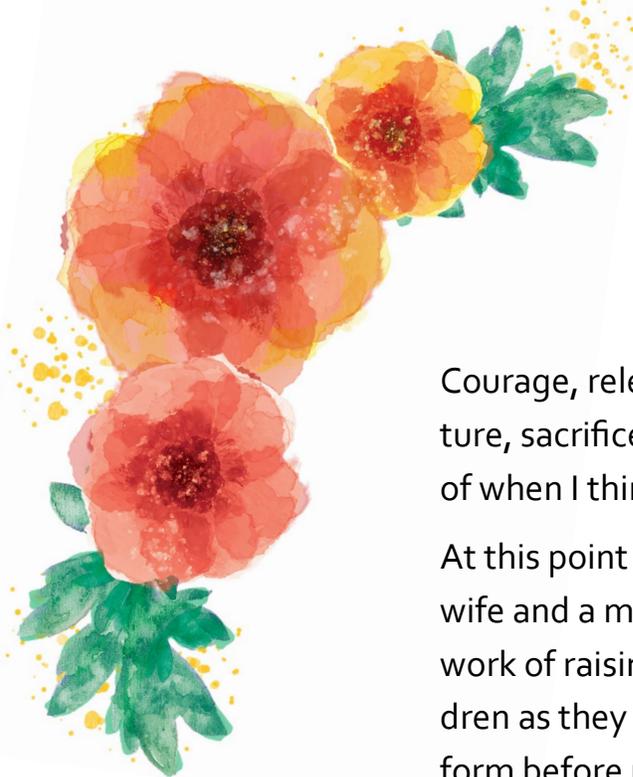


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**First United Church of  
Christ Newsletter**



## Celebrating Mothers

Courage, relentless and unwavering love, beauty, strength, nurture, sacrifice...all of these words, and many more, are what I think of when I think of my mother and mothers around the world.

At this point in my life, I am most looking forward to becoming a wife and a mother. The wonderful journey of pregnancy, the teamwork of raising children with my husband, to get to know my children as they grow up, and to see their personalities and characters form before my eyes. It is a great gift and responsibility to become a mother and I am very thankful I have such a great mother from whom to learn.

I definitely put my mother through the ringer, but she never stopped believing in me and she never gave up on me, no matter how many bad choices I made. I'm not sure I'd be where I am today, if it not for my mother and her support and prayers.

So, on behalf of us kids, thank you, moms, for everything you've done for us. All the times you held us when we were scared or hurt, when you stood your ground to protect us, suffering through the teenage years of raging hormones and uncertainty, celebrating our victories no matter how small, and for all the things we don't see.

I hope your Mother's Day is a wonderful, special day to celebrate you!

Happy Mother's Day!

## Special Days in May

### Cinco De Mayo– May 5th

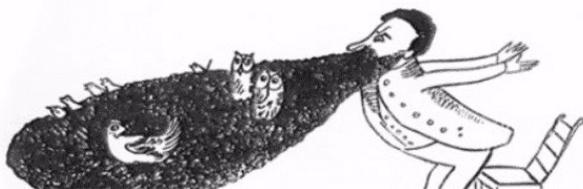
Cinco De Mayo is not the Mexican Independence day, but rather it marks the importance of winning the Battle of Puebla against the French on May 5th, 1862. Even though the French still managed to take control of Mexico in 1864, this battle raised the Mexican Army's morale and helped them gain an alliance with the Americans. This alliance would eventually force Napoleon III out of Mexico. If this alliance had not happened and the French had taken control of Mexico, the French would have most likely aided the Confederacy in the Civil War and possibly changed the course of history.

### National Limerick Day– May 12th

Here is a Limerick to celebrate the day!

*There was an Old Man with a beard,  
Who said, 'It is just as I feared! -  
Two Owls and a Hen,  
Four Larks and a Wren,  
Have all built their nests in my beard.'*

by **Edward Lear**



### Memorial Day– May 31st

Did you know this used to be called "Decoration Day?" Following the Civil War the mourning families would place flowers on the graves of the Union and Confederate soldiers. General John A. Logan of the Grand Army of the Republic (an organization of Union veterans) declared May 30th, 1868 the first official Decoration Day to honor the over 620,000 soldiers who died during the Civil War. Here is a portion of Logan's speech on May 30th, 1868.

"The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land..."

Many of us celebrate this holiday with summer barbeques, but let's remember why we are able to celebrate freely. For all the soldiers who have served and are still serving this country, thank you for your sacrifice, so we can live peacefully.

"Cinco De Mayo." *National Today*, 21 Mar. 2021, [nationaltoday.com/cinco-de-mayo/](https://nationaltoday.com/cinco-de-mayo/).

"Memorial Day." *National Today*, 21 Mar. 2021, [nationaltoday.com/memorial-day/](https://nationaltoday.com/memorial-day/).

Tantillo, Mario. "21 Hilarious Limericks for National Limerick Day!" *Bookstr*, 12 May 2020, [bookstr.com/article/21-hilarious-limericks-for-national-limerick-day/](https://bookstr.com/article/21-hilarious-limericks-for-national-limerick-day/).



# Keep on the Sunny Side

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



Psalm 23:1 ~ “The Lord is my shepherd, I shall not want,…”

Although I do not remember how old I was, or “how” I memorized either Psalm 23 or “The Lord’s Prayer,” I know it was in church.

However, I do remember how frequently patients and their families and friends asked me to include Psalm 23 in our prayers when I met with them as a Chaplain Resident at Hershey Medical Center.

Both “prayers” brought tremendous comfort to individuals suddenly finding themselves in uncertain times. Hope and Faith were both bolstered by those trusting in a Higher Power to “hear” their prayers.

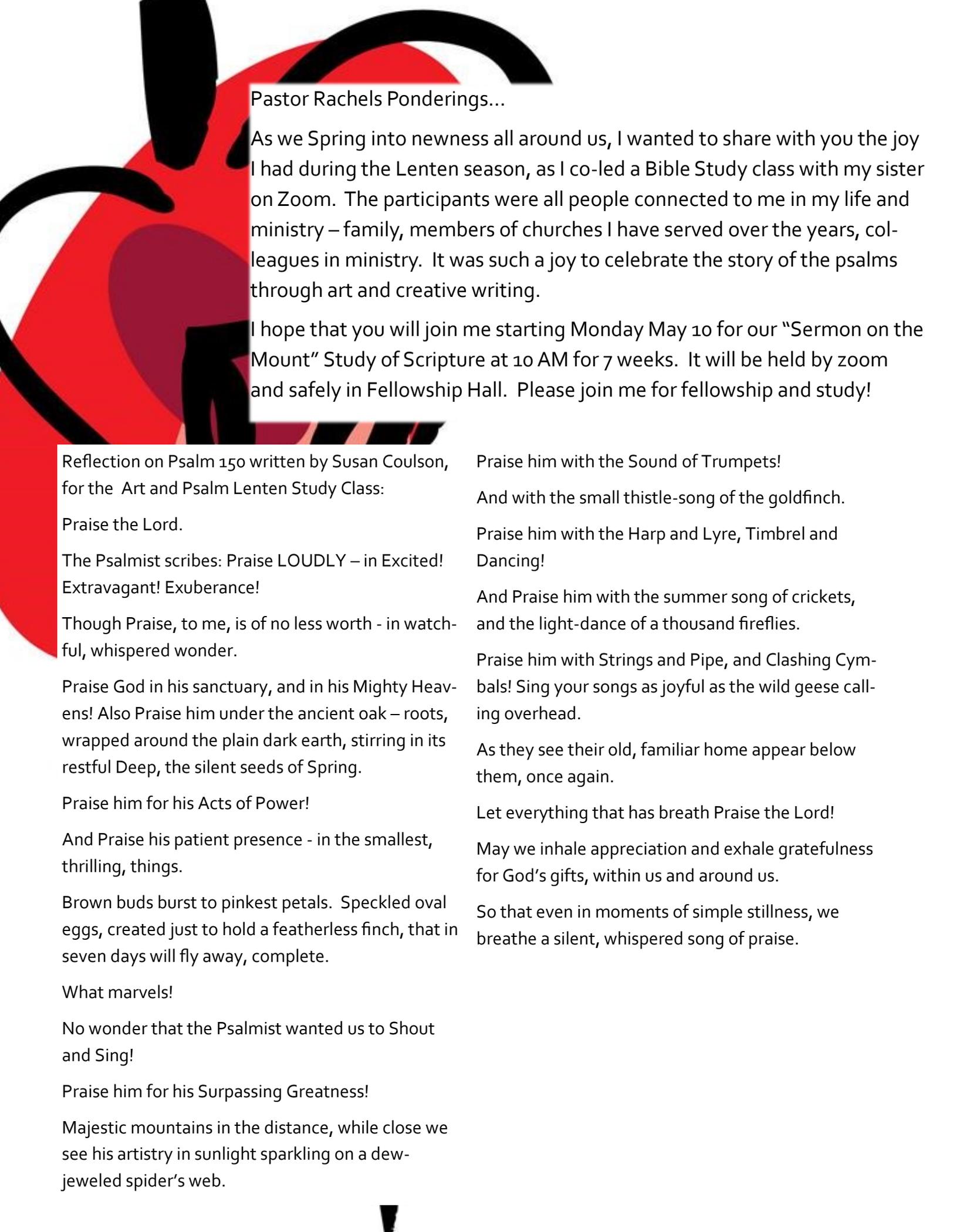
I learned so much in my year at Hershey Medical Center. I discovered when people are “stressed and distressed,” they did not want conversation. Rather—they appreciated a “compassionate presence.” Of course, as chaplain, I talked with them. But, as I learned in my Chaplain Residency Program, conversation is not the solution. Prayer is the panacea that quiets the racing thoughts and raising fears that loved ones experience in uncertain times.

The chaplain’s role is similar to a shepherd’s role in caring for their sheep. In one of my conversations with my chaplain supervisor she shared there are women shepherds. (I was surprised as I did not recall women shepherds in the Bible.) We talked about the “metaphor”—chaplain as “shepherd” especially applicable to chaplains who, when scheduled overnight, are often “called” to emergency situations, end-of-life, (and sometimes stressed staff), who need the “presence” of the chaplain to come, listen and pray with them.

As we were taught in Sunday School and church, the “sheep know their master’s voice.” As a chaplain in the community—now in my seventh year—wearing a face mask and now with “gray” rather than my previous “red” hair—I’m surprised people recognize me. When I asked individuals how they “knew” me, they said: “I recognized your voice, Chaplain Donna.”

Glory be to God, We Serve.

~ Chaplain Donna~



Pastor Rachels Ponderings...

As we Spring into newness all around us, I wanted to share with you the joy I had during the Lenten season, as I co-led a Bible Study class with my sister on Zoom. The participants were all people connected to me in my life and ministry – family, members of churches I have served over the years, colleagues in ministry. It was such a joy to celebrate the story of the psalms through art and creative writing.

I hope that you will join me starting Monday May 10 for our “Sermon on the Mount” Study of Scripture at 10 AM for 7 weeks. It will be held by zoom and safely in Fellowship Hall. Please join me for fellowship and study!

Reflection on Psalm 150 written by Susan Coulson, for the Art and Psalm Lenten Study Class:

Praise the Lord.

The Psalmist scribes: Praise LOUDLY – in Excited! Extravagant! Exuberance!

Though Praise, to me, is of no less worth - in watchful, whispered wonder.

Praise God in his sanctuary, and in his Mighty Heavens! Also Praise him under the ancient oak – roots, wrapped around the plain dark earth, stirring in its restful Deep, the silent seeds of Spring.

Praise him for his Acts of Power!

And Praise his patient presence - in the smallest, thrilling, things.

Brown buds burst to pinkest petals. Speckled oval eggs, created just to hold a featherless finch, that in seven days will fly away, complete.

What marvels!

No wonder that the Psalmist wanted us to Shout and Sing!

Praise him for his Surpassing Greatness!

Majestic mountains in the distance, while close we see his artistry in sunlight sparkling on a dew-jeweled spider's web.

Praise him with the Sound of Trumpets!

And with the small thistle-song of the goldfinch.

Praise him with the Harp and Lyre, Timbrel and Dancing!

And Praise him with the summer song of crickets, and the light-dance of a thousand fireflies.

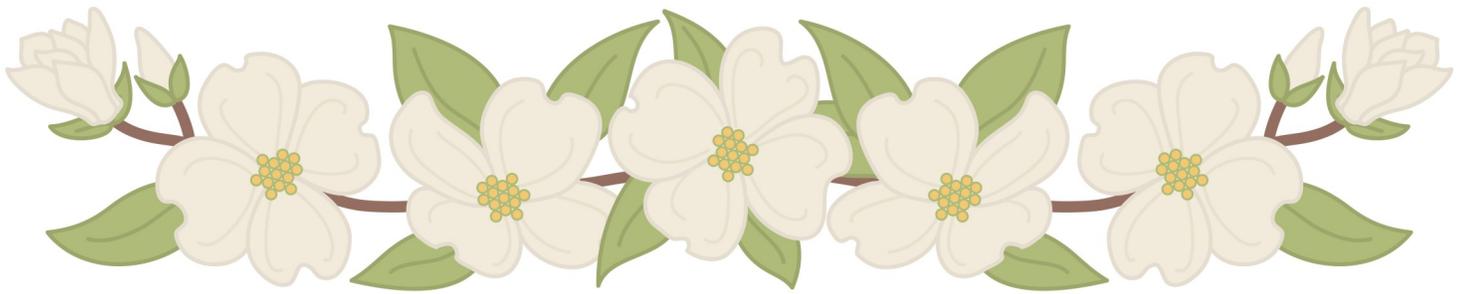
Praise him with Strings and Pipe, and Clashing Cymbals! Sing your songs as joyful as the wild geese calling overhead.

As they see their old, familiar home appear below them, once again.

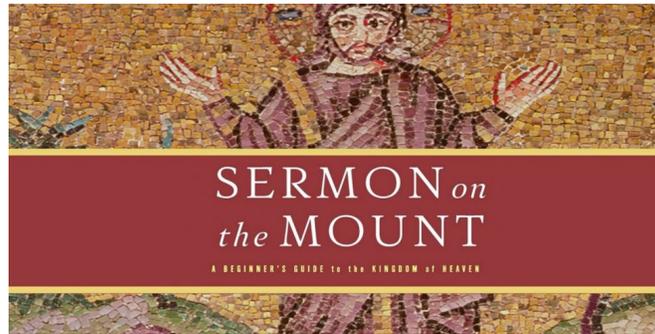
Let everything that has breath Praise the Lord!

May we inhale appreciation and exhale gratefulness for God's gifts, within us and around us.

So that even in moments of simple stillness, we breathe a silent, whispered song of praise.



## 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!!!!**

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## 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](http://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

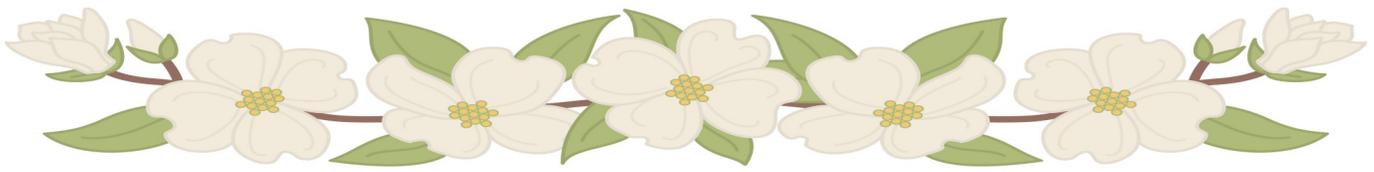


## Summary of 1st UCC – Carlisle reopening progress (3/16/2021)

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](http://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 Monday 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

\*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](http://www.1ucc.org)). If you would like a copy, please email Lyndsey ([Lyndsey@1stuccofcarlisle.org](mailto:Lyndsey@1stuccofcarlisle.org)).

### Community Aid Bin!

Clean out your closets to help Community Aid! There is a bin just outside the church office for any shoe and clothing donations you may have.

Clean out some of the old clothes that you haven't worn in 6 months. Or, if you go shopping, for every item you buy donate the same number from your previous wardrobe.

The Carlisle Community thanks you!



### 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](mailto: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.





## New Consistory Members

### Elders:

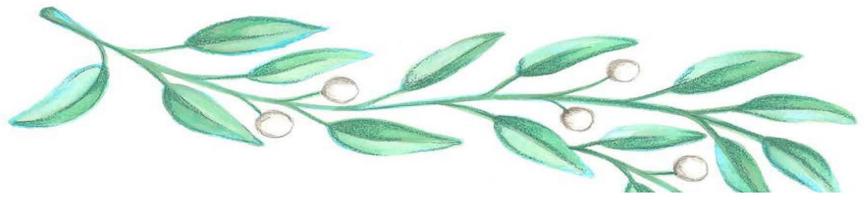
- 1) **Susan Stott Treasurer** – Stewardship
- 2) **Lisa Harrison** – Christian Education

### Deacons:

- 1) **Brian Gish** – Property Management
- 2) **Gail Havens** – Caring Fellowship
- 3) **Barb Simonton**- Church and Ministry



\*Welcome, new Consistory members! Thank you to all who have served and those who continue to serve on Consistory. We are looking forward to the new season!



## Earth Stewards

### May Tip of the Month

#### May 29th– Learn About Composting Day

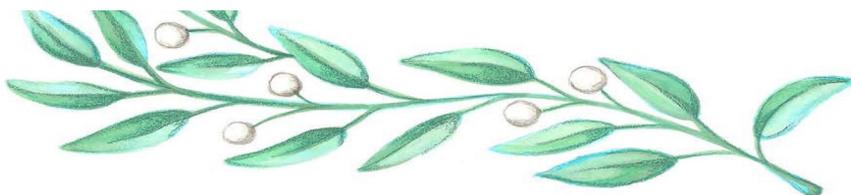
Compost helps us save water, energy, fuel, and money. It is a natural fertilizer for your garden. You can use any kitchen scraps, except processed foods and meats or fish, lawn clippings, leaves and wood chips, newspapers, and coffee grinds. It sustains a healthy environment for wildlife such as honeybees, humming birds, and worms. It also feeds the plants by creating nutrient-dense soil and prevents soil disease. Using this natural fertilizer will also minimize the chemical runoff into our water systems from the chemical-based fertilizers.

Invest in what gardeners call “black gold” and create a sustainable environment for you, your plants, and the surrounding animals!

Also, take protective gloves and a recyclable bag with you when you go on vacation or take a walk around the neighborhood. Pick up and recycle litter. **BE THE CHANGE!**

“LEARN ABOUT COMPOSTING DAY - May 29, 2021.” *National Today*, 23 Mar. 2021, [nationaltoday.com/learn-about-composting-day/](https://nationaltoday.com/learn-about-composting-day/).

**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 Activities Update

**Book Chat News** - Our Book Chat selection for May is *The Stationery Shop* by Marian Kamali. "Roya, a dreamy, idealistic teenager living amid the political upheaval of 1953 Tehran, finds a literary oasis in kindly Mr. Fakhri's neighborhood shop stocked with books, pens and jewel-colored ink." 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](mailto:Lyndsey@1stuccofcarlisle.org)) with a summary and it will be included in the next newsletter.