

## ***The Mount Zion Messenger of Good Tidings***

**Mount Zion Church + Finksburg, Md. + Since 1856**

*A United Methodist Congregation*

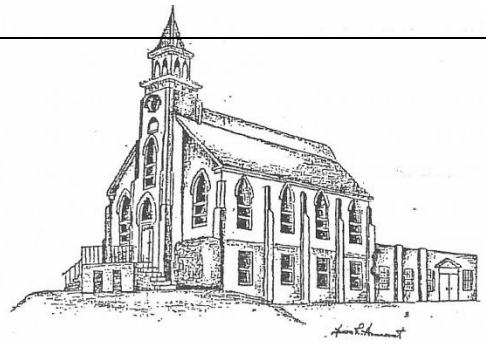
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Wm. Louis Piel, Pastor + Home 410-751-9049



**+The November 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!*



## **November+ Come Home!**

**Fall Fellowship , Thanksgiving, Advent + It's all happening at Mount Zion!  
Come home to Mount Zion!**

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

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**All Saints Sunday, November 6<sup>th</sup> Worship 9:55 a.m.  
Celebrating the Saints of God**

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**Our Annual Holiday Church-Wide Fellowship Supper  
Friday, November 11<sup>th</sup> 6:30 p.m. Make your reservation now!**

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**National Day of Thanksgiving Worship  
Wednesday Evening, November 23<sup>rd</sup> 7:30 p.m.**

### **Our November Church Newsletter**

**Is given to the Glory of God!**

**By Sylvia & Bob Peterson**

**In Honor of our Brothers & Sisters**

**We know you are Christian by Your Love!**

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*Our appreciation to those who sponsor our monthly newsletter!  
Interested in sponsoring a monthly newsletter? See or contact our Pasto*

## Parish Nurse Corner: Preparing a Healthy Thanksgiving Meal

Thanksgiving is a time to celebrate but with all holidays there is a tendency to eat too much and consume foods that are unhealthy. Here are some suggestions to keep the meal simple, tasty and reduce calories. Remember serving sizes dictates caloric intake!!

**Healthy turkey:** Buy a turkey breast rather than the whole bird, as breast meat is lower in calories than dark meat. If you do buy a whole turkey, avoid “self-basting” turkeys, as they often contain added fat. Rather than rubbing the skin with butter or oil, spray it with an oil spray and season it with salt and pepper. Serving size: 1 cup light meat 220 cal // dark meat 262 cal

**Good Gravy:** Gravy is one of the biggest calorie culprits on the table. Use vegetable oil rather than turkey drippings when making the gravy—it’s still fat, but oil is lower in saturated fat and is cholesterol-free. If you use turkey drippings to add flavor, use a gravy separator. Pour the gravy into a separator and allow it to sit for a few minutes. Some of the fat in the gravy will rise to the top of the glass where you can skim it off easily. Better yet, make a low-fat broth-based gravy or a vegetarian gravy instead. Serving size: ¼ cup 25 calories (can gravy)

**Mashed Potatoes:** Instead of using butter and cream to mash potatoes, save the cooking water when you boil of the potatoes. You can also add turkey or chicken broth, evaporated skim milk, or fat-free sour cream. Serving size: 1 c plain 130 cal // made with milk/margarine 1 c 237 cal

**Dressing, not Stuffing:** Bake the dressing in a casserole dish rather than in the turkey, where it absorbs fat from the turkey as it bakes. Serving size: ½ c homemade 177 cal // stove top ½ c 105 cal.

**Sweet Potatoes:** Traditional dessert-style candied sweet potato casserole serving size: ¾ cup 310 cal.

**Traditional Green Bean Casserole:** Serving size 1/6 as prepared: 227 calories

**Sauerkraut:** Serving size 1 cup 27 calories but **939 milligrams of sodium**

**Cranberry Sauce:** Try a cranberry relish or cut down on the amount of sugar in your cranberry sauce by adding fruit juices or apple sauce. Serving size: 1 slice (8 servings per can) 86 cal but 21 grams of sugar that is 4 teaspoons of sugar (1 tsp equals 5 grams). Cranberry Relish serving size: 1 oz 56 cal and 12 grams of sugar.

**Pumpkin Pie:** Most of the fat in a pie comes from the crust. Try a reduced-fat graham cracker crust or our crust-free pumpkin pie recipe. Serving size: 1/8 of pie 316 cal.

**Apple Pie:** Serving size 1/8 of pie 411 calories

*So, whether you eat or drink, or whatever you do, do all to the glory of God. 1 Corinthians 10:31 (RSV)*  
Lynn Jones RN

### Feed Our Goat! Sometimes It Gets Hungry!

The “most needed” items are: Toilet Paper, powdered laundry detergent, Small sizes of deodorant, shampoo, also trash bags, dish soap, Pine Sol, paper towels, diapers and Pull-ups of all sizes. Get a “blue bag” to fill the month of November. Free at the church or call 410-751-9049. All items go to the Blessings Closet at the Shepherd’s Staff Christian Ministry. Thanks!!



## **It's All Happening at Mount Zion In November! Join Us!**

**WOW! Over our Goal for Disaster Relief:** In order to help with the water disaster both in West Virginia and Ellicott City (Howard County) our Church Council set as a goal \$1000.00 to be divided equally between the two. You are an amazing congregation! We have gone over our goal and we have reached \$1,208.00.

**Fund Raiser at the local J & P Restaurant!!** Join your friends and neighbors at the local J & P Restaurant Wednesday, November 2<sup>nd</sup> anytime from 10:00 am to closing at 11:00 p.m. 15% of your check will go to Mount Zion and our outreach program. Simply show your promotional sheet or tell the waitress you are from Mount Zion. Good food! A good cause! See information sheet in this issue of the newsletter.

**All Saints Sunday! Sunday, November 6<sup>th</sup>** A very special Sunday in the church year as we give thanks to God for all of those who have gone on before us and those who have made a commitment to Jesus today! Special worship with Holy Communion and with memorial candle-lighting. Pause to remember and give thanks! Worship with us!

**Our Annual Church-wide Holiday Fellowship Supper,** Friday evening, November 11<sup>th</sup> at 6:30 p.m. We celebrate Thanksgiving-Advent-Christmas all on the same evening! It is important to sign up on the sheet in the Social Hall if you are coming so we know how much food to prepare. If you would like to bring something for this special meal sign up for a food item on the bulletin board in the Social Hall.

**Rally Day for the UM Board of Child Care and Recognition of Veterans Day!** Mark down Sunday morning, November 13<sup>th</sup> as we begin our drive to raise funds for the cottage we support with Christmas gifts at our United Methodist Board of Child Care. Remember for some children this might be the only gift they get at this special time of the year. Rev. Stacey Nickerson will be with us. **ALSO** remember that this is Veterans Recognition Day at Mount Zion. We encourage all military veterans to see Leslie Gabler about a special recognition. We need a picture of you in your military uniform.

**Our National Day of Thanksgiving Worship Service** will be held again this year on Thanksgiving Eve, Wednesday, November 23<sup>rd</sup>. A meaningful worship experience beginning at 7:30 p.m. Plan to worship on this special day for our nation! Following evening worship we have our traditional cider and donuts. Join us! Invite your friends and neighbors. Remember if you are too busy to worship on Thanksgiving you are probably too busy!

**We Prepare for the Nativity: Advent One!** How do you get ready for Christmas? How do you get ready to celebrate the Nativity? What is the real meaning of this holiday? Join us in congregational worship on Sunday morning, November 27<sup>th</sup> for the first Sunday in this special season of preparation called "Advent." Meaningful worship! A play has been written for this Sunday by Judy & Lou Piel – worship with us! Great music and fellowship!



## Mark Your Calendar! Comin in December

### ***Church Wide Christmas Caroling – Mark your calendar***

***Sunday afternoon, December 4<sup>th</sup> Meet at 1:30 p.m. at the home  
of Bob & Barbara Hayes***

***1142 Deer Park Road, Westminster***

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### ***Annual Women's Advent Fellowship Breakfast***

***Sunday morning, December 18<sup>th</sup> 8:00 a.m.***

***It's free! Good food and wonderful fellowship!***

***Make your reservation now!***

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***Christmas Eve Worship + 6:40 p.m. for songs 7:00 p.m. for worship***

***Christmas Day Worship, Sunday, December 25<sup>th</sup> 9:55 a.m.***

### **Take Time to VOTE!**

**In many countries citizens have little or no right to vote!  
This is a privilege that we have in America. With the  
national presidential election coming up please take time  
to cast your ballot. Pray that no matter what happens in  
the election God will continue to bring all of our people  
together**

**Our Church Schedule got a little confused on our annual fall work and clean up day but our “thanks” go out to some who managed it fit “cleaning” into their schedule.** Joan Tighe & Doris Brandenburg spend hours cleaning the church kitchen, Bill Tighe & Dan Armacost removed the window air conditions and put them away for the winter. Bruce & Suzann Carson are going to clean the Rt. 140 church sign once again. Who did we miss? We still need some window washers at your own schedule so give a call to Judy Piel (410-751-9049) and we will give you a time. Thanks!

**Our Annual Consecration Sunday** is coming on Sunday morning, November 20<sup>th</sup>.

On this special Sunday we ask each member and friend of Mount Zion to make a new commitment to our Lord in four important areas: (1) I will faithfully pray for myself and one another (2) I will faithfully worship God in the church building or wherever I am (3) I will faithfully support my church and its ministry with my financial support. (4) I will faithfully find ways in the church or in the community to serve God and my community and (5) I will personally “witness” to my faith” in God to others and invite them to worship and fellowship with me in my local congregation. Watch for a special mailing concerning your opportunity to say “yes” to your church.

**A Recommended Christmas Reading Book** “*The Soul of Christmas*” by Thomas Moore. With his trademark blend of story-telling, faith and psychological insight New York Times best-selling author Thomas Moore turns his poetic attention to the most enduring story of them all the birth of Christ in Bethlehem. This \$14.50 book can be yours through Mount Zion for only \$7.00 thanks to scholarship help and our Educational Fund. See our Pastor’s copy and then place your order by the second week of November. Possibly we could get together and share ideas and thoughts.

**+ Providing Gifts at Christmas for Children Who May Not Have Them +  
Every year at this time the members & friends of Mount Zion support the  
“Award Winning” Children’s & Youth program called the U.M.**

**Board of Child Care!**

Every dollar you give in this yearly special offering goes to this important institution sponsored by our denomination.

Worship with us on Sunday, November 11<sup>th</sup> and hear Rev. Stacey Nickerson

share this impressive story!



(Pictures top left to right, and bottom left to right)

1. Rev. Stacey Nickerson from the UM Board of Child Care and “our own” Barbara Hayes.
2. Some of those who attended our annual church-wide picnic in September. A wonderful afternoon for all.
3. R.J. Hileman also a D.J. led the music at our second karaoke evening in the Social Hall in October.
4. Some of the singers at our fellowship supper and karaoke evening!

**The importance** of our annual UM Board of Child Care special offering in November/December cannot be understated. This award winning institution located off Liberty Road (R. 26) is “home” to many children and youth who for some reason have need special care and attention. For many years the people of Mount Zion have “adopted” a cottage at this fine institution which simply mean we provide gifts for the youth in that cottage. According to our Church Council our goal is to raise \$1,000. We are provided the names of youth in a cottage, their age and some of their hopes for Christmas. Rev. Stacey has told us that for some of these children these gifts might be all they will receive. **You can prayerfully and financially support our annual program** by making your check out to “Mount Zion UM Church” and clearly marking it “BCC Christmas Gifts” and drop it in the offering plate or send it to the church at P.O Box 755, Finksburg, Md. 21048.



## ANOTHER SUCCESS! ANOTHER – WONDERFUL SATURDAY MORNING

Showing the popularity of our *semi-annual Pancake Bruch and Silent Auction* people started to show up before our start time of 6:00 a.m.

*“Best breakfast in town”* were the words we heard!

*“Best auction items I have seen anywhere”* was something else we heard!



(Pictures from top left to right, bottom left to right) 1. The auction room where it all happened and Diane Fraser and her auction team. 2. The hungry crowd started before 6:00 a.m. and as this picture taken at 10:00 a.m. showed it never stopped. Over 420 people came! 3. The “amazing” kitchen crew although all of our volunteers are “amazing!” 4. At times more volunteers than people – thank you – for showing up – Boy Scout Troop #1750 Ryan was one of them. Appreciation to Dan Armacost, this year’s coordinator!

Maybe our Pastor was right when he said to the congregation on Sunday morning, “money is important, but the thing that impressed me was how we all worked together. This is what it means to be part of the “Body of Christ Jesus.” Different people all working together – building up, not tearing down!”

**The Pancake Brunch.** If you need financial figures, although they are not complete with money still coming in and some bills still to be paid, we made over \$2,700.00 on the pancake brunch thanks to a lot of people and donations. Profits go to the Building-Improvement-Repair Fund.

**The Bake Table,** sponsored by our United Methodist Women which supports may mission & outreach projects has reached \$525.00.

**The Silent Auction** with incredible items to bid on and many donations and lovely gift baskets has reached approximately \$3,000.00 with monies still to come in. Monies here support an out/reach/mission project.



**+ CHURCH NEWS AT MOUNT ZION +**

**Church Meetings In November**

*Tuesday, November 1<sup>st</sup> Committee on Finance Meeting 7:30 p.m.*

*Tuesday, November 8<sup>th</sup> Trustee Meeting 7:30 p.m.*

*Tuesday, November 15<sup>th</sup> Church Council Meeting 7:30 p.m.*

**Our November Volunteers**

**Our November Church Newsletter** is given by Sylvia & Bob Peterson in Honor of our Brothers and Sisters. *"They will know we are Christians by our love."*

**The November Worship Bulletins** are given to the **Glory of God** by Thelma Otto in loving memory of her Son, Chuck. It is also given by Clifford Yingling in loving memory of his wife Clarette, and in honor of his son & daughter-in-law David & Tracy and grandchildren Logan, Matthew & Daniel.

**November Ushers.** Jim Bosley and 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 November & December. 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.

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

**+ Every Week at Mount Zion In the Social Hall +**

**Every Tuesday Evening** (Note change of day) Boy Scout Troop #1750 meets at 7:00 p.m. This fine group of young men are part of the scouting program that has been so effective in moral training. For more information on the Scout program please call Scoutmaster David Yingling 443-340-5592.

**Every Thursday Evening** the Alcoholic Anonymous program has a meeting. It is open to all. For more information please contact our Pastor.

**Every Saturday & Sunday Evening** the Narcotics Anonymous program meets. It is open to all. For more information please contact our Pastor.

**Maintenance, Repairs and Improvements +**

***Question: Where does my money go?***

*Repairs, maintenance and improvements never stop with a building that dates back to before the 19<sup>th</sup> century. New and needed projects are planned for this fall and the coming spring.*

**The New Building Fund**

Many of our people, members & friends continue to go the "extra-mile" and support our church "building fund." Actually it is more of an improvement/repair/maintenance fund. Our old building continually needs repair and up-grades. Your financial support means the work does not have to be put off. Share with the Trustees (Bill Tighe, Chairperson) and building or property concerns that you might have. Did you know that special "New Building Fund" offering envelopes are available free of charge simply for the asking.

**Every year the people of Mount Zion support the annual  
Cottage drive for the UM Board of Child Care.**

**Hear Stacey Nickerson when she is with us on Sunday, November 13! Learn more!!**

*"Without these cottage gifts some children may receive nothing at Christmas"*

## Church News at Mount Zion

### **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.

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### **Some Financial Information You Should Know.....November 2016 +**

In order to meet our Operating Budget (which some call "Current Expenses" we need \$1,990.12 each week. **We give thanks to God for the faithfulness of many of our members and friends who take seriously their financial giving.** We are also very grateful for our retired supporters who continue to go the extra mile in their giving and those who live away (and out of town) from the church building who are strong supporters of Mount Zion. In the month of September we gave an average of \$2,308.00 and in October the average of \$2,088.50 (not counting the last Sunday of the month).

According to our Church Treasurer our United Methodist Baltimore-Washington Conference "connection" which is \$9,434 for 2016 and we are up to date in our payments of \$9,000. The Mount Zion congregation has paid in "full" the requested amount for the past seven years.

The Building Fund which is used for repairs, maintenance and upkeep received \$1,215.00 in the month of October (not counting the last Sunday of the month).

The Semi-Annual Pancake Brunch and Silent Auction + Although "final" figures are not in the results so far are (1) Pancake Bruch profit \$2,807.10 which goes to the Repair/Maintenance/Building Fund and (2) The Silent Auction (estimate) profit is \$2900.00 which will go to a mission/outreach ministry.

**Important Note:** The Mount Zion Church has no "secret sources of financial income." Rather we depend directly on the faithfulness of our friends and members. We give thanks to God for each one of you.

**Calendars for 2017!** Mount Zion Church Calendars for the coming year will be available in November. The calendar starts with month of December so you will get them early. Thanks to George & LaDonna Schemm for making them available to us!

### **+ Send A Greeting in November**

**November Birthdays,** 2 Ruth Sedicum, 14 Peggy James, 14 Brian Rhoten, 16 Jim Mirfin, 18 Tom Stranix, 19 James Kirby, 22 Evelyn Biden, 25 Nathan Armacost, 25 Melanie Stranix.

**November Anniversaries:** 5 Bill & April Beall

*Did we miss anyone? If so, call 410-751-9049 or email [julo1@verizon.net](mailto:julo1@verizon.net). Thank you)*

*(Important Note. Who did we miss? We are always trying to keep our listing of birthdays and wedding anniversaries up to date. If we have missed anyone please report it in writing to the Pastor or email him .*

*Thank you.;*

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### **Mount Zion Veteran's Sunday**

**A special day for all of our military veterans! Please check our master list to make sure all names are correctly listed. See Leslie Gabler about special recognitions. Sunday, November 13<sup>th</sup>.**



**OUR JUNE ANNIVERSARY SUNDAY EDUCATIONAL OFFERING  
CONTINUES TO REACH OUT TO CHILDREN IN NEED  
BOTH LOCALLY AND BEYOND.**



**(Top Left) On behalf of the congregation at Mount Zion we (Barbara Hayes) presented a check in the amount of \$1,000.00 to the Chief of Police Jeffrey Spaulding at the Westminster Police Department. Money goes to their annual “Shop with a Cop” in the community which has helped many children in need.**

Using “Shop with a Cop” funds at the holiday season children can purchase gifts not for themselves but for family members, including parents and other children.

Four \$1,000.00 outreach/mission gifts were made this year in the name of the congregation at Mount Zion, including the (1) “Shop with a Cop” program, (2) The Sharp-Leadenhall Elementary School in Baltimore City (3) The “Back to School Program” of the Shepherd’s Staff of Carroll County (4) The Sandymount Elementary School which is our community school for use by the Principal & Guidance Counselor for children and families in that school with need.

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**The Holy Christian Baptism of Maggie Mae Friel**

On Sunday, October 16<sup>th</sup> in the church sanctuary. Parents Joseph Friel & Jessica Larson  
Born February 12, 2016

Jessica is the granddaughter of former Mount Zion Pastor Buddy Pipes.

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**Pastor Appreciation Day at Mount Zion!**

