

The Mount Zion Messenger of Good Tidings

Mount Zion Church + Finksburg, Md. + Since 1856

A United Methodist Congregation

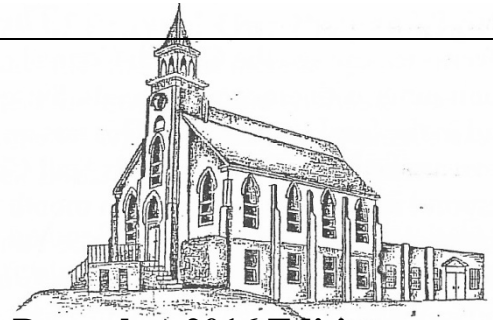
3006 Old Westminster Pike, Post Office Box 755

Finksburg, Maryland 21048

Church Office Phone 410-517-2300

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Wm. Louis Piel, Pastor + Home 410-751-9049



+ December 2016 Edition+

I love this church!

I love its history and heritage! I love its vision and future!

I love the spirit of Jesus which is in the hearts and lives of our members and friends!

We aren't perfect but we are pressing on to be more

"Christ-like" every day!

I love this church!

Come Home! & Celebrate Nativity!

Come home to Mount Zion for Christmas!

Sunday, December 11th 9:55 a.m.

Our Choir Musical Presentation

Sunday, December 18th

Women's Advent/Christmas Breakfast 8:00 a.m.

Saturday, December 24th

Christmas Eve

6:40 p.m. Carols of Christmas

7:00 p.m. Christmas Eve Candlelight

Christmas Day Sunday Worship

December 25th 9:55 a.m.

A special service of the Nativity

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**JESUS IS ALIVE AND WE CELEBRATE HIS PRESENCE
EVERY-TIME WE GATHER FOR WORSHIP!**

Our December Church Newsletter

Is given to the Glory of God!

By Al & Willa Johnson

In Honor of Their Children and Grandchildren

Our appreciation to those who sponsor our monthly newsletter!

Interested in sponsoring a monthly newsletter? See or contact our Pastor!



THANKS

We Want to Thank everyone for their donations.

We purchased gifts for 15 kids. We where able to get each kid a Portable DVD player with headphones and cases. Movies, Games, Shirts, Body Wash, candy and other Misc. Items.

Thanks you for making their Christmas a special one.

God Bless each one of you.

Have a Very Merry Christmas

Barb, Bob, Bill and Teresa Shopping Committee

Parish Nurse's Corner:

How to relax during the hectic holiday season

The holiday seasons is upon us and it can be a time of hectic schedules with multiple things to do: parties, shopping, food preparation and church responsibilities. It is very important not to get overwhelmed and take time to relax. Here are a few suggestions:

Relaxing your body:

1. Practice breathing techniques: slow down your breathing and actively concentrate on it. Try to “smell the roses and blow out the candles”; as you breathe in through your nose and out through your mouth this increases oxygenation to your lungs and thus making you relax.
2. Make healthy dietary choices:
 - Sip Green Tea: Green tea is a source of L-Theanine, a chemical that helps relieve anger.
 - Chocolate: Just a square (about 1.4 ounces) of dark chocolate regulates levels of the stress hormone cortisol and stabilizes metabolism.
 - Honey: Honey provides compounds that reduce inflammation in the brain, so the benefits of honey can fight depression and anxiety.
 - Mango: Mango contains a compound called linalool that helps lower stress levels
 - Chewing gum: Minty, fruity, or bubble-gum flavor can actually reduce anxiety and lower cortisol levels.
3. Exercise every day is scientifically proven to significantly reduce stress: 30 minutes per day: take a walk, take the stairs, park a little further away from the entrance of a store, or go for a swim.
4. Try a massage

Relaxing your mind:

1. Practice positive thinking: make the most of the situation and avoid any tendency to add negative thoughts
2. Find a quiet place when you are feeling overwhelmed and pamper yourself: warm bath, soft music, reading, praying, whatever is best for you.
3. Stop feeling guilty: guilt is a potent source of stress. Seek professional help, if necessary, but don't allow destructive behavior to escalate and sabotage your life and health.
4. Learn to prioritize: make a list of tasks and organize the list by importance.
5. Practice meditation: meditation activates relaxation, when the sympathetic nervous system is turned off and the parasympathetic nervous system is turned on, then natural healing starts.
6. Do activity or hobbies that relax you.
7. Spend time with your pet

Spend time with people who radiate warmth and with whom you can truly relax with. Those positive thinking and joyous people broadens your capacities and help you to feel more relaxed and happy.

“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

³⁰For my yoke is easy and my burden is light.” Matthew 11:28-30 (NIV)

Lynn Jones RN

+ *You Are Invited to Come Home for Christmas* +

*“And while Mary & Joseph were in Bethlehem
The time came for her to deliver her child and she gave birth to her first born child,
And laid him in a manger because there was no place for them in the local inn.”
The Good News (Gospel) According to Luke 2.6-7*

+ CHRISTMAS EVE +

Our 160th Year Celebrating the Nativity of our Lord!

1856 - 2016

6:40 p.m. Singing our Favorite Carols

7:00 p.m. Candle-Light Worship

+ + +

Come early and enjoy some of the carols of the Nativity.
Join us at 7:00 p.m. for our annual Candle-Light worship service!
Always a meaningful worship experience!

*Each worshipper will receive a free “Come to Bethlehem & See”
Dimensional Greeting Card & Mini-Ornament of Faith*

Invite your family, neighbor & friends to worship with you!

+ *A Rare Opportunity to Celebrate the Nativity of our Lord on Sunday, Christmas Day* +

*“When the angels had left the shepherds they said to one another,
‘Come, let us go now to Bethlehem and see this thing that has taken place which the Lord
has made known to us.
The shepherds returned, glorifying and praising God for all they had heard and seen...’
The Good News (Gospel) According to Luke 2.15,20*

+ CHRISTMAS DAY WORSHIP +

Worship with us at 9:55 a.m.

Beautiful music and a meaningful liturgy in worship!

Each worshipper will receive a free “Come to Bethlehem” lapel pin and card!

You are invited to stay a few minutes following morning worship for
Fruit cake – cake with or without fruit – and sweet egg nog!

Our December Volunteers

Our December Church Newsletter is given by Al & Willa Johnson in honor of their children and grandchildren. **The December Worship Bulletins** are given by Doug & Jim Bosley in loving memory of Franklin & Hilda Bosley. **December Ushers.** Jim Bosley & Joan Tighe. Substitute Ushers Pan Roos, Ruth Pitroff, Sarah Jane Taylor, Dwight Jones, Mark Fraser, Carlton Gabler, Bruce Carson.

First Sunday Communion Ushers are Doug Bosley, Jim Bosley.

Our Thanks to those who have signed up to coordinate “after worship refreshments in December & January. See Linda King for more information if you would like to simply put out refreshments.

The Upper Room Daily Devotional Guide for November & December is given by Ron & Joan Resch in memory of Milton & Helen Wirth and George & Gerty Waxter AND by Linda King in loving memory of her husband Alic. AND by Laverne Harden in memory of her husband Gordon K. Harden. Sr.

Holy Communion Supplies for November & December are given by Mary Ellen Barnes in memory of her husband Kenny and supplied by the Worship Committee

We are missing birthday and wedding anniversary information dates for a number of friends and members of the congregation. Please contact the Pastor to bring our records up to date!

Feed Our Goat! Sometimes It Gets Hungry!

Make sure you know about a “new” or “revised” list of Items that have been assigned to Mount Zion by the Shepherd’s Staff of Carroll County.

The “most needed” items are: Toilet Paper, powdered laundry detergent, deodorant, shampoo, trash bags, dish soap, Pine Sol, paper towels, Diapers and Pull-ups of all sizes. Our “new” suggested list for Mount Zion includes many of the same items, toilet tissues, paper towels, powder soap for clothes, small bottles of shampoo, bars of soap, diapers for children (any size). You now have the most needed items. Bring them the first Sunday of the month or any Sunday and simply put your items in the (wooden) goat in the Social Hall. A meat based can of soup with the easy open top is also appreciated.

+ Send A Greeting in December

December Birthdays, 1 Hunter McFadden, 2 Aaron Stahl, 4 Donald Hennessee, 6 Thomas DeMoss, 11 Albert Johnson, 12 Daniel Bussard, 16 Wayne Wray, 18 Karen Solomon, 20 Jackson Bakewell, 22 Marie Zepp, 30 Heather Busard

December Anniversaries: 22 Dan & Mary Armacost

(Important Note. Who did we miss? If so, call 410-751-9049 or email julo1@verizon.net. Thank you)

We are always trying to keep our listing of birthdays and wedding anniversaries up to date.

The Power of Prayer + *Our Prayer Ministry*

Our Mount Zion Prayer Ministry is one of our church foundational blocks of faith. Lives are touched through the power of prayer. We encourage all of our people to pray. We list prayer concerns in our worship bulletin every Sunday morning. We also have “Prayer Warriors” who believe in and practice *intercessory prayer*. For more information call Barbara Menchey 410-861-8827. Bob Hayes keeps our email prayer list up to date. 410-857-8461. If you know of someone that needs a personal contact from our Pastor please call Rev. Piel 410-751-9049 immediately! If you would like to put someone on the Prayer Chain please call Barbara Menchey.

Calendars for 2017! Mount Zion Church Calendars for the coming year are now available The calendar starts with month of December so you can get yours early. Thanks to George & LaDonna Schemm for making them available to us!

49 Have said “YES!” – “Yes” to making a Commitment to support our Lord and the church through * Our Prayers * Our Presence * Our Gifts * Our Service * Our Witness! Have you made that commitment? It is not too late! Make a commitment now!



The picture of the Mount Zion tree shown here does not do justice to the beauty of our “Festival of Trees” church tree. We committed \$500 to the Shepherd’s Staff for their work and ministry to those in need. The festival of many wonderfully decorated trees ends on Saturday, December 10th in the Westminster Mall.

+ The people of Mount Zion care! +



The Presence of Rev. Stacey Nickerson from our UM Board of Child Care and her explanation of how our money will help children/youth in one of their cottages this Christmas was deeply appreciated. For many of those youth the gifts we give might be the only gifts they receive this year if they spend Christmas away from home. Our goal was \$1,200 and we went over \$1,600. Thanks to everyone who went the extra mile! The mission/outreach program is very important in fulfilling the “good news” of the Gospel of Jesus.

Our Annual Thanksgiving+Advent+Christmas church-wide fellowship evening was well attended on Friday evening, November 11th. Although this annual fellowship evening tying three holidays together is more than the great food we had again this year it is important to gather around the table. Holy Scripture and songs of each season made this event one to remember. Thanks for coming out and sharing!



We Love to Go Christmas Caroling!

Sunday afternoon, December 4th



Thank you to everyone who came out for our church-wide Christmas caroling afternoon. We rode on the “big yellow school bus” and made ten “caroling calls.” At each stop we shared traditional songs with a “Jingle Bells” thrown in. Each person/family we visited received a Christmas “ornament of faith” and a certificate that they had participated with us allowing them to sing Christmas carols in public. A BIG thanks to Bob & Barb Hayes & Melissa Johnson for hosting our after caroling food at their home and Joan Tighe and others who brought food items to share. A wonderful afternoon and evening. Let’s do it again next year.

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14 Folks from Mount Zion Participated in the AHA Heartsaver AED Training Monday evening, November 28th

Fourteen of us gathered on a Monday evening in the church Social Hall for a re-training of CPR and AED training. The church has an AED unit just inside the hall for emergency usage. The training event was set up by Suzann Carson and our training consultant was Bev Spicknall and her assistant Deborah. Those who took the course are Bill Tighe, Teresa Tighe, Dan Armacost, Bruce Carson, Carlton Gabler, Don Hennessee, Bob Hayes, Bobby Graham, Lou Piel, Judy Piel, Nancy Cross, Joyce Iglehart, Mark Fraser, Diana Fraser. Bonnie Graham and Suzann were there as non-participants. Mount Zion paid for this important training event. We appreciate the concern that the people of Mount Zion have for one another. Not only about CPR/AED training but also going the extra mile to bring joy to those who are unable to get to the church building through Christmas caroling.

Remember – “we love because he first loved us!” I John 4.19



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*“Then suddenly there was with the angel a multitude of the heavenly host,
Praising God and saying, Glory to God in the highest heaven and on earth
peace among those whom God favors.”*

The Good News According to Luke 2.13-14

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A Christmas Musical Gift to the Congregation!

“One Holy Night”

Sunday Morning in Congregational Worship + December 11th + 9:55 a.m.

Telling the story of the Nativity of our Lord

*“One Holy Night,” A Son is Given,” Beautiful Savior,” Lullaby Child in the Manger,”
And many other beautiful songs*

Pastor’s Comment: Our church choir has been practicing on this special piece of music for many Thursday evenings getting ready for a special musical gift to the Mount Zion congregation.

I sincerely hope you will make the effort to come, worship and enjoy this beautiful music of the Nativity of our Lord.”

Come and Join Us!

WOMEN’S ADVENT/CHRISTMAS FELLOWSHIP BREAKFAST

A special invitation to all women of the church and their friends!

Sunday morning, December 18th 8:00 a.m.

A wonderful “hot” breakfast, lovely Christmas music and good fellowship!

Please accept our invitation and join us!

All women are welcome!

For more information please call Melanie Stranix 410-294-6488,
Linda King 410-848-8413, Judy Piel 410-751-9049, Joan Tighe 410-751-3868

*Note: It would help us to know how many are coming so we
can prepare enough food for all*

“Jesus’s life would not be as peaceful and bucolic as his birth. His piercing, positive message stirred up trouble and may thought that he was a threat to settled religious ideas and structures and even to political stability.

At the same time, the traditional sense of quiet and serenity associated With the stables and pastures of the Christmas scene portray a Humility that is another hallmark of Jesus in the gospels.”

“The Soul of Christmas” Thomas Moore

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Looking Ahead to January 2017

Sunday, January 1st Holy Communion & The Celebration of the Epiphany

Tuesday, January 3rd Finance Committee 7:30 p.m.

Sunday, January 8th The Baptism of Jesus and the Reaffirmation of our Baptismal Covenant.

Tuesday, January 10th Trustee Committee Meeting 7:30 p.m.

Tuesday, January 17th Church Council Meeting 7:30 p.m.

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Offering Envelopes for 2017? According to our Church Financial Secretary they will be ready on Sunday morning, December 11th. We thank our members and friends for their use of offering envelopes. It means that even if you are away you will support the ministry and mission of Mount Zion on a regular basis.

The Operating Budget for 2017. The Church Council approved an Operating Budget for the coming year with only a 1.5% increase. For a copy of the Operating Budget please see the Church Treasurer Bob Hayes or the Pastor. One can be mailed to you. We give thanks to God for the faithfulness of our many members and friends in supporting the work of the church. We are especially thankful that many of our people who are retired or are on fixed incomes continue to support the church. We are also grateful that some of our people who live beyond the geographical location of the church building still on a regular basis send in their financial gifts. We give thanks to God for each one of you!

We Have Had A Request that in the New Year we would ask some of you (please volunteer) to share their favorite Bible verses in morning worship. See our Pastor for more information.

When was the last time

That you invited someone to worship or fellowship with you?

We Are Grateful for everyone who donated beautiful poinsettias for the worship services in Advent and on Christmas Eve and Christmas Day. A complete list will be published in the January church newsletter. Thank you for sharing the beauty of the season

Prayerfully Consider End of the Year Giving!

Consider #1 If you have not given financially in support of the ministry & mission of Mount Zion this past year please consider making an end of the year financial gift.

Consider #2 If you have fallen behind in your financial giving this past year the end of the year is a good time to bring your giving up to date the best that you can.

Consider #3 Even if you are in good standing with your financial commitment to Mount Zion but have recently been blessed by God why not consider a designated gift through the church for some specific cause or project. Talk to our Pastor confidentially about how you may reach out and support the ministry of the church or touch another life in the name of Christ Jesus.

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“People usually think of Christmas as a traditional and sentimental festival, but not as a celebration of the Jesus vision it commemorates: a philosophy of profound reform. The child lying in the manger would become perhaps the most radical of all spiritual visionaries, showing how to live more joyfully and communally.”

“The Soul of Christmas” Thomas Moore

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“When the church of Jesus shuts its outer doors, lest the roar of traffic drown the voice of prayer, may our prayers, Lord, make us ten times more aware that the world we banish is our Christian care.”

(United Methodist Hymnal #592)

In 2016 thanks to God for committed members and friends of Mount Zion

We supported four educational outreach programs, including needy children in two schools, the “Back to School” program of the Shepherd’s Staff and the “Shop with A Cop” program.

We went over our goal of raising \$1,000 to help water/storm damage in West Virginia and in Ellicott City.

We went over our goal of raising \$1,200 to provide Christmas gifts to youth in one of the cottages at our UM Board of Child Care.

We purchased over \$200 worth of hand-made holiday cards from the local ARC program.

We donated a tree in the “Festival of Trees” program of the Shepherd’s Staff

We donated untold amount of items for the “Blessings Closet” of the Shepherd’s Staff.

We donated over 36 winter coats (that we know of) to the “Call for Coats” winter program.

We fully paid once again our UM Baltimore-Washington Conference apportionment for 2016 which links us with over 600 UM congregations in outreach and mission ministry in the United States and around the world.

We sent boxes of needed supplies to the military in war torn areas.

The Community Service fund gave out over \$2,700 to those with emergency needs both within our own congregation and those in the Finksburg area, primarily with food coupons, gas vouchers, rent assistance, clothing and shelter.

And they say that this is a small church. Maybe small, but with a great heart.

*“O Come, let us sing unto the Lord, let us make a joyful noise
to the rock of our salvation.
Let us come into the presence of God with thanksgiving,
with songs of praise.”
Psalm 95.1-2*

Music is a vital part of our congregational worship of God!

**We invite you to say “thank you” to our two church Musicians,
Shelby MacFarlane & Leslie Gabler with a personal
“love gift!”**

We will be receiving “love gifts” on Sunday mornings, December 11th & 18th
In congregational worship with a special “love gift” offering envelope.

*If you live away or are unable to attend you can send a gift through the mail. Make out your
check to “Mount Zion UM Church” and CLEARLY mark it “Love Gift.” It should be mailed
to Mount Zion United Methodist Church, Post Office Box 755, Finksburg, Md. 21048.*

The Staff Parish Relations Committee Thanks You!

**AFTER EIGHT YEARS OF DEDICATED SERVICE TO MOUNT ZION
We have the opportunity to say “thank you” to Church Musician & Organist
Shelby MacFarlane!**

*After a long career in music and church worship and eight years with
the Mount Zion congregation Shelby is “officially” retiring.*

Join us on Sunday morning, December 18th

Following Morning Worship in the Social Hall

When we and you have the opportunity to say “thank you”
for her service to our congregation.

*For more information contact Suzann Carson, Staff Parish Relations Committee
443-789-8595*

Looking for Historic Place to Sing Lessons & Carols?

Dress warmly it was cold in 1764!

“The Log Meeting House” on the campus of the Strawbridge Shrine.

First site of American Methodism

Sunday afternoon, December 11th

4:30 p.m.

See our Pastor for more information

Directions: Take Rt. 140 through Westminster, and turn left on Rt. 31 (marked McDaniel College). Follow
Rt. 31 about four miles and turn left on Wakefield Valley Road. Follow this winding road until you see the
Strawbridge Shrine signs. You are there!!

Light refreshments follow in the Visitors Center!