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Celebrating Summer

“Not all who wander are lost.” I believe that is how the saying goes. Summer is full of adventure, fun, cookouts, pool-parties, family and friends gathering, and so on. Kids are out of school, and parents are counting down the days when the kids go back to school. It’s a time for traveling, trying new things, and living life to the fullest.

I wonder if we all get a “wandering spirit” during the summer. What else is out in this world? What else can I experience? How can I challenge myself and broaden my horizons? These are all questions I ask myself during this season. It is good to shake off the dust and move out of our comfort zones every once in a while. We discover new things about the world around us and about ourselves. Maybe I would learn that I love bungee jumping, making pottery, eating exotic foods, or maybe even rebuilding a '67 SS Chevelle transmission. Who knows...that is exactly the point.

I encourage you all to embrace this “wandering spirit”, and challenge yourselves to get out of your comfort zone, shake off the dust, and do something you’ve never done (within legal limitations, of course). You’ll be amazed how much you discover about yourself and this beautiful world in which we live.

Make your own



Special Days in June

D-Day (Operation Neptune)– June 6th, 1944, American troops stormed the beaches of Normandy, France (Utah, Omaha, Gold, Juno, and Sword). Also, a combination of American, British, and Canadian paratroopers landed behind enemy lines shortly after midnight to secure towns, bridges, and roads in France. Normandy was also under airstrike, and the Allied Navy laid siege to the German Navy. I have no idea what it's like to be standing at the open door of a plane waiting to jump into darkness with enemy fire all around me or waiting for the gate to drop on the armored boat to run towards enemy fire or to be hit by a German torpedo on a submarine or battleship and fighting to survive. Watching *Band of Brothers* and the *Pacific* has only given me a glimpse of what it was truly like. The courage those men had to muster, as they had no choice but to run towards the German line on many fronts, is nothing short of heroic. Words can not even describe how magnificent these men were. Remember this day as one of the greatest displays of courage to keep the rest of us safe.

Prince's Birthday– June 7th, Happy Birthday, Prince! Celebrate by playing your favorite Prince Song... "Purple Rain," "1999," or "Little Red Corvette".

Father's Day– June 20th, Today we celebrate fathers and their roles in our lives. This is God, the Father's, reflection of His relationship with His children. A father bestows love, security, and identity to his children. Thanks Dads!

Global Beatles Day– June 25th, This holiday was started by Beatles fan, Faith Cohen, to celebrate the Beatles' ideals. It's debut on June 25th, 2009 commemorated the Beatles' participation in the BBC program *Our World* in 1967. There they performed their song "All You Need is Love" to an international audience. This day is celebrated with music and events promoting peace and harmony. Perhaps you can play "All You Need is Love" or your favorite Beatles tune to celebrate on this day.

"Global Beatles Day." *Wikipedia*, Wikimedia Foundation, 28 Feb. 2021, en.wikipedia.org/wiki/Global_Beatles_Day.

"Normandy Landings, Naval Activity, and Airborne Operations." *Wikipedia*, Wikimedia Foundation, 12 May 2021, en.wikipedia.org/wiki/Normandy_landings.





Keep on the Sunny Side

“Chaplain as Shepherd: Lessons Learned and Lived”
By: Chaplain Donna Hale



“Declare his glory among the nations, his marvelous works among all peoples.” 1 Chronicles 16:24 (NRSV)

The instruction, the welcoming, the greeting, “To the Glory of God” appears above the front doors of our church dedicated in 1922. “First Church” as we know it, the church building where we presently worship, was not our “first” church location in Carlisle. We can talk more about the history of “First Church” when we traditionally begin our new church year at the end of Summer.



Recently, while reorganizing my books, I came across Christina Bieber Lake’s, “The Flourishing Teacher: Vocational Renewal for a Sacred Profession” (2020, InterVarsity Press). Dr Bieber is a Professor of English at Wheaton College and has taught both K-12 and college students.

Going to her “Contents” page, I noted she organized her book’s chapters on a twelve-month reading schedule beginning in the late Summer with the month of August and concludes with July of the following year. Looking through her book, I found her experiences and recommendations for teaching students could also be applied to our “Christian Education Program” at First Church as we resume Sunday School classes for both children and adults.

Because of the limited space of my newsletter column, I’ll wait to hear back from those at “First Church” who are teachers, retired teachers, parents, and grandparents of K-12, and college students. And, of course, all life-long learners who continue to check out books from libraries and shop for books both on-line and in person.

I look forward to hearing from you.

To the “Glory of God,” we serve.
Chaplain Donna

“ Remove the sandals from your feet, for the place on which you are standing is holy ground” - Exodus 3:5

I love this time of year as winter makes way for spring and then summer. I love being able to sit outside on the porch in the early morning to meditate and pray. This outside time helps to “ground” and “center” me – it reminds me of where I am rooted and for whom I belong. It is important as we serve others in our daily lives, that we come back to that center. Psychology today magazine, has some suggestions – please take some time for yourself today and everyday.

Here are some ways to become centered:

1. Breathe in for a count of five, and then out for a count of ten. Try to do so slowly and deliberately.
2. Write down three things you are grateful for each day.
3. Pause to acknowledge all your senses. What do you see? Feel? Smell? Taste? Hear? Being aware in this way fosters a sense of peace.
4. Try a guided meditation, or centering prayer.
5. Engage in self-care activities such as walking, yoga, facials, coffee with a friend, or whatever makes you feel better about yourself.

Here are some ways to become grounded:

1. Establish a connection with nature by touching the earth with your feet or your body each day.
2. Drink herbal teas and a piece of dark chocolate.
3. Practice yoga each morning.
4. Eat a balanced diet – be sure to eat enough protein
5. Engage in regular physical activity.
6. Allow time to self-reflect and pray.
7. Learn to say no.

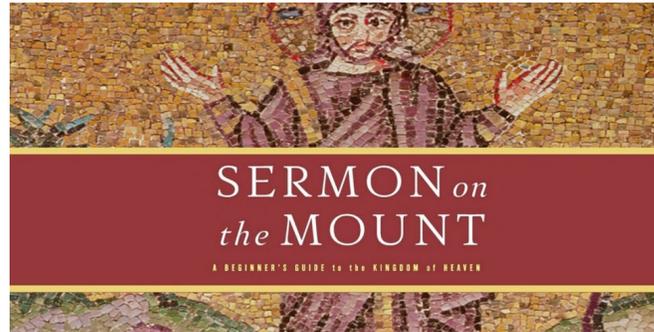
God has given us this body to take care of each day. Even God rested on the seventh day of creating the world. Whatever our day of rest is or hour or brief moment – let us take the time recharge and revitalize for a beautiful summer ahead!

-Pastor Rachel





SOS Bible Study is Back!



Study of Scripture Bible Study returns to First UCC – in person and virtual!

Mondays from 10:00-11:30 AM

May 10th through June 14th

In Fellowship Hall

Please contact church office to sign up by May 7 and let Pastor Rachel or Lyndsey know if you will attend in person or virtually.

(717-243-2512)

FREE!!!! STUDY BOOK PROVIDED!!!!

Vaccine Information

Listed below is contact info for our Church members to contact to find out about getting scheduled for a vaccination:

1. Sadler Clinic in Carlisle: contact Jessica Barnett at 717-960-4343
2. UPMC Carlisle 361 Alexander Spring Rd.: contact Jennifer Hardsock at 833-299-4358 (this number is for Healthcare workers not employed at UPMC)
3. Quality Care Pharmacy in Carlisle at 1 Sprint Drive: contact Bryan Gobin at 717-323-8230
4. UPMC hotline: 833-724-3258
5. PA. Dept of Health: 877-724-3258
6. Also check the website: PA. Gov, which is the website of the Commonwealth of PA. There is info on getting the vaccine and other important COVID information.

Re-Opening Update

***We are open!**

March 15, 2021



To the Members and Family of 1st United Church of Christ – Carlisle:

Consistory has met this week and determined that the church building will be open for worship beginning **April 11, 2021**. There will be one Sunday worship at 10 am for the time. Worship will begin at 10 am. CE Sunday activities will resume when face to face worship restarts. We truly appreciate the patience you have been showing during this difficult and challenging time.

Please note the following points: When the Church re-opens for worship, the following protocol will continue to be in effect: the wearing of masks, social distancing, and temperature taking. Please understand that attendees who have received a vaccination are not 100% protected from the possibility of transmitting or becoming infected with COVID and that the wearing of masks is absolutely required. Given the CDC recommendations for social distancing, there is a total of 66 seats available on the main floor of the sanctuary, and an additional 25 seats in the balcony. Additional attendees will be invited to watch the worship service from the Fellowship Hall. When the church does re-open the goal will be to have a minimum amount of people present. The goal is to have at least 20 people in worship each worship. If the numbers consistently drop below that number, then we may have to consider returning to only a virtual worship service again.

Virtual worship options will continue, even after the church building opens again. Services will continue to be livestreamed on Sundays at 10 am on Pastor Chris's Facebook page. There will continue to be a teleconferencing option for people who do not use computers (Uber teleconference - call 717-297-0493 to listen to worship service as it happens). The Sunday worship can also be found on the Church's Facebook page, the Church's website (www.lucc.org), and on Youtube.com (type in First United Church of Christ – Carlisle to find videos). Please note, Pastor Chris's Facebook page is where it is livestreamed. Once the worship is concluded, it is then copied to the church website, YouTube, and the church's Facebook page. This process of sharing the worship to the other internet locations will likely occur within the hour after worship.

Grace and Peace,

Pat Frey, President	717-249-7528
Michael Coulson, Vice President	717-574-4595
Karen Byers, Secretary	717-243-2609
Susan Stott, Treasurer	717-701-1120
Pastor Chris Schwab	717-422-8543

P.S. The second page is a guideline to entering the church for worship. It may be familiar to some people, but we want to make sure that everyone is acquainted with it. We may go through some adjustments to the procedure as time goes on.



COVID-19 UPDATES

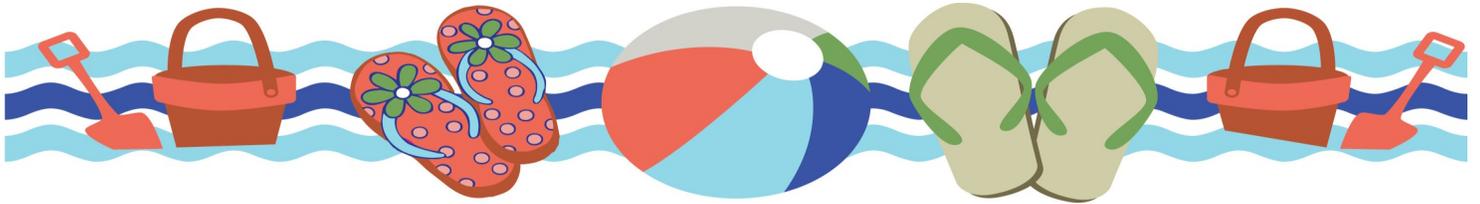


Summary of 1st UCC – Carlisle reopening progress (3/16/2021)

Note: procedure may be modified depending on COVID numbers and circumstances

First UCC has been working diligently to prepare for reopening and to follow CDC guidelines to do this safely during this pandemic. We have formed a subcommittee of church members to address this problem and have developed a protocol that will hopefully allow all of us to return to our Sanctuary and resume our previous activities by way of the “new norm” relatively soon. We wish to summarize our progress with these newly developed guidelines below:

1. Anyone with a cough or fever or has been around someone with Covid19 is asked to watch the service from home by streaming or other means as is available on the Church website. Worship is available virtually (livestreamed on Pastor Chris’ Facebook page and downloaded video on church website (www.1ucc.org), Youtube.com, and the Church’s Facebook page
2. All congregation members should come prepared to wear a mask during the service. Those without a mask will be given one at the door. People who arrive to enter the church and who don't have a mask will be given one which they are expected to wear, and it should cover their mouth and nose.
3. We ask that all Church attendees practice safely distancing during the service (at least 6 feet apart), except family members coming together. Every other pew will be closed, and our ushers will seat you conforming to these distancing guidelines.
4. All members will come into our Church by the parking lot door only and will be greeted there by ushers who will ask you about your recent health, take your temperature and travel history and take your name and contact info.
5. You will be shown into the Church and will be allowed entry by one door only. An usher in the Sanctuary will give you a bulletin and seat you. The balcony can be available for seating when there is overflow. People will be encouraged to sit in the main pew area of the sanctuary first.
6. We strongly discourage any greeting by handshake and suggest greeting by safe social distancing.
7. Pastor Chris will give the Service and read the scripture.
8. There will be no singing (possible spread of the virus) but there will be organ music by Sharon.
9. After the service there will be dismissal by row—starting at the back. Pastor Chris, out of a concern for safety for all, will not be greeting congregants afterwards.
10. Everyone will exit from a left rear door out onto the Plaza and then proceed to the parking lot. Those with some degree of disability will be dismissed afterwards and may return to the parking lot by the way they entered.
11. We discourage close social gathering afterwards in the Church or parking lot.
12. Cleaning and sanitizing related to both elevator use, and bathroom use will be provided to you.
13. The Church will be cleaned and sanitized in the days before each Church service.
14. For those overflow congregants who do not have a seat in the Sanctuary or balcony—we hope to make Fellowship Hall available to listen to and/or view the Service.
15. Please note that for all building usage and visiting the church building beyond worship, social distancing and wearing masks will be required.



Church Update

Council Meetings

Consistory– 3rd Monday Every Month

Church & Ministry- 1st Monday Every Month

Advisory– Quarterly

Caring Fellowship– 2nd Tuesday Every Month

Christian Ed– 1st Sunday Every Month

Church & Community Connections– 2nd Tuesday Every Month

Property Management– 4th Wednesday Every Month

Stewardship– 2nd Wednesday Every Other Month

Special Mission– Auxiliary for UCC Homes

*Whether it's over Zoom or small, social-distanced meetings in person, 1st UCC is still working to move forward during COVID.

*You can find all council reports on the church website (www.1ucc.org). If you would like a copy, please email Lyndsey (Lyndsey@1stuccofcarlisle.org).

1st UCC Spring Community Project

- ♦ Every Friday from 8am to 1pm (April-June) there will be a blue barrel outside the back door for toiletry donations. These donations will be distributed on the front steps of the church each month. If interested in participating, stay tuned for an email or contact Lyndsey (Lyndsey@1stuccofcarlisle.org or 717-243-2512).



- ♦ If you are unable to shop, you may also donate monies to the cause and our shoppers will pick up items.

Project Share and Community CARES Collections

Project Share (Spaghetti and Sauce) and Community CARES (Ramen noodles) collections begin this month!

- ♦ On the first Wednesday of every month from **10 am – noon**, there will be a table at the parking lot door of the church where **Project Share** donations can be dropped off (or handed to a volunteer). This is the day when we will receive packets of **Spaghetti and Spaghetti Sauce** for the organization.



- ♦ On the second Wednesday of every month from **10 am – noon**, there will be a table at the parking lot door of the church where **Community CARES** donations can be dropped off (or handed to a volunteer). This is the day when we will receive packets of **Ramen noodles** for the organization.



BRING YOUR GOOD, USED CLOTHING, PURSES, AND SHOES TO CHURCH TO BENEFIT PROJECT SHARE

First United Church of Christ is now collecting good used clothing, purses, and shoes year-round to benefit the community and our Community Aid Partner, Project Share.

A Community Aid Donation Cart has been placed in the church hallway across from the Church Office for donations. Donations may be made at any time the church is open.

Please bring your donations of clothing for men, women, and children of all ages and sizes. All types of clothing are needed, including coats, hats, gloves, scarves, shirts, sweaters, pants, dresses, skirts, underwear, diapers, handbags, socks, and shoes.



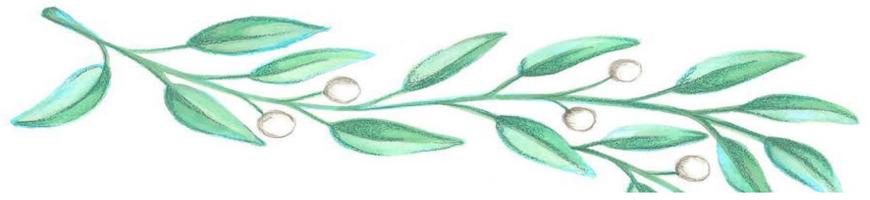
Please put your donations in plastic bags if possible, with shoes and clothing in separate plastic bags. Bags will also be available near the cart. Your donations are tax-deductible, and receipts are available in the Church Office.

Donating good, used clothes is a great way to earn money for Project Share, while also helping our community and the environment. Community Aid helps the community by training employees, providing jobs, and selling affordably priced, useful items at their Community Aid Thrift Stores.

Each donation of clothing earns \$.04 per pound for Project Share. A filled cart earns approximately \$12. Our cart will be picked up on a regular basis by Community Aid, so all we have to do is "FILL 'ER UP"!

Our cart is ONLY for clothing, shoes, and purses. If you wish to donate other items, you may take them to the local Community Aid Thrift Store - 4833 Carlisle Pike, Mechanicsburg. Please let them know that you are a member of First UCC's Project Share partnership. Ask them to credit **Project Share Partner Number # 10166**, so those donations will count, too. Receipts are available upon request.

Questions? Contact Susan Coulson 717-580-8063 or sccoulson@comcast.net; or Lyndsey Wilston in the Church Office 717-243-2512 or



Earth Stewards

June Tip of the Month

- ◆ Leave some clover for the bees and butterflies this summer! If you have a patch of yard that you can mow less often and MOST IMPORTANT - DO NOT use herbicide or pesticide. Let it grow into clover! Clover flowers provide a favorite food for bees and other pollinators. If you have milkweed let it grow! Milkweed flowers are essential for monarch butterflies and other pollinators. Bees and butterflies are in danger world-wide so we can all do our part to help them survive!
- ◆ Hummingbird Feeding Alert! - Red Nectar sold in stores is not healthy for hummingbirds and can make them sick or kill them. A clean feeder with natural nectar, changed every other day, is best, according to Audubon Society and Cornell Ornithology Labs. Fill your feeder with ONLY this mixture: 1 part refined white or cane sugar (not raw sugar) to 4 parts water, stirring. Boil for a couple of minutes, then cool. Extra nectar can be refrigerated until needed.
Happy Hummer-Watching!

Have an Earth Stewards Tip to SHARE? Email: sccoulson@comcast.net or text or call 717-580-8063. Let's ALL WORK TOGETHER to help the Planet!





Church Activities Update

Book Chat News - The group will meet on Zoom and - weather permitting - on the Church Plaza on 1st and 3rd Sundays.



If there are any other groups currently meeting and would like to update the congregation, please send Lyndsey an email (Lyndsey@1stuccofcarlisle.org) with a summary and it will be included in the next newsletter.