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# Happy Birthday to:

**March 01-** Amanda Croftcheck,  
Jamie Miller, & Kimberly Reisch

**March 03-** Robert Belyea

**March 05-** Jill Freeland

**March 07-** Aidan Piper & Lester  
Simonton

**March 08-** Jarred Walp

**March 09-** Helen Hain &  
Kathryn Zeiders

**March 10-** Ruby Powell

**March 12-** Jeffrey Fischbach &  
Morgan Reich

**March 13-** Philip Hoffman

**March 15-** Sandra Davis

**March 18-** Thomas Geiger

**March 22-** Marlene Boyer

**March 23-** Nancy Burkholder

**March 25-** Cheryl Carrera & Sa-  
rah Womack

**March 27-** Raymond Hain &  
Diane Hollinger

**March 30-** Tara Fischbach

**March 31-** Jason Brode & The-  
resa Martin

## Card Shower for Derek Shatto

Derek's birthday is on **March 27th**. Betty asked if we could make his birthday special by showering him with cards. He is awake and alert, but is still slowly recovering. This would be such an encouragement to him and his family.

If you would like to send him a card, please send it to the address below.

Derek Shatto  
Thornwald Home  
442 Walnut Bottom Road  
Room B-6  
Carlisle, PA 17013

**\*No Anniversaries in March**

# Keep on the Sunny Side

## “The Power of Forgiveness: Giving and Receiving”

Genesis 45:3-11, 15

By: Chaplain Donna Hale



Many of us recall the Old Testament story of Joseph’s brothers, his half-brothers, who sold him into servitude in Egypt because he was their father’s favorite son born to his second wife, Rachel, whose sister, Leah, was the mother of Joseph’s older, jealous brothers. Rachel—also, was the mother of Benjamin—Jacob’s second favored son, who he also loved.

In Sunday school, we heard the story of Joseph’s beautiful coat of many colors that Jacob gave his favorite son, Joseph. Of course, his half-brothers were upset by their father’s special gift to Joseph. And Joseph exasperated them even more when he taunted them with his dream that he interpreted for his brothers as foretelling that one day they would bow before him. Joseph was more than just a bothersome little brother; he was both arrogant and aggravating. So, it is not surprising that when Joseph’s brothers had the opportunity, they sold him into slavery in Egypt. And, to explain Joseph’s disappearance to their father, they took Joseph’s beautiful coat from him, tore it into many pieces, put goat’s blood on it, and took it to their father saying that a wild animal killed Joseph.

Years later in Egypt, Joseph recognizes his brothers when they come to Pharaoh’s court. They do not recognize him. He tells them to go and bring Jacob and Benjamin to reside in Egypt with him. He reassures his brothers that he has forgiven them because “God intended him to be in Egypt to help them survive the famine.” The brothers are not quite confident that Joseph is genuine; but they do as he requests. How could he forgive them, they wondered?

So, sometimes, we wonder how these Bible stories relate to us. Several weeks ago, I read two accounts of forgiveness. One was in the “Annie” advice column (2/17/2022) of the “Sentinel” where a mother writes asking how to address a situation she has with her children who she loves dearly, but cannot have them back at home due to the financial limitations created by the pandemic. She and her husband are struggling financially. Her children “cut her off and have never forgiven her” for not taking them back home. The mother writes that she is “brokenhearted” and she doesn’t “think [she will] ever be with her children again. She doesn’t know what to do.”

“Annie,” the columnist, writes that “boundaries are important even with family and that the mother had “no choice” in refusing financial assistance to her children’s requests.” Annie advises that it is best – “to show her children an out-pouring of unconditional love” by calling and writing them letting them know how much she cares. Annie believes that in time, they will return to their mother.”

The second story I want to share is also from “The Sentinel (2/19/2022, p. A8). It relates to the sentence a Minneapolis Judge imposed on Kim Potter “the former suburban Minneapolis police officer who confused her handgun for her Taser when she fatally shot Daunte Wright. His family was unhappy with the judge’s verdict believing it was “too lenient.” Potter apologized to Wright’s family telling them she was sorry she broke their hearts and her heart “also [is] broken and devastated for all of them.” The judge said, “the case was “one of the saddest cases, she ever had during her 20 years on the bench.”

The third story is one that I quite unexpectedly experienced some years ago from a woman who was the wife of an old friend of my husband’s. They had spent a long weekend with us and when they left, she was very rude. I don’t remember exactly what she said and had no idea why she was upset. About five years passed and she unexpectedly called one day and said she wanted to apologize to me for her behavior when she left our home. I listen as she shared that she is an alcoholic doing the “steps” and she wanted to make amends. I thanked her and we spoke for a while before we concluded our telephone call.

I have another friend whose son has not spoken to her in almost fifteen years because of family dynamics that he believes she was responsible for not addressing which led him and his wife to decide they and their two children will not be a part of the family. I asked my friend how she would respond if he called asking for forgiveness. She shared with me that it would be very difficult to forgive because she had missed seeing her grandchildren grow up. She did not say more.

All these stories share how difficult it is to give and receive forgiveness. I will conclude with a prayer from Luke 6:37 [NIV]: Loving and Forgiving God: “Teach us, we pray, to forgive others, as you forgive us. Help us to receive your Holy Message “...not to judge [others], and [We] will not be judged. Your Word reminds us not to condemn, and we will not be condemned. When we forgive, we will be forgiven.” Amen.



“ 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**:

- ◆ Breathe in for a count of five, and then out for a count of ten. Try to do so slowly and deliberately.
- ◆ Write down three things you are grateful for each day.
- ◆ Pause to acknowledge all your senses. What do you see? Feel? Smell? Taste? Hear? Being aware in this way fosters a sense of peace.

- ◆ Try a guided meditation, or centering prayer.
- ◆ 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**:

- ◆ Establish a connection with nature by touching the earth with your feet or your body each day.
- ◆ Drink herbal teas and a piece of dark chocolate.
- ◆ Practice yoga each morning.
- ◆ Eat a balanced diet – be sure to eat enough protein.
- ◆ Engage in regular physical activity.
- ◆ Allow time to self-reflect and pray.
- ◆ 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!



**Grieving? Come Join the Grief and Loss Support Group  
Hosted by Pastor Rachel!**

**Grief and Loss Support Group  
Second Presbyterian Church  
528 Garland Dr., Carlisle  
Led by Rev. Rachel Schwab**

**Mondays during Lent 10-11:30 PM**

**March 7**

**March 14**

**March 21**

**March 28**

**April 4**

**April 11**

**An opportunity to mindfully grieve  
and celebrate life  
using meditation and scripture**

**Sign Up by calling Second Presbyterian at  
(717) 243-4571 or click link below:**

**[https://growwithsecond.ccbchurch.com/goto/forms/236/  
response/new](https://growwithsecond.ccbchurch.com/goto/forms/236/response/new)**



**From the Editor**  
**By: Lyndsey Hendricks**

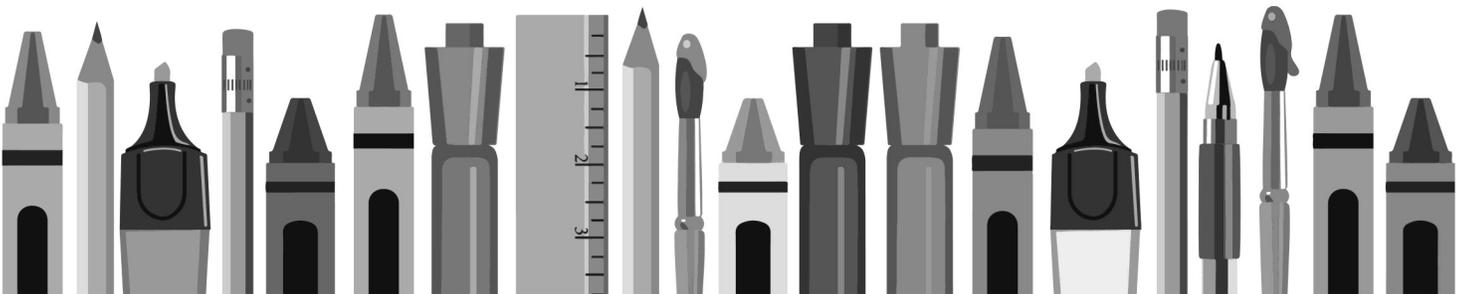
### **Schedule Reminder...**

I am only working **Tuesday through Thursdays** from **8:00am to 2:00pm**. I will continue this schedule up until I have the baby sometime in April. Once the baby is here, I will be off for 3 months on maternity leave (approximately May through the end of July, depending on when the baby is born).

### **National Day of Unplugging...**

March 4th (or the first Monday in March) is the National Day of Unplugging. In today's society overstimulation is becoming more of a frightening reality. With the pressures of social media, work schedules, family commitments, breaking news, the constantly changing COVID regulations, etc. and the link between these and increasing anxiety levels, the importance of unplugging has significantly increased.

It is so healthy for your mind, body, and spirit to take a day or at least a few hours to "unplug" from all the stressors of life. Take the challenge to turn off all cell phones, TVs, and computers; go outside; take a walk with family or friends; or choose a favorite activity that does not involve the use of a screen. Just make sure to enjoy the beauty of the air filling your lungs so you can be part of this world.





## Church Events

### **HAVE a HEART for the HOMELESS in FEBRUARY!**



Thank you so much to everyone who donated coats, warm hats, sweaters, sweatshirts, scarves, socks, long underwear, warm pants, gloves, and boots to Community CARES! The community appreciates your kindness and generosity.

As of Saturday, February 26th, 1st UCC will no longer be collecting these warm items for this year. We are looking forward to this opportunity next year!

If you would like to continue to donate to Community CARES, you may drop off your donations, in person, at the **Community CARES building, 50 W. Penn St., Carlisle**, between **7:00 AM and 6:00 PM** daily.

The Community Aid bin outside the church office is also still in use all year round. If you have donations you would like to contribute, you may bring them into the church during office hours. The Community Aid details are included in the "Community Aid" article later in this newsletter.

## Worship Service Update

### \*Update on In-Person Worship and Locked-Door Procedure



### Update on In-Person Services

- ◆ Colossians 3:12- Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.
- ◆ Mark 12:31- You shall love your neighbor as yourself.

Based on the fact that Covid cases continue to decrease in our community, Consistory decided at its February 21, 2022 meeting that starting this Sunday, February 27, 2022, not only will we return to in-person services, but those who have been fully vaccinated and boosted have the option to unmask if they so desire. They may remain masked if they want. Those who are not fully vaccinated and boosted are asked to remain masked while in the church. All attendees are asked to continue to social distance at all times, and when in the pews should stay at least six feet from other attendees who are not a part of their immediate family. Consistory feels that First Church can do this at this time if all remain careful, follow this policy, and do what is right for everyone. If you have any questions, please call Mike Coulson at 717-574-4595.

- ◆ Philippians 2:4- Not looking to your own interests but each of you to the interests of others.

### Locked-Door Procedure

Please know there is only one entrance to the church for office hours and worship days. It is the gray parking lot door.

Once the worship service begins, that door will be locked. If you happen to arrive slightly late to service, you can ring the church office doorbell to be let inside. This will be monitored for up to 15 minutes into the worship service.

After 15 minutes, the church office will be empty, so please try to be timely when it comes to attending church services.

# COVID-19 UPDATES



## Covid Update

Submitted by Greg Lewis

February 2022

The percent of positive cases has dropped this weekend from 32.6% to 25.4%. (The CDC has suggested that under 5% positive cases should be the ideal standard for near resolution of the pandemic). The incidence per 100,000 population of Covid has dropped from 673.7 to 350.5. (The CDC has suggested that under 50 is the ideal standard to suggest near resolution of the pandemic). The number of those hospitalized is down to 91 from 184 on January 21. The 7-day average of new cases has dropped to 127.3 per day from 483.4 on Jan. 15.

Thus, it appears that the Covid pandemic is slowly receding in our County. The national numbers for Covid mostly mirror what is happening locally. Mask mandates are being dropped in many states, but not yet in Pennsylvania. I don't think these numbers are yet in a range to start in person Church service, but I am optimistic that we are moving in the right direction. ICU admissions and patients on ventilators and deaths from Covid have not declined quite as rapidly as the other numbers have. I suggest that we continue to follow these trends and will discuss further at our upcoming Consistory meeting with the hope that we can reopen our Church for Sunday service sometime in March.

\*The most up-to-date decision from Consistory about in-person services is reflected in the "Worship Service Update" article on the previous page.



# 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– Community CARES

\*You can find all council reports on the church website ([www.1ucc.org](http://www.1ucc.org)). If you would like a copy, please email Lyndsey ([Lyndsey@1stuccofcarlisle.org](mailto:Lyndsey@1stuccofcarlisle.org)). Check out the “Council News” for highlights!

## Project Share and Community CARES Collections

### Don't Forget!

**Project Share (Spaghetti and Sauce) and Community CARES (Ramen noodles) collections!**

- ◆ 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.



## Don't Forget to Spring Ahead!

Don't forget to spring your clocks ahead **Saturday, March 12th!** Daylight Savings Time starts Sunday, March 13th.



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

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



Remember when you're organizing your closets and drawers, First UCC is accepting year-round donations of good, used or new clothing, coats, boots, shoes, socks, purses, hats and gloves for all ages. Place your items in the bin across from the Church Office during hours the building is open.

First UCC earns a monetary percentage of items donated to Community Aid. More importantly, our donations are made available free or at low cost to people who shop at Community Aid in Mechanicsburg.

When we hear of a specific need from Community CARES, our donations are taken to them directly. This winter First UCC donated numerous coats and cold-weather wear for all ages, which was greatly appreciated by CARES and the people they serve.

**Items needed:** Clothing for all ages and sizes, shoes, and purses. Please put donations in plastic bags, with shoes and purses in separate bags from clothing. Bags are available beside the cart, across from the Church Office.

Home Pick-up of donations is available - call Lyndsey at 717-243-2512 or text/ call Suzy at 717-580-8063.

Thank you for your support of this community project!



**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.

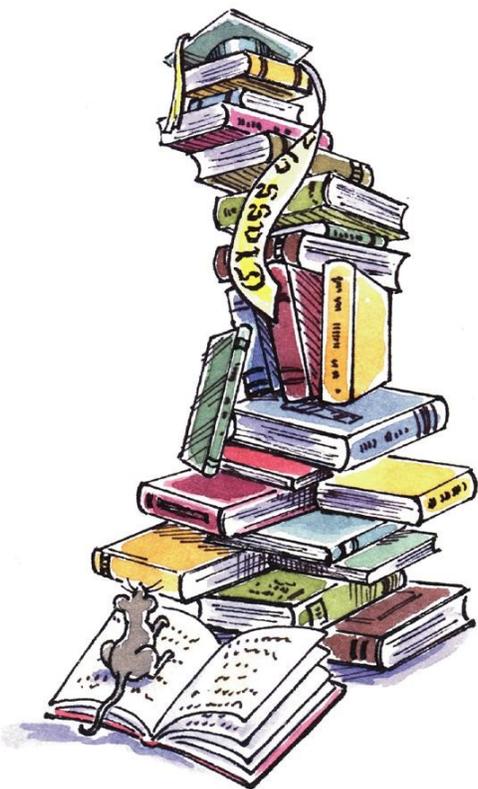
**Questions? Contact Susan Coulson 717-580-8063 or [sccoulson@comcast.net](mailto:sccoulson@comcast.net); or Lyndsey Wilston in the Church Office 717-243-2512 or [lyndsey@1stuccofcarlisle.org](mailto:lyndsey@1stuccofcarlisle.org).** For more information about Community Aid go to the website at <https://communityaid.org>.

This is a project of the Church & Community Connections Council of First United Church of Christ. We appreciate your support!

## Looking for a place to donate books, movies, CD's, etc.?

### Bosler Bookery Donations

Are you interested in donating books? Our local Bosler Bookery at 158 W High Street - inside the East Wing of The Bosler Library - accepts a variety of donations year-round. The Bookery sells gently-used or new books, puzzles, games, music, greeting cards, artwork, and many other items that have been donated by the community. Proceeds help the Bosler Library. Bookery guidelines are printed on flyers available in the hallway across from the Church Office. If you are unable to come to the church for a flyer, you may call to request one from the Church Office to be sent to you by mail. Or go to [boslerfriends.com](http://boslerfriends.com) website on your computer and click on The Bookery section or call The Bookery at 717-243-3313.



## THE BOOKERY'S DONATION POLICY

### WE ACCEPT DONATIONS OF:

**Books** – hardback and paperback books in **good, salable condition.**

**Artwork** – All types – for the ongoing art sale

**Audiobooks**

**Books** – hardback & paperback

**Comics**

**Games** – board games and computer games

**The Great Courses** – on CD or DVD

**Greeting cards with envelopes**

**Magazines** – current 3 months

**Movies/TV on DVD**

**Music on CD/DVD**

**Puzzles**

**Records, Vinyl** – up to 25-30, no more at one time without prior approval from Bookery mgr.

**Textbooks** - published since 2016

**Unusual items** – contact The Bookery's manager if you have something else that you would like to donate. From time to time we have sold donated needlepoint pillows, antique teacups, etc.

### WE DO NOT ACCEPT:

**Cassette tapes.**

**Condensed Books.**

**Damaged Books** - that are very dirty, smell, or have been wet. **Rule of thumb - If you would not give us \$1 for the book you are donating, no one else will either!**

**Encyclopedias** – we do not accept encyclopedias.

**Ex-Library Books.**

**Magazines** - older than the last 3 months. Including old Life, Look, National Geographic, etc.

**Old sheet music**

**Records in bulk** – to donate more than 25-30 talk to the Bookery Mgr. first.

**Textbooks** - with a copyright date older than 2016.

**VHS tapes**

### What you can do with some of the things we don't accept:

**Books** - Chambersburg Waste Paper will recycle books 2047 Loop Rd, Chambersburg, PA 17202, 717-264-4890

**Magazines** – you can recycle any type of glossy paper in the Ronald McDonald dumpster generally located in the parking lot of one of the local McDonald's.



## Christian Education

### Souper Bowl Sunday

Thank you for supporting our youth in Souper Bowl Sunday!

A special thank you to Aiden, Ryan, and Sydney for their great videos.

A very special thank you to our very talented Amy Shultz for editing our Souper Bowl Sunday video.

Thanks to your generosity we were able to raise \$200 for Project Share.

## Property Management

Although COVID-19 has limited the use of our beautiful structure there are ongoing maintenance projects that need attention. It is the intent and responsibility of the Property Management Council to keep our church property safe and attractive.

Here are a few of the projects completed in 2021:

- ◆ Installation of safety "crash bars" on the three front doors in the front of the church at the top of the steps
- ◆ Regular repairs of the central air condition unit that cools the sanctuary and social hall
- ◆ Caulking of the front steps leading into the front of the church and other areas to prevent freezing/thawing issues with the concrete
- ◆ Replacement of a large window in the social hall as the result of a broken seal
- ◆ Placement of a floor model air conditioning unit in the second floor classroom
- ◆ Repair and refinishing of the hand rails on the steps leading into the front of the church
- ◆ Deep cleaning of carpets (back entrance to front of church, church office, and parlor)
- ◆ Monthly sanitization for COVID-19 and Flu viruses of the church building in an effort to help keep everyone safe and healthy
- ◆ Repair of a loose piece of siding on the church bell tower roof

In addition, there are plans to place security cameras on the exterior of the church in early January 2022 and to begin the process of replacing the central air condition unit before the cooling season begins. This unit is approximately 38 years old and has served us well, but it is now time for it to be replaced based on the maintenance issues we experienced this past summer. A new unit will certainly be more energy efficient and reliable!

Please feel free to reach out to Dallas to discuss any issues or concerns you may have regarding the overall maintenance of our church property.



## *Earth Stewards*

### **March Tip of the Month**

#### **Want a cleaner bathroom without all the chemicals?**

- ◆ A mixture of vinegar and water makes a miracle cleaner when it comes to getting rid of mildew buildup in the tub. Simply spray the solution on the problem area, let sit, then wipe away. Soap scum can be removed with a baking soda paste composed of baking soda and dish soap. Scrub with a toothbrush to remove stubborn patches.
- ◆ Newspaper works great for cleaning mirrors and glass in the bathroom, and won't leave behind a trail of lint like paper towels do.
- ◆ Instead of using powerful (but harmful) chemical cleaners to clear a clogged drain, use a combination of baking soda and vinegar. First manually remove what you can from the drain, then add the vinegar mixture. Let it sit for 15-30 minutes, and then run some hot water down the drain.
- ◆ To maintain a sparkling clean toilet, use a mixture of baking soda and vinegar rather than harmful chemicals. Scrub the toilet once a week to keep it at its cleanest. Add dish soap to the mix to tackle tough stains and make your sink sparkle!
- ◆ Try mopping the floor with a mixture of baking soda and warm water. You can add some lemon juice for a fresh scent that's WAY better than Pine-Sol. Hang your bath mats to dry after every use in order to avoid a build-up of mildew.

Love, Brett, and Mary Gabbett. "Going Green: 60 Earth Day Tips You Can Use Every Day." Green Global Travel, 29 Apr. 2021, <https://greenglobaltravel.com/going-green-earth-day-tips/#ECO-FRIENDLY%20BATHROOM%20TIPS>.

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



## Church Group Activities Update



### Color, Craft & Fellowship!

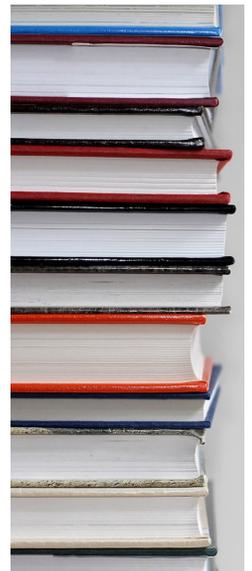
Yearning for some fun and fellowship? Well, come join us on **Wednesdays** from **2:00pm to 4:00pm** to **Color, Craft & Fellowship!** Bring your coloring books, markers, paints, crochet hooks, knitting needles, or whatever craft you feel like doing that day! If you are interested in joining, please contact **Lyndsey** at [Lyndsey@1stuccofcarlisle.org](mailto:Lyndsey@1stuccofcarlisle.org) or **717-243-2512**.

### Book Chat News!

Our Book Chat is back to meeting virtually via Zoom meetings, in accordance with church guidelines. The group is wrapping up the discussion of the non-fiction book, *So You Want to Talk About Race?* by Ijeoma Oluo. This book has inspired thoughtful discussion and furthered the group's awareness of problems of inequality that are caused by systemic racism in our society.

The next Book Chat selection is *Resistance Women* by Jennifer Chiaverini. This historical fiction novel tells the story of American graduate student Mildred Fish who marries a German citizen. She and her German friends secretly gather intelligence as part of the Resistance against Adolf Hitler and the Nazis in WWII Germany.

Questions about Book Chat may be forwarded Lyndsey Hendricks in the church office.



### Lunch Bunch News!

The Lunch Bunch Ladies will be meeting the following dates at **12pm**:

- ◆ **March 24th:** North Hanover St. Grill
- ◆ **April 28th:** Snapper's

If you are interested in joining, please call **Barb Simon-ton** at **(717) 329-0123** for reservations.