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## Celebration of Fall...



The changing of the seasons has always been one of my favorite times of the year. Summer into Fall is probably higher on my list than Winter into Spring. I love the crisp air in the mornings and feeling cozy inside with blankets and tea. Sometimes I decide to pick up a book, but most of the time I'm too ADD to read.

Transitions like Summer into Fall have always been turning points in my life in one way or another. This year's transition is a big one. Mark and I are going to be parents by April 2022. Preparing for first-time motherhood has definitely been an adventure, and I'm only in my first trimester.

The changes in my body and the constant changes with the baby remind me so much of this time of year. The leaves changing colors, birds flying south, the air bringing cool breezes, fall baking, and changing out the wardrobe are all beautiful changes I look forward to every year. Now, Mark and I get to share this beautiful time with our little one.

Coming soon...Hendricks Baby...  
appearing April 2022!



# Keep on the Sunny Side

“The Eye of a Needle: A Childhood Recollection”

By: Chaplain Donna Hale



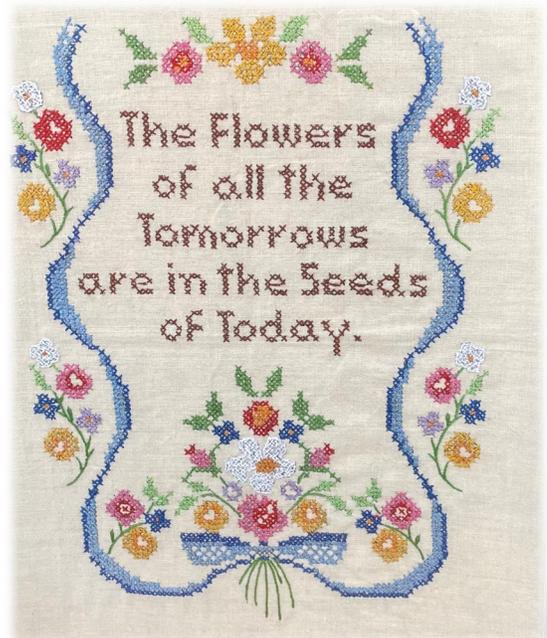
“Again, I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” [Matthew 19:24, NIV]

As a child brought up in church, and whose mother and grandmother both were quilters, embroidery and crochet artists, AND seamstresses who made my clothes, I associated the metaphor-- “eye of the needle”—not with the difficulties of “someone who is rich” (I did not know anyone who was rich), but with the difficulties I had with threading the embroidery needle. And I confess, I found it difficult to “thread a needle” whether it was a quilting, embroidery, or sewing machine needle. I failed completely at the “art of threading a needle.” (My younger sister had all the sewing talents in my generation. I was happy for her.)

However, even as a child, I knew a camel could never get through the “eye of a needle.” I did my best to learn the “techniques” of both threading the small “eye of the needle,” and designing the many forms of embroidery stitches. I loved selecting the colors and matching them to the stamped design on the embroidery cloth. Unfortunately, I lacked the patience to persist at learning how to thread the needle. (Threads sometimes were more than one strand to “guide” through the eye of the needle.) As a child, I knew it was impossible for a huge camel to go through the “eye of the needle” because of the camel’s size and its frustrated attempts to squeeze through a narrow door. (I learned about the use of hyperboles later in my schooling.)

I am grateful for my attempts at learning how to “thread the needle” because my failed efforts taught me both persistence and the ability to recognize that not everyone has the same talents. My inability to thread the needle led me to realize that there will be frustrations in my life that will require me to overcome obstacles to be successful. Much older now than my mother and grandmother were when they first showed me how to thread the embroidery needle, I now know not to become frustrated with new things I am learning to do in my community chaplaincy ministry; instead recognize that God gives us all many talents to “thread the eye of the needle” to accomplish our numerous tasks.

Glory be to God.





## Self-Care with Pastor Rachel

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind....For just as each of us has one body with many members, so in Christ we, though many, form one body.”

-Romans 12:2,4

One of the positive things this pandemic has given me is time. Time to study and reflect on the ministry that I do with and among you as your visitation pastor. I wanted to take this time in this month's newsletter, to share how I have taken care of myself in such a challenging time. I hope you will be encouraged to live your best life—even when there are obstacles or health concerns or overwhelming grief at what we could have done, been or become.

I have found time to connect with our worldwide community on Facebook, through weekly “Word for Wednesday” videos, most Wednesdays at 8 AM. This is a time where I can reflect on a word or two from scripture that we can gain wisdom from. I have found that many folks both inside and outside of our own church have created a new “ritual” for themselves to listen and reflect on these talks I share as their new spiritual routine to get their day going. I am humbled by the fact that I can say something that might help others find a connection with - whether it is with other people or with God. It is a time to remind all of us that we are in this together.

I have taken time to visit, and follow those who are living alone, unable to drive anymore, or have recently lost loved ones from our congregation. I pray for those no longer in our pews, and pray for those that can't get to those pews anymore. I am grieving alongside all of you not being able to visit your loved ones that are still under COVID lockdown in our nursing homes and community. I am joyful when I can visit with our members who are vaccinated and we can share communion together and a prayer holding hands.

I also have helped myself and others heal from emotional, physical or even spiritual pain with a gentle touch modality, called Reiki, a Japanese word that means spiritual healing. Learning Reiki has helped relieve allergies and sinus issues, hip pain, as well as gain confidence in my abilities to help others heal from trauma, pain or just have time to relax and receive God's healing in their lives. I look forward to sharing reiki with anyone who is curious and open to new ways of healing.

As a pastor, many of us turn to pastors to share their frustrations, fears, anxieties about what the pandemic has brought out for each of us — and cumulatively, I have heard the calls, the conversations, the debates, the prayers as we long for a “normal” world again. The Pandemic brings us back to triggers and traumas of isolation, fear of dying, anxiety, depression that we cannot bear alone — so it is important to turn to community, such as our church for answers and comfort. I want to be the best pastor I can be, as I take care of you all. So, this year, I am working toward my Certificate in Spiritual Care and Trauma through San Francisco Theological Seminary's Online Program. I believe this program, which is one year and meets online once a quarter, will help give me the language and the support to better support each of us in our Corporate and individual grief. I am hoping to then be able to provide support in new ways as we live into this new era.

I am looking forward as best I can, and am here to help each of you move forward the best ways you can through our shared experience, understanding of the trauma of the pandemic and helping in your healing journey. This is my calling. May each of you reach for the resources you need in your own calling, and especially to our God who gives us the hope and light that we all strive to be a part.

Blessings and peace.





## Looking for Readers!

### We are Bringing Readers Back into Worship!

We have 4 readers so far! If you are interested in being a Reader, please email Lyndsey (Lyndsey@1stuccofcarlisle.org) or call the Church Office (717-243-2512).

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## Church Events

### Theology Pub:

**Sunday, October 3rd**

The next Theology Pub will occur on Sunday, October 3rd. Starting at 4 pm, people can gather on the plaza at the church. Beverages will be supplied, although you are welcome to bring your own. Some snacks will be provided, and people can certainly bring their favorite snack to share. At the last Theology Pub, we discussed schools and their teams, future places that theology pub might meet, and the interaction between religion and health care. As usual, Shenanigans can happen at theology pub. All are welcome, no conversations are banned. Look forward to seeing you Sunday afternoon.

#1ucccarlisle

# Worship Service Update

**\*We are open!**

June 28, 2021

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



Consistory met this Monday, June 28, 2021, and some changes to policies have been made regarding being in the church building. There will continue to be one Sunday worship service starting at 10 am. CE Sunday activities are on summer break until September 12. Consistory determined that starting July 4th, people who have been fully vaccinated do not have to wear masks while in the church building. People who have not been fully vaccinated will still need to wear masks when they are present in the church building. If people are completely vaccinated but wish to continue to wear masks, people may do what makes them feel most comfortable. As we move into these changes, it is expected that everyone will respect one another and their choices. As people of faith, we need to be intentionally loving toward one another and non-judgmental in our actions and words. Consistory also determined that social distancing is still encouraged during worship and events. Bibles can be found in the pews starting July 4th. For now, there will be no congregational singing during Sunday worship. This may change in the fall, depending on the decisions of Consistory. We truly appreciate the continuing patience you have been showing during this difficult and challenging time.

Additional information to be aware of: It was decided by the Property Council and the Consistory in recent meetings that there will only be one open door to gain entrance to the church on Sundays, and that will be the gray parking lot door. Furthermore, this gray door will be locked, once worship begins. There will be a phone number posted on the gray door people can call, if they arrive late for church service. These steps are being taken to further ensure safety and security for people in the building. We ask that you also keep these steps in mind when attending church on Sunday.

Virtual worship options are continuing to be available, in addition to in-person worship. 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 an hour or two after worship.

Grace and Peace to one and all,

Michael Coulson, President 717-574-4595  
Pat Frey, Vice President 717-249-7528  
Gail Havens, Secretary 717-249-5198  
Susan Stott, Treasurer 717-701-1120  
Pastor Chris Schwab 717-422-8543





### Summary of 1st UCC – Carlisle reopening progress (8/24/2021)

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 COVID-19 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.lucc.org](http://www.lucc.org)), Youtube.com, and the Church’s Facebook page).
2. All congregation members should come prepared to wear a mask during the service, even those who have been fully vaccinated. Those without a mask will be given one at the door. The mask should cover their mouth and nose.
3. We ask that all Church attendees practice social 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.
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 and Bibles will return to the pews starting July 4th.
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. We discourage close social gathering afterwards in the Church or parking lot.
11. Cleaning and sanitizing related to both elevator-use and bathroom-use will be provided to you.
12. The Church will be cleaned and sanitized in the days before each Church service.
13. For those overflow congregants who do not have a seat in the Sanctuary or balcony—Fellowship Hall is available to listen to and/or view the Service.
14. Please note that for all building usage and visiting the church building beyond worship, social distancing and wearing masks (if you are not fully vaccinated) 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– Sadler Clinic in Carlisle.

\*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.



## 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.

Our first Community Aid cart-full of donations is on its way to those in need!

Our cart was FULL when this picture of project organizers Lyndsey Wilston and Suzy Coulson was snapped, and now it is ready for MORE! As a Community Aid partner, First UCC earns 4 cents per pound and other benefits for Project Share.

Please keep the donations coming!

**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>.



### Church & Ministry

St. Paul's Brass will be providing special music during the **October 17th** church service.



### Christian Education

Join us **Sunday, September 12<sup>th</sup>** at **9:00am** for **Launch Sunday!**

Classes for everyone from Elementary to Adult.

**Elementary** – Bill Harrison and Theresa Martin – Join in Bible lessons, music, crafts, and snack.

**High School** – Lisa Harrison - Read the Bible in a year.

**Adult** – Book Chat and Donna Hale - "First Families of the Bible".



### Christian Education– Adult Sunday School

**Sunday, September 12th—Sunday, December 12th**

**Fellowship Hall**

**8:45am to 9:45am**

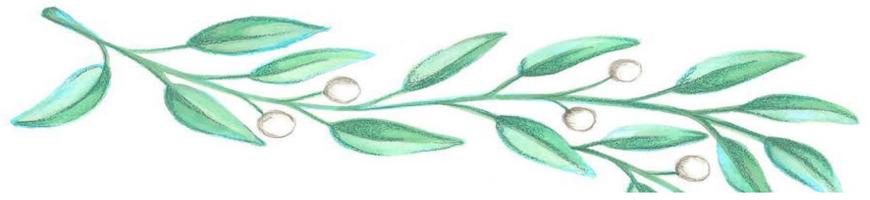
Donna Hale is leading an adult Sunday School class entitled "The Impact of Drama and Trauma on the 'First Families' in Genesis."

Bring your BIBLES, a notebook, pen, curiosity, and voices as we begin a "close reading" of the stories of Adam and Eve, Cain and Abel, and their brother Seth. We will continue the family narrative through Noah's family.

With our "close reading" and "sleuthing" skills polished, we will spend the next four weeks of class discussing how the "drama and trauma" of the "Genesis families" is depicted in the film version of John Steinbeck's novel: "East of Eden" starring James Dean and other famous 'movie stars' whose acting we all know and appreciate.

The last week of the class wraps up our families' stories with a discussion of the mysterious "Tower of Babel" and its connection to the "First Families."

If any questions about the class, please contact Chaplain Donna at 717-243-2512, Ext. #9.



## *Earth Stewards*

### October Tip of the Month

#### **Lights Out! From 11 PM - 6 AM to help Migrating Birds**

Birds are migrating at night in our area from September into early November. Mass bird deaths due to night-time crashes into buildings are becoming all too common, and bird populations are declining. Exterior and interior lights on buildings and in landscapes confuse the birds, and get them off their migration path.

As they fly around, trying to find their way back to their route, birds become exhausted, smash into buildings, and die. On one night this September, 300 songbirds died and many more were injured by crashing into the World Trade Center tower because of the lights.

This is happening across the US, and people are becoming more aware of how human activity affects nature. Birds and nocturnal animals need the dark of night, without bright lights, to live as nature intended.

We can help fix this problem. Turning off our exterior lights and pulling blinds over our windows from 11 PM to 6 AM will help reduce the light-pollution problem for wild creatures. Installing motion lights is another great idea that will save wildlife and also cut energy consumption.

Share this idea with others and help spread the message that God has called us to care for the Earth and be good stewards of His Creation!

**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** or **717-243-2512**.

### Book Chat News!

Book Chat meets for devotions, book discussion and fellowship at 11:00 AM after the 10:00 AM service on the first and third Sunday of each month.

The group gathers on folding chairs under the tree at the parking lot entrance of the church. Members who can't make it in person are included via Zoom technology on computer.

The group is currently reading a non-fiction selection - *The Woman's Hour* by Elaine Weiss. It is a detailed and fascinating history of women's effort to gain the right to vote in US elections. In addition it also covers numerous related issues that both concerned and affected the lives of women (both pro-suffrage and anti-suffrage) throughout this generations-long struggle.

Book Chat reads all types of genres, voted upon by the members of the group. New members are welcome and questions may be directed to group facilitator, Michelle Brode, through the church office.

Book Chat future reading list:

*The Book of Lost Names, Klara and the Sun, The Four Winds, So You Want to Talk About Race, Resistance Women, The Midnight Library, Leave the World Behind, The Island of Sea Women.*

