

July 2020 Newsletter



CHURCH OF THE APOSTLES UNITED CHURCH OF CHRIST

WORSHIP 10 AM

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THOUGHTS FROM THE PASTOR

I recently came across this poem/prayer from one of my favorite resources – *Mindful Christianity Today*. Rev. Paul C. Bane is the author/founder of this inspiring resource. Bane writes, “Mindful Christianity is the practice of learning to live in the fullness of the moment. It is learning to let go of the past and turn loose of the future and live in the present. The source of hope is the awareness the resurrected Christ dwells in our hearts and lives in us every moment.” Banes goal is to awaken you moment by moment in the presence of a loving God.

THE KNOTS PRAYER

*Please untie the knots that are in my mind,
my heart and my life.
Remove the have nots, the can nots and the do nots
that I have in my mind.
Erase the will nots, may nots, might nots that may
find a home in my heart.
Release me from the could nots, would nots, and
should nots that obstruct my life.
And most of all, I ask that you remove from my mind,
my heart, and my life all of the ‘am nots’
that I have allowed to hold me back,
especially the thought that I am not good enough.*

Knots are interesting and important creations. Tim MacWelch, a noted survival expert says, “A good knot can save lives when you’re dealing with a survival situation, performing first aid, and when working over heights of water.” MacWelch says there are 20 Essential Knots you should learn how to tie. Some knots are created to slip or loosen, knots that can move and shift, or knots to hold during extreme pressure. I remember when our youngest son, Andrew, was working toward his Eagle Scout, knowing how to make certain knots or which ones to use. It was a fun merit badge he earned and a very valuable and helpful one.

Knots or nots can be the types of barriers and struggles in our lives, especially our inner voice and thoughts. Internal negative talk and self-put downs can consume and paralyze us from being our best selves and to be the active followers God desires for us to be.



Ruth E. Vawter, Prayer Blog Author, poses these questions and thoughts for us to examine about this simple prayer: What “knots” have you tied up so you can’t live a more godly life? What wrong thinking has paralyzed you from going to church, reading the Bible, praying, attending a Bible Study, serving on a Team or committee, sharing the Good News in your neighborhood, or being helpful to a stranger?

Do you use excuses like: I do NOT have enough money, time, talent, knowledge, or faith to do something?

You want to do something, but you are afraid to commit, so you say: I may not be able to do that... for variety of excuses.” Maybe you are afraid of rejection, failure, or success. Do you think you are too young or too old?

Release you from the “would nots” who say, “No!” to Jesus’ call on your life.

Learn and believe that you are a child of the King of kings and Lord of lords.

With that title comes unconditional love, favor, grace, forgiveness, open doors of opportunities and abundance.

Now, here is an exercise for you to do using The Knots Prayer:

- Take a piece of twine. Pause and ask God to show you the unique storyline God is writing in your life.
- As you read The Knots Prayer tie a knot in your twine every time you say the word not.
- Then go back to the first knot in your twine and begin a dialogue with God.
- Make your way down your row of knots pausing to talk with God about what each knot represents.
- Tie your string around your wrist or to a belt loop as a reminder to continue this conversation with God throughout your day.

Daily times of prayer, reflection on scripture, and relationships with other followers will help us to keep the knots and nots from becoming impassible objects to overcome in the routines of our days. My hope for us is that in the coming month that we are able to discern when nots are helpful vs when they are harmful. May we seek to be the best self in order to serve and live in our best ways.

Blessings and prayers for the journey,
Pastor Narda

ZOOM MEETINGS AVAILABLE FOR TEAMS

The church now has a Zoom account for online team meetings!

Team leaders should contact Linda with the date and time needed for their meeting. Team members will receive an email invitation to the meeting.

Consistory has been meeting through Zoom recently; it's easy to use and works very well !



If you are unable to attend Worship and have internet capability, you can access

Apostles Virtual Church

on our website by visiting
www.apostlesucc.com.

Click on **"Live Stream Recordings"** under the WORSHIP tab.

TITHES & OFFERINGS

From Stewardship & Finance Team

Your tithes and offerings that have been received were so needed and appreciated !

If you are unable to attend Worship, please continue to send in your offering on a regular basis.

The church office is open on Wednesdays from 9am-12 pm, they can be mailed to the church, or dropped off in the church mailbox.

The mailbox is locked and Linda is checking it.

Wayne Band Concert

The Wayne Band concert scheduled for Sunday June 28 at 3 PM will be postponed to a later date. The concert will be held outside, weather permitting.



Ushers & Readers *for* **July**

July 5: *Tony Haugh*
July 12: *no usher needed*
July 19: *Laurie Hovermale*
July 26: *Donna Haugh*
August 2: *Bob Benchoff*

Birthdays & Anniversaries *in* **July**



7/2 *Debbie Jacobs*
7/4 *Keira Lux*
7/5 *Nevin & Sondra Monn*
7/16 *Connor Jacobs*
7/24 *Shelley Benchoff*
7/27 *Cherry Snyder*
7/30 *Katie Lux*

Outdoor Services

**will be held on July 12
and August 9
at 10 AM, weather permitting.**

Masks are not required for Outdoor Services as long as good social distancing is maintained between you and others who are not part of your household.

Please bring your own lawn chair to eliminate the need for additional cleaning of the folded chairs in the Fellowship Hall.



Masks and social distancing are required inside the church.

Thank you for understanding.

Development Office
785 5th Ave, Suite 1
Chambersburg, PA 17201
(717) 267-7794 | smt-giving@wellspan.org



June 2, 2020

Ms. Linda L. Ritchey
Church of the Apostles UCC
336 Barnett Ave
Waynesboro, PA 17268

Thank you

Dear Ms. Ritchey,

Thank you for supporting WellSpan Waynesboro Hospital with a gift of \$71.75 which we received on Wednesday, May 27, 2020. As requested, your gift will be used to provide coffee and donuts for our nurses.

WellSpan Summit Health's vital work during this difficult time would not be achievable without the generosity of supporters like you. I know that our front-line caregivers are very grateful for the support of the local community.

I want to extend my sincere well wishes and hope that you and your loved ones remain healthy, safe, and well-supported. If there is anything our team can do for you right now, please let me know.

For questions or concerns pertaining to the Covid-19 pandemic, please visit WellSpan's dedicated website for timely updates and information at WellSpan.org/Coronavirus.

Thank you again for your generous gift.

Sincerely,

A handwritten signature in black ink that reads "Sherri Stahl".

Sherri Stahl
MHA, RN, NEA-BC, CPXP
Senior Vice President Western Region WellSpan

*Thank you
for caring.*



Pollinator & Wildlife Habitat

MONARCH BUTTERFLY WAYSTATION

JULIE SHINDLE'S BUTTERFLY PROGRAM SCHEDULED FOR THURSDAY, AUGUST 6TH AT 6:00 pm WILL BE HELD IN THE SANCTUARY TO ACCOMMODATE SOCIAL DISTANCING AND PARTICIPANTS ARE REQUIRED TO WEAR A MASK.

Julie will teach about the Monarch & Black Swallowtail butterflies, how to help them, and how to raise the caterpillars to adults and release them.

Our Pollinator & Wildlife Group will again provide nurseries for families to use in raising Monarch caterpillars. If you are interested in a nursery for your family, please contact Shelley & Bob Benchoff at 717-749-5202 or benchoff360@comcast.net by August 1st.

Weather permitting, after the program, everyone is invited to walk across the church yard to the habitat, nectar garden & butterfly waystation to gather caterpillars and to see how many pollinators & other wildlife may be seen.

Once there, take a stroll on the mowed walking paths to explore the entire habitat. It is advised that insect repellent be applied once outside the building. This year Ernie Fitz planted the sunflowers after tilling the soil rather than using the no-till method of the previous years. We really appreciate the use of his tractor and equipment and especially his additional time involved to plant them using the till method.

Again this year all the rows were planted at the same time for a more spectacular bloom!

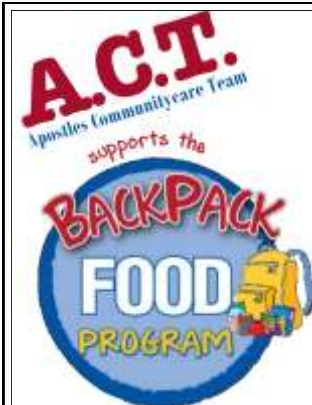
June 2020 Update on the Dumaguete Kalauman Center for Development in the Philippines where Nelwin Lives

As of May 14, 2020, there have been no reported COVID-19 cases in the Dumaguete City region, however, it is unknown if this is because of limited testing available currently. Quarantine restrictions in the Philippines are beginning to be modified in some regions around the Philippines to allow more movement, activity, and work. However, in Dumaguete City, students are still staying home. Staff members from the Kalauman Center are staying in contact with students, primarily through Facebook Messenger. Staff are checking in with children on mental health, providing activities to ease boredom, helping them find new interests, and encouraging them in completing their lessons.

During the preliminary set of quarantine restrictions when most institutions and businesses were closed, many of the students' families lost most or all their income. Many parents work as day laborers, such as drivers, home-service providers, or vendors and were unable to work at all. Although some businesses are beginning to reopen in Dumaguete City, many of these families remain without work. In order to help families get through this time, Kalauman is redirecting funds originally budgeted for summer activities, which have now been canceled, to be used for financial assistance for families. Kalauman has provided financial assistance to each family of the 270 children involved in the Kalauman programs.



\$81.00 has been donated and sent to help families without work in Dumaguete City, including \$31.00 from the Youth bank on the altar.



There's a basket at the side entrance for canned food donations for Silver Express.

SILVER EXPRESS DELIVERY



Mission Central is the Mission Partner for Penn Central Conference's Annual Meeting

Mission Central has assisted people locally, nationally and globally and provided aid in every major weather disaster since 2002. In 2019, they distributed over \$7.8 million in resources, reaching over 2.7 million people.



YOU CAN HELP!
The Goal is 500 Care Kits for those in need.

(Many are going out to school students and homeless in need of these resources.)

Mercersburg Association has been asked to contribute **adhesive bandages, 3/4" to 1" wide**, needed by August 16.



Thank you for connecting God's resources with human need.

Noah in Numbers



Circle the number that correctly answers each question below.
If you need help, use the hint in the parentheses after each question.

- | | | | |
|--------------------------------------------------------------------------------------------|-----|-----|-----|
| 1. How many days and nights did it rain? (Gen. 7:4) | 67 | 120 | 40 |
| 2. How old was Noah when the floods came? (Gen. 7:6) | 600 | 200 | 80 |
| 3. How many days did the floods cover the earth? (Gen 7:24) | 158 | 100 | 150 |
| 4. How many of each animal did God tell Noah to bring on the ark? (Gen 6:19) | 20 | 2 | 5 |
| 5. How many times did Noah send out a bird to search for dry land? (Gen. 8:6-7, Gen. 8:10) | 5 | 1 | 3 |
| 6. How many different types of birds did Noah send out? (Gen. 8:7-10) | 2 | 7 | 1 |
| 7. How many humans were saved by Noah and the ark? (Gen. 7:13) | 2 | 8 | 10 |



Bible Pathway Adventures

BIBLE WORKSHEET

Disciple Facts

Instructions: Match the disciple on the left with the facts on the right.

___ Andrew

___ Bartholomew

___ James, the Elder

___ James, the Younger

___ John

___ Judas

___ Jude (or Thaddeus)

___ Matthew

___ Peter

___ Philip

___ Simon

___ Thomas

1. Brother of Jude, lived in Galilee.
2. Greek name was Didymus, doubted the resurrection of Yeshua.
3. Brother of James, second name was Boanerges, which means son of Thunder, wrote the Gospel of John & Revelation.
4. Came from Bethsaida, one of the first disciples.
5. Son of Zebedee, preached in Jerusalem & Judea, was beheaded by Herod in AD 44.
6. Brother of Peter, fisherman, originally a disciple of John the Baptist.
7. Tax-collector, also called Levi.
8. Brother of James the Younger, he asked Yeshua at the Last Supper, "Why do you intend to show yourself to us and not to the world?" (John 14:22)
9. His name means Son of Tolmai, lived in Cana.
10. Fisherman, married, denied knowing Yeshua three times.
11. A zealot.
12. A Judean, betrayed Yeshua for 30 pieces of silver, hung himself.

Answers: Andrew = 6, Bartholomew = 9, James the Elder = 5, James the Younger = 1, John = 3, Judas = 12, Jude = 8, Matthew = 7, Peter = 10, Philip = 4, Simon = 4, Thomas = 11, Thomas = 2.



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WWW.BIBLEPATHWAYADVENTURES.COM

THE CHURCH OF THE APOSTLES
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RETURN SERVICE REQUESTED



Please forward an address change to the Church office.



July 2020

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.