CONCLUDES OUTDOORS

As the congregation gathered outside at the Peace Pole & Garden on Just Peace Sunday to release butterflies as a symbol of peace, sing "Peace I Leave With You, My Friends", listen to Pastor Narda declare our charge & benediction, and sing Amens; may we be reminded and grateful to those who created & maintain this beautiful area for our church and community to gather, sit, pray & meditate upon the Peace of our Lord Jesus Christ.

Thank you to: Mercersburg Association for funding the Peace Pole with a \$500 Outreach Grant, Linda Ritchey for the grant idea & processing it, Pastor Michael Cromer for his leadership of the first Peace Service, Dick & Tim Hovis for auguring the hole for the Peace Pole, Randy Cramer for removing sod for the Biblical garden & attaching the plates to the Peace Pole, Brian Jacobs for removing the sod for the peace garden, Shelley Benchoff for designing, purchasing & planting plants, mulching & weeding the peace garden, Nevin Monn for planting, mulching, weeding & watering the gardens, Donna Levick for planting, weeding & watering the gardens, Bob Benchoff for helping here & there.



See a video of the butterfly release on the church Facebook page.



GARDEN SHED DEDICATION

On Sunday, Sept. 2nd as part of the worship service the congregation and the family of Dennis Bonner gathered outside to

dedicate the new shed that was purchased with the memorial donations the church received in memory of Dennis.

Mary Lou Misner thanked Janet, Dennis' wife and his family for blessing the church with this wonderful gift which is presently being used by the community gardeners. She then gave a moving tribute to Dennis noting his outstanding abilities as a lifelong gardener and chef who was a loving family man and active church member.

Pastor Narda then proclaimed the words of dedication to officially recognize the vital role that this building has in the life and ministry of the congregation and the community gardens.

A memorial sign that reads " In Loving Memory of Dennis Bonner " was then attached above the doors by family members, followed by Pastor Narda leading the hymn "We Plough The Fields And Scatter", and concluding with the Charge and Benediction to, " Go back into the world assured of God's love for you and for

us all,
and to
go back
into the world with joy and energy to
create God's Beloved Community wher-
ever you are and the Silent Meditation.





POLLINATOR & WILDLIFE HABITAT October 2018

In reviewing this season we give a BIG THANK YOU again to all of the volunteers who made this year so successful as we were able to:

- Organize a Pollinator & Wildlife Habitat group
- Become an official Monarch Butterfly Waystation
- Create a new 75-plant nectar garden
- Host a community monarch butterfly program to provide information and caterpillar nurseries to recruit the community to help the monarchs
- Rescue two groups (40 in one 120 in the other) of monarch caterpillars from other areas in the community that had eaten all their milkweed and brought them to our Habitat
- Provide 3 plantings of sunflowers to feed the wildlife & be enjoyed by the community. A special thanks to Ernie Fitz for his time, use of his tractor and equipment, herbicide and skill in doing the three plantings.
- Maintain a mowed walking path in the Habitat

Again, there's plenty of beautiful fall days yet to visit the Habitat and enjoy some time on the walking path.



MOWER SHED PAINTED

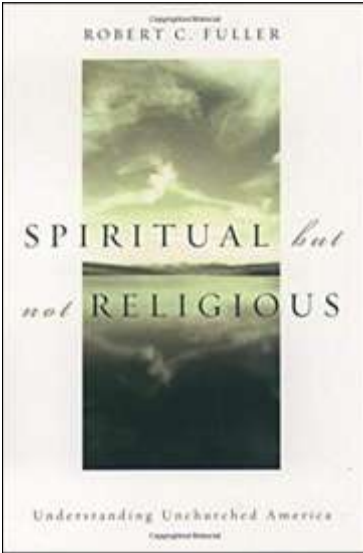
It's quite obvious looking at the church's mower shed that Larry Little is a very experienced & talented painter !

After the arrival of the new Dennis Bonner Memorial Shed this spring it was easy to see that having the two sheds side by side meant that the mower shed needed painted to match.

Owning his own painting business for many years, Larry volunteered right away to do the painting and Nevin Monn volunteered to help. Mary Lou Misner ordered & donated the paint, Nevin carefully & thoroughly power washed the shed & Larry spray painted the siding & brush painted the trim to match the new shed.

Thanks so much again Mary Lou, Nevin & Larry for a job well done !





FALL BOOK STUDY GROUP FORMED

Pastor Narda, 10 church members and 4 community members will begin a seven-week study of “Spiritual But Not Religious” by Robert C. Fuller on Thursday, October 4th. The group will meet from 11:00 AM until 12:00 noon.

This study group grew from the lively and engaging winter book study group that has been active for many years here at Church of the Apostles, UCC. Upon completion of this winter’s study group the members agreed that that they just couldn’t wait until winter to have another study !

Following the one-hour group meeting from time to time various members can be found having lunch together at one of the local restaurants, sometimes continuing the book discussion and always enjoying each other’s company while having a meal together.

Ride the Potomac Eagle Scenic Railroad

We have been invited to join Trinity UCC for a train ride on the Potomac Eagle Scenic Railroad at 10 AM Saturday, October 13. The group will leave from the back parking lot at Trinity at 7 AM to drive to Romney, WV for the 3-hour train ride from 10 AM to 1 PM and arrive back to Trinity church around 4 PM.

The cost is \$50 for adults; \$20 for children ages 4-12 and under age 4 is free.

Please see Pastor Narda if you are interested in going.

www.potomaceagle.info



Care Package for Arianna

The Christian Outreach committee wants to prepare a care package for Arianna at College. She really misses coming to Church. I have a list provided by her mother of some of her favorite things. We want to collect items for approximately 6 weeks until November 15. She will be home at Thanksgiving and we could present it to her. She also would appreciate cards or letters from the Church.

Aqua fresh toothpaste
Crest Pro Health mouthwash
Sunny D

Bottled water

Granola bars

Donut Shop coffee K-cups

Chai tea K-cups

Hot chocolate K-cups

Popcorn

M&M's

Kit Kat Bar

Hershey bars

Dove deodorant

Fabreeze

Pop tarts (strawberry & chocolate kinds are her favorites)

Wrinkle releaser

Ramen cups

Easy Mac

Arianna's address at college is:

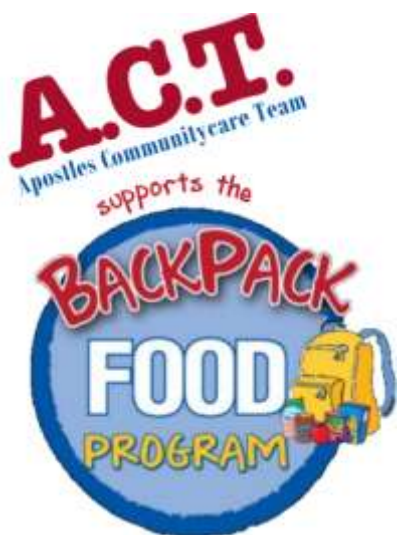
Arianna Taylor

P.O. Box 1357

50 South Lincoln Street

Washington, PA 15301

*Please Support These
Outreach Ministries*



**SILVER
EXPRESS
DELIVERY**



**THE CHURCH OF THE APOSTLES
336 BARNETT AVENUE
WAYNESBORO, PA 17268-0288**

RETURN SERVICE REQUESTED

Please forward an address change to the Church office.



October 2018

MISSION STATEMENT

We are called together to worship God, united by the Holy Spirit, and chosen as instruments of our Lord's purpose to teach, support and serve all people. We witness to the church, the community and the world by showing joy in the faith and using our talents to praise God.