

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 October 2017 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!



+ Wonderful October +

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Sunday worship every Sunday at 9:55 a.m.

Special updated fall activity bags for small children are available!

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World Communion Sunday, October 1st

October Emphasis "The Reformation & a Reforming Church

Saturday, October 21st Church-wide Pancake Brunch & Auction

Friday Evening, October 27th Church & Community Movie

Invite a friend, family member, neighbor to worship with you!

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Our October Church Newsletter

Is given to the Glory of God!

By George & Betty Thomas

**In appreciation for the warm welcome we have received
from the congregation of the church congregation.**

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Our appreciation to those who sponsor our monthly newsletter!

Interested in sponsoring a monthly newsletter? See or contact our Pastor for more information.

Parish Nurse Article: Getting our bodies ready for the fall season:

1. **Consider getting a flu shot:** You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October.
2. **Practice good handwashing:** Feces (poop) from people or animals is an important source of germs like [*Salmonella*](#), [*E. coli O157*](#), and [*norovirus*](#) that cause diarrhea, and it can spread some respiratory infections like [*adenovirus*](#) and [*hand-foot-mouth disease*](#). A single gram of human feces—which is about the weight of a paper clip—can contain one trillion germs. Germs can also get onto hands if people touch any object that has germs on it because someone coughed or sneezed on it or was touched by some other contaminated object. When these germs get onto hands and are not washed off, they can be passed from person to person and make people sick. The Centers for Disease Control and Prevention estimates 80 percent of all infections are transmitted by hands. Frequent hand washing can help curb the spread of flu and other conditions.
3. **Healthy diet:** Your diet is particularly important to support the body’s immune system. A lack of nutrients including protein, zinc, selenium, copper, iron and vitamins (A, C, E, D and the B vitamins) will impact on immune function so the best way to protect yourself is to eat a wide variety of foods to stop germs taking hold. Brightly colored fruit and vegetables like red peppers, carrots, pumpkin and mango are rich in antioxidants which can boost the immune system. As winter approaches it is tempting to reach for traditional comfort foods like puddings, pies and takeaways. But these are often high in cholesterol-raising saturated fat and calories. Most people put on weight over winter.
4. **Exercise:** As it gets cold outside, our muscles seem to tighten more and the aches and pains are a bigger annoyance to us than exercising in the warm. Our bodies require more care and attention in autumn and winter. When warming up, perform a gentle, low-impact version of whatever activity you are about to do. This will enable your blood to flow smoothly, and get your muscles prepared, without any unnecessary strain and help prepare your mind and your body.
5. **Sleep:** The fall time change ushers in months of short days and long nights which decreases natural light and can bring on symptoms of seasonal affective disorder and depression. People struggle with staying awake in the evening and keeping to their original routine during the day and night becomes difficult—fatigue, limited productivity and difficulty concentrating. The reason for these problems is thought to be disruption to circadian rhythms and sleep. Circadian rhythms are daily cycles of numerous hormones and other body functions that prepare us for the expected times for sleeping, eating, and activity. Circadian rhythms have difficulty adjusting to an abrupt one hour time change. It can take about one week for the body to adjust the new times for sleeping, eating, and activity.

“As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.” Genesis 8:22 (NIV)

Lynn M Jones RN

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“.....and let us consider how to provoke one another to love and good deeds, not neglecting to meet together as is the habit of some, but encouraging one another (

CONGREGATIONAL WORSHIP IS AT THE HEART OF OUR PEOPLE AT MOUNT ZION! WORSHIP FAITHFULLY!

**“Christ for the world we sing,
the world to Christ we bring, with loving zeal,
the poor and them that mourn, the faint and overborne,
sin-sick and sorrow worn, whom Christ doth heal!
The United Methodist Hymnal**

**Worship with Us on World Communion Sunday
Sunday, October 1, 2017
Worship 9:55 a.m.**

Guests Kanya Sanders from Sir Lanka & her Son Sanjeevan

Every dollar given through our Community Service Fund goes to the United Methodist special offering for Puerto Rico. *“Most food stores and restaurants remain closed, largely because power is out for most of the island and few have generators or enough diesel to power them. The shops that opened this week had long lines outside and vast empty shelves where they once held milk, meat and other perishables. Drinking water was nowhere to be found....”*

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On World Communion Sunday we dedicate.....

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*Our new wooden Communion Set to the Glory of God
And in loving memory of Donald Eugene Menchey by his wife
Barbara Anne Menchey and Their Children and Friends.*

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*Large print church hymnals in bright red (one for each pew) Given to the Glory of God
In loving memory of Ed & Anne Armacost by Nanci Armacost Crock
And Tyler Crock, Adam Gabriel Crock, Amanda Cobb Crock
And Nora Gabrielle Crock*

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Every worshipper or couple receives a world-globe (blow up) ball of the earth as a reminder that you shared with us in the “longest communion table” around the world.

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**Feed Our Goat! Sometimes It Gets Hungry!
Remember every time you go to the grocery store!!**

The “most needed” items are: Toilet Paper, powdered laundry detergent (they divide it up into smaller units for distribution), Small sizes of deodorant, shampoo, also trash bags, dish soap, Pine Sol, paper towels, diapers and Pull-ups of all sizes. All items go to the Blessings Closet at the Shepherd’s Staff Christian Ministry. Thanks for thinking of others.

Mount Zion has a “long-time special relationship with the Christian outreach called the Shepherd Staff. This award winning outreach program does not receive Federal or State funding. It is up to those who believe that Jesus calls us to reach out to those in need!

Our “goat” receptacle is located just inside the Social Hall door.

The Maintenance/Building Fund in the month of September received \$1,158. 00. Thank you! Every dollar helps us maintain our historic church buiding. Thanks for going the extra mile! It is amazing how much we have done when we all work together. Our Trustees have other important projects planned for the fall months. Again, thanks for your support!

Our October Volunteers

Our October Church Newsletter is given to the Glory of God by George & Betty Thomas In appreciation of the warm welcome we have received from the congregation of the church.

The October Regular Worship Bulletins are given to the Glory of God by Matt & Kelly de Lange in honor of their son, Matt, a member of Boy Scout Troop #1750 who received his Eagle achievement in our church sanctuary on Sunday afternoon, September 10th.

October Ushers. Substitute Ushers Bobby & Bonnie Graham, Pam Roos, Ruth Pitroff, Sarah Jane Taylor, Mark Fraser, Carlton Gabler, Bruce Carson.

First Sunday Communion Ushers are Doug Bosley, Jim Bosley.

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

Our Thanks to those who have signed up to coordinate "after worship refreshments in October. See Linda King for more information if you would be willing to simply put out refreshments and clean up following our fellowship time.

The Upper Room Daily Devotional Guide for September & October is given by Joyce Iglehart in memory of Loved Ones and also by George & Pat Beck in memory of Loved Ones.

Did We Mention.....?

Did we mention projects made possible by your financial donations to our "new" Maintenance/Building Fund? We now have wooden parking bumpers in the church parking lot to help us keep our parking in order.

Thanks to Jim Mirfin, Bill Tighe, Bruce Carson who put them in place. A lot of work but worth it.

Thank you!

+ Send A Greeting in October +

Did we miss you or a church friend of yours? Let the Pastor know immediately!

October Birthdays. 1 Sylvia Creamer/Peterson, 2 Mark Hemler, 4 Linda King, 6 Lynn Jones, 6 Bob Peterson, 8 Adam Zepp, 9 Jim Bosley, Jr., 12 Jerry Knop, 13 Beth McFadden, 14 Ruth Pitroff, 15 Shelby MacFarlane, 16 William Bakewell, 16 Sarah Jane Taylor, 17 Ann Hurt, 21 Bruce Carson, 22 Becky Knop, 24 Chad Zepp, 25 Susan Douglas, 31 Joyce Mirfin

October Anniversaries: 7 George & LaDonna Schemm, 9 Roger & Sandy Bicksler, 17 Lee & Jean McDonough, 23 Jerry & Becky Knop

Did we miss anyone? If so, call 410-751-9049 or email 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.;

? Did You Know ?

Boy Scout Troop #1750 meets in our Social Hall every Tuesday evening at 7:00 p.m. Information? Call David Yingling, Scoutmaster 443-340-5592.

In the month of October celebrate with us every Sunday morning.....!

A church “reformed and always reforming”



“We are called to be the church, to celebrate God’s presence, to love and serve others, to seek justice and resist evil, to proclaim Jesus, crucified, and risen, our judge, and our hope.”

+ Every October Sunday Morning in Congregational Worship +

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Sunday, October 8th

“Winds of Change – A Call for Reformation”

As part of the message we will look at John Wyclif (circa 1300 CE England) and John Hus (1374 – 1415 burned to death as a heretic).

Every worshipper will receive a free handout “The Reformation Timeline: A Century of Reform”

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Sunday, October 15th

“Foundations of the Faith” Six key foundations of the Reformation + (Informative guide will be passed out to all worshippers)

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Sunday, October 22nd

Two Church Reformers

Martin Luther of the 16th Century and John Wesley of the 18th Century (And a brief look at Robert Strawbridge)

And their message for us today!

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Sunday, October 29th

“The Church We Love – Reformed and Always Reforming”

*Always faithful to Jesus – Always seeking to be relevant in a changing world
A look at where we have come from and where we are going!*

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**Our First Fall – October – Church Wide Fellowship Supper
Friday Evening, October 6th
6:30 p.m.**

Please come and join us! Bring a friend or neighbor!

If you are able please bring a dish to share with another family. If not, please come anyway we always have great surprise food!

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The Annual Meeting of the Historic Strawbridge Shrine will be

held on Saturday, October 14th hosted by the St. Paul UM Church in New Windsor. The time is 9:30 a.m. Following worship and business the guest Speaker is Professor Ryan Danker of Wesley Theological Seminary. You are Invited to this free annual program. For more information please see our Pastor. If you plan to stay for lunch provided by the folks at the church an advance registration is required (\$15.00). Pastor Piel and Carroll County funeral director Dan Hartzler have been elected as intern-co-presidents of this historic place until a permanent president is elected. For information on the Strawbridge Shrine and how you can visit see our Pastor.

You Are Invited to “Fill” A Survival Satchel!”

Personal necessity items for women who have been forced to leave their homes due to abuse or those taking shelter in one of the community “safe havens” often need some personal items such as laundry powder, shampoo, paper products, feminine products, new single sheet sets along with non-perishable food items.

You can help fill a “survival satchel” by taking one of the free purple bags available at Mount Zion, following instructions fill it as much as you can and return it to the church (See Barb Hayes) or to “All Terry’s Tag & Title” locations, Carroll County Public Library or the State’s Attorney’s Office. Thank you for thinking of people in need.

Our First Finksburg Farmers Market was a success!

Mark & Diana Fraser from the local Cloverhill Farm who organized our first attempt at a summer local Farmers Market said they felt it was a success and would like to try it again next year. The market supplied fresh produce and home-made crafts every Saturday morning on the church parking lot. We thank them and all of those who contributed Saturday after Saturday morning. We especially thank those of you in the congregation who supported this attempt and for those in the community. See you next year!

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November Church Meetings: All meetings are 7:30 p.m.

Church Committee on Finance meets on the first Tuesday of November, the 7th.

Trustees Committee meets on the second Tuesday of November, the 14th

Church Council meeting meets the third Tuesday of November, the 21st.

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Please Consider Attending! It would be good to have representation from Mount Zion!

Our Annual Church-wide Charge Conference will be held on Monday evening, October 16th at 7:00 p.m. at the Mount Carmel UM Church (17036 Pretty Boy Dam Road, Parkton). Our new District Superintendent The Rev. Ann Laprade will preside. Our Pastor can give you more information.

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Please Prayerfully Consider.....!

If you love the ministry and outreach of your church at Mount Zion in life please consider supporting its ministry after you have gone!

You can continue your love of the church and what it stands for simply by putting Mount Zion in your personal will. Why not have a personal/confidential meeting with our Pastor and learn how your Christian love can continue? A will is important in that you can direct how your money is used not the state. Thank you for your consideration.

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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"In Memory of Christian Layman Ken Steward"

I first met Ken many years ago when he was doing Christian church drama. He portrayed Simon Peter the "great fisherman" as part of congregational worship at the Arbutus UM Church. He was an outspoken follower of Jesus and was very strong in his evangelistic efforts. Before Robert & Elizabeth Strawbridge were as well known as they are today he portrayed Robert as an Irishman converted by the teaching of John Wesley who had come to America to spread the "gospel." Ken and I had a meaningful relationship when both of us were involved with the historic Strawbridge Shrine in New Windsor. At his death his family asked if I would share in his memorial and a second time when his cemetery stone was installed at the old Mt. Olivet Cemetery in Baltimore City. In his memory his mother and sister made a contribution of \$3,000 to Mount Zion to be used for evangelistic efforts promoting Jesus as Lord. We used some of the funds at our Welcome Back worship service in September and will use other funds as we approach Advent and Christmas both at Mount Zion and in community. We appreciate the gift in his memory. (Pastor Lou Piel).

Mount Zion Financial for September

The Mount Zion congregation has contributed \$2,205.00 in disaster relief for Houston and the Gulf Coast through our United Methodist Committee on Relief (UMCOR). Our goal was \$1,500.00. Thank you faithful followers of Jesus!

Our present drive is directed toward Puerto Rico and the incredible disaster on that island.

A Quick Word about Our Financial Foundation.

Mount Zion does not have any secret financial funds for our ministry and witness alive in the community. We simply depend week-by-week on the faithfulness of our members and friends. We give thanks to God for each one of you who take seriously your commitments to your vows and to the ministry and programs and outreach of this congregation in name of Jesus.

We need \$2,021.18 every Sunday morning to meet our conservative Operating Budget (Current Expenses.)

In September our average Sunday giving was \$2,064.00

In the summer months of June-July-August our average giving was \$1,797.00

The Maintenance/Building Fund received in September was \$1,158.00

Please Volunteer NOW to help with our semi-annual Pancake Brunch. Saturday morning, October 21st. Call Lisa Tingler 410-861-8758 or Judy Piel 410-751-9049. We need help in the dining room with servers. An important role no matter how long you can stay that morning!

Our Silent Auction Is Coming!

Need your help for the Silent Auction!

We're collecting donations for the Silent Auction at the Pancake Breakfast scheduled for Saturday, October 21. Please consider purchasing items or gift cards to donate for our gift baskets. Although complete baskets are welcome, you may donate just a few items or cash and we will assemble the basket for you! We are asking area businesses for donations as well. Please contact Diana or Mark Fraser at 410-871-3214 or DianaFraser@earthlink.net with your ideas and donations. PLEASE REMEMBER by action of the Church Council all profits from the "Silent Auction" go through the church Community Service Fund to help those in the church and in the community with emergency needs. Your support is important!

PLEASE SUPPORT OUR ANNUAL Community-wide and church-wide Movie Night. Coming on Friday evening, October 27th. In our church Social Hall with free pop-corn and drinks. The movie is the ever popular "Around the World in 80 Days!" Our hope is that you will invite an un-churched family to come to this outreach event. Use the brochure in this month's church newsletter. Reach out to someone especially with children. For information contact Joyce Mirfin 410-374-5120.

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Your support of our Community Service Fund helps local people in need!

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Shepherd's Staff Opportunities

Call Barbara Hayes for more information on these opportunities 410-857-8461

- (1) Annual Dinner Dance & Fundraiser.** Saturday, October 21st 5:30-10:00 p.m. Portico, Saint John Roman Catholic Church. DJ Music and raffles and prizes. \$40 per person pre-sale only. Call 410-857-5944 to order tickets.
- (2) Shepherd's Staff Raven's Raffle.** Purchase tickets for a chance to win. \$5 per raffle ticket or 6 for \$20. For Tickets call 410-857-5944. Winner number will be drawn at the Shepherd's Staff dinner & dance. You do not need to be present.
- (3) Win a Private Party at a Likely Story Bookstore.** Purchase raffle tickets for a chance to win. A private party for 12 people at "A Likely Story Bookstore" in Sykesville with refreshments. Four books and a \$15 gift certificate to Sweet Simplicy-Tea. \$1 per raffle ticket or 6 for \$5. Proceeds benefit the Shepherd's Staff for tickets call 410-857-5944.