



# MOUNT ZION LUTHERAN CHURCH

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## *From the Pastor's Desk*

In the cycle of the church year, we are entering the "Time After Pentecost". Pentecost is the celebration of the giving of the Holy Spirit. The Holy Spirit not only supports us but calls us into God's mission in the world as disciples. The season "After Pentecost", which lasts clear through Reformation Sunday at the end of October, is focused on how we become disciples.

How is Discipleship different from Membership?

I was reading up on this topic when I came across a concisely written blog in [www.discipleship.org](http://www.discipleship.org) about the difference between discipleship and membership. There is an important distinction between the two – a distinction that makes us grow as followers of Jesus Christ. Here is a summary of those distinctions from his blog:

While discipleship and membership are not mutually exclusive, they both signify two distinct experiences. Church membership suggests a sense of community and belonging, but discipleship communicates a sense of mission and purpose.

Good church members could be defined as those who:

- Attend regularly.
- Serve in some capacity.
- Give consistently and sacrificially.
- Committed to lead.

A person could do all these things and still not be living as a disciple of Jesus. A disciple does the same things as a good church member – they serve, they attend, they give. However, a disciple of Jesus allows themselves to be transformed by God's Spirit to live more like Jesus. The things members do are secondary to the life of a disciple in Christ, not primary. Serving, attending, giving flow out of their discipleship to Jesus, not their commitment to a church.

Growing disciples could be defined as those who:

- Arrange their life to be with Jesus.
- Intentionally pursue the character of Jesus.
- Increasingly love what and whom Jesus loves.
- Are committed to the mission of Jesus because of their devotion to Jesus.

June 2026

## **Our Services**

*Sundays*

10:30am

Liturgical Worship  
with Holy Communion  
*Virtual via Facebook Live*

*A bulletin can be found to follow along with worship on our website at [www.mtzionyork.org](http://www.mtzionyork.org).*

*Virtual services are available to view at any time once the livestream is over.*

## **June Events**

- June 7 - Worship with Holy Communion
- June 14 - Flag Day
- June 14 - Worship with Holy Communion
- June 14 - Congregational Meeting
- June 21 -Worship with Holy Communion
- June 21- Council Meeting
- June 26- Trivia Night at UCC at 6 PM
- June 28- Coffee & Catch-up 9:30-10
- June 28 -Worship with Holy Communion

## **OUR MISSION**

**To spread the Gospel in accordance with God's plan by ministering to the spiritual and human needs of all people through our gifts, talents and our love in Jesus Christ.**

Becoming disciples reorients what we prioritize, what we measure, and what we celebrate. Making good church members often puts the organization first – its growth, its financial health, its size. It emphasizes and celebrates what all organizations do - the number of people the organization has involved and how much they give in dues. The goal is to help the organization flourish, and people are called and celebrated when they participate in accomplishing this goal.

Making and growing disciples have a different focus. The people move to the fore, and the organization exists to grow the people and enable the people to flourish. When growing disciples become the focus, the questions then become:

- How can we help people order their everyday lives around Jesus?
- How can we intentionally guide people toward becoming like Jesus from the inside out?
- How do our programs and events facilitate transformation of self and others?
- How can we resource people to live as disciples who make disciples?

The goal is no longer about growing the numbers of the church or increasing giving. The goal becomes about growing great humans – humans who are intentionally and increasingly moving along a path toward becoming like Jesus.

An example of this is a helper at the food pantry. The helper acts as a member when s/he gives to the food pantry and uses their time helping clients. The helper acts as a disciple when s/he suddenly realizes, “These clients have no idea why we are doing this or where this food really comes from.” So, after being thanked by the client, s/he says to them, “Don’t thank me! Thank God who provides all this extra food and the congregation for gladly donating the extras God has given them.” Her emphasis was not on being a good member or being recognized for ‘doing a job’; her focus was on God’s kingdom and helping the client make the connection between the food they were getting and our loving, giving, gracious God, who provides. In that instance, not only will this helper grow in discipleship, but s/he was doing what we are all called to do - make disciples by pointing out the connections in this world to God, our creator, our redeemer, and our sustainer.

This transformation and discovery into disciples and discipleship is not about becoming better members. We already are. It is about allowing ourselves to become disciples and focusing on how we lead others to know and love our Lord. At our next congregational meeting, we will need to do a lot of listening to the Spirit and praying as we discern where God is leading us. We need to ask God not just how to become better members, but also how to become better disciples. Yes, we need to be both – good members and good disciples. Together, let’s ask God to reveal to us the answers to “Why do we exist in this place?”, “How do we continue to do ministry and where?”, and “How do we grow in discipleship and lead others to flourish in faith?”.

I pray you have a blessed and faith-filled summer as we discern membership and discipleship together.

*Fondly, Your Sister in Christ,  
Pastor Debbie*

## News from Your Church Council

1. There are three major projects (roof, daycare safety code requirements and boiler) being reviewed by Council at a special meeting on May 31, 2026. After recommendations are made by Council, they will be presented at a Congregation Meeting on June 14, 2026. Watch your mail for a letter and information about the projects and mark you calendars to join us that day.
2. There seems to be confusion on what can be put into an offering envelope. Please see the example and explanation in this newsletter and the bulletin for May 24.
3. Our treasurer, Kathy Swords, will give a temple talk on May 31 regarding the current state of finances for the congregation.
4. As mentioned a few weeks ago, a former Baptist (congregation) church (now known as Real God York) is interested in using our facilities (Fellowship Hall, mainly) for Sunday worship. A building use agreement was sent to them, and the Executive Committee and Pastor Debbie are reviewing the items that they asked to us to review.
5. Council and the Anniversary committee are looking for someone or multiple people to rearrange the pictures of our former pastors to make them easier to view. This is listed on the May Volunteer Opportunity handout. If you are interested, please complete the form on the back of the sheet. October 4th will be here before we know it.
6. Cinda will be retiring as our organist at the end of August. Council is in the process of sending the job description out to various colleges/universities, the organ guild and posting online. If you would like to help with this process, please see Jessica Nolt or Ellen Gibb.

Ellen  
Council President



## 2026 Prayer List



Please continue to pray for Ed Ackerman, Jerry Arnold, Ray & Kathy Blose, Ted Brown, Jason Crowley, Bonnie DeBold, Gerri Deller, Tom Demler, Layla Esteves, James Ewing, Patti Feichtel, Scott Frederick, Linda Grone, Tonia Grothey, Bob Gundlach, Audrey Heffermehl, Ruth Hoak, Carol Johnson, Gary Jones, Gene Krisukas, Winnie Kowolik, Kelly Lehr, Bob Lyon, Marsha Mann, Fran Marple, Amy Martzall, Bruce Myers, Mike Neal, Deborah Overly, Julie Rehman, Ben Renner, Kathy Rinaca, Carrie Roman, Tom Shaffer, Anthony Shaw, Rick Shreve, Herb Stauffer, Chad Sterling, Cody Sterling, Bud Stevens, Carol Stickles, Steve Thompson, Marvin Timmons, Jace Valenti, Kay Waltemire, Bonnie & Robert Warren, Dodie Weaver, Ben Zenlinski, Diane Zerbe, and the shut-in members of our congregation:

Mary Sue Bottstein, Joan Brenner, Joseph Bruggeman, Dudley Fink, Lonnie Ginter, Gloriann Green, Jeannie & Bill Grove, Bob Hoffheins, Lou Ann Leibensperger, Dick Lynn, Norma Jean Seigman, Maxine & Larry Shaffer, Bud & Vickie Stevens

**Please remember to use the add/remove/keep prayer list slips on the rear table. The prayer list is reviewed every month though the names may remain for an unlimited time, periodic updates are appreciated. Contact Kathie Boop (717-855-6763) or leave the slip in Kathy Gable's mailbox.**

### Membership Directory

Updated copies of the directory are available on request.  
Please see Kathy Gable.

\*If you have any changes in your information, please email Kathy at [mtzionlutheranyork@gmail.com](mailto:mtzionlutheranyork@gmail.com).

### Coffee and Catch-up

Please join us from 9:30-10:10 on the last Sunday of each month. There is a sign-up on the bulletin board to bring breakfast items to share. Enjoy some breakfast items and conversation with other members of the congregation.

Please come and join us and start your day in a brew-tiful way!

175<sup>th</sup> Anniversary Memories

from Roy Brenner

1. The organ we have was originally at Playland in the former Delco Plaza.
2. When Springettsbury township connected the road now known as Deininger Road between Ridgewood and Mt. Zion, the church was asked if they would like to name it. The name Deininger was selected to honor the Rev. C. J. Deininger who lead worship at Mt. Zion for 33 years (1852 - 1885).
3. Pastor Deininger led worship services at Mt. Zion, Quickel's, Wolf's and Paradise (Jacobus), rotating each week. The weeks without a pastor, Mt. Zion had Sunday School during the worship hour.

Mt Zion Lutheran 175<sup>th</sup> Anniversary Memories

What memories do you have of events or times at Mt. Zion Lutheran?

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Please submit a sentence or two of what you recall. Photos or artifacts welcome, too. We would like to hear from everyone about your memories of your church experience. Questions? See Kathie Boop or Cheyanna Snyder or email [Mtzion175th@gmail.com](mailto:Mtzion175th@gmail.com)

**The Special Benevolence for April was ELCA World Hunger.**

**We gave \$115. Thank you for your support!**

LifePath Christian Ministries received **116** donations from Mt Zion in the first quarter which netted **\$370** in gift cards that we will be sharing with our Food Pantry clients. Keep on donating!

From online bank report: As of May 28, 2026

**FULTON BANK:**

Administrative Checking Account	\$ 1,927.36
Special Needs Checking Account	\$ 2,099.56
Sound System Account	\$ 768.00
Roof Account	\$ 987.00
Rental Property Fund	\$ 1,000.00
Pastor's Discretionary Fund Checking	\$ 684.11
Memorial Fund Account	\$ 1,470.20

Unused Line of Credit at Fulton Bank but available to us \$20,000  
Commercial Loan @ Fulton Bank \$20,000 at 8.77% payments 1st of each month \$ 1,414.36  
Principal amount as of 05/18/ \$ 17,429.24

**CITIZENS' BANK:**

Money Market Account @ .02%	\$ 3,878.11
Memorial CD 8 mos @3.62%	\$ 50,464.81
Business Checking Account .02%	\$ 3,100.00

**Food Bank:** Month To Date: Deposits \$ 270 Expenses \$ 0 Balance \$ 2,006.24

**As of May 18, 2026 Summary** (from PowerChurch the computer program used for financial entries and reports)

**Total Envelope offering: Month to date May 19 \$ 7,639 Weekly Budget \$ 3,430 = 10,290 we are behind in regular envelope offering for May \$ 2,651. We were only behind \$ 787 for the first quarter ending March 31st, so I know we can do it. Thank you for your generosity.**

Bills paid but not yet cleared bank \$ 2,053.00  
Bills for 05/18 to 05/23 \$ 1,054.14  
Bills for 05/25 to 06/02 \$ 13,876.57- payroll, benefit, insurance, loan  
**Need by May 25th \$14,930.71 to pay May bills by May 31st**  
Estimated monthly bills for May 2026 \$ 31,111.50

*Contributions to the 175th Anniversary May offering \$ 277*

*Contributions to Sound System for May 2026 \$ 394 Monthly Budget \$ 1907 Our goal in 2026 is \$22,880 or \$11.00 per giving envelope per week.*

If you have any questions, please see Kathy Swords, or email at [mtzionyorktreasurer@gmail.com](mailto:mtzionyorktreasurer@gmail.com) or 717-503-0527 (cell)

Respectively submitted,  
Kathy Swords, Treasurer

**Ways of Giving**

**God's Work, Our Hands**

Your gift, Your choice

**Direct:** Cash or check donations placed into the offering plates are always appreciated!

**Banking:** Look into how your personal bank account as some banks mail offerings to the church from accounts directly. Some programs are free and included with particular accounts.

**Online:** Make a donation on our website: [www.mtzionyork.org](http://www.mtzionyork.org)

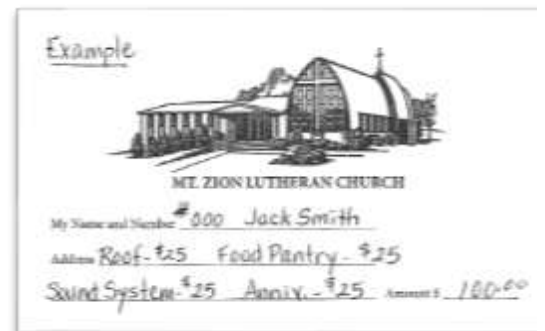
**Text:** Make a donation via Text message! Text to: (717) 537-9088 Simply text an amount (no dollar sign needed) to the number above and follow the prompts to complete your donation!

**Give+ App:** Search "Give Plus" on your phone App Store, download and find Church name by ZIP code, 17406

**Thank you for your generous support!**

*Contributions to Roof for May 2026 \$ 947 Monthly budget \$7 per giving envelope per week - \$ 1,274.*

**PLEASE USE WHITE ENVELOPE FOR FOOD PANTRY, ROOF, SOUND SYSTEM, AND ANNIVERSARY**





### From the Pantry

Mt Zion Pantry thanks you for your continued support. You helped 30 clients (145 family members) in May with food and personal care items and gift cards to LifePath Thrift Stores.

These folks are thankful and expressed their gratitude. If you would like to see this for yourself, please call Kathie Boop (717) 855-6763 to volunteer. It's only a two-hour commitment.

If you or someone you know is in need, please call the PANTRY at (717) 680-3789 to schedule an appointment.

### Mt Zion Food Pantry List

#### Packaged Items

Jiffy Cornbread Mix  
 Instant Mashed Potatoes  
 Stovetop Stuffing  
 Knorr Rice – varieties  
 Knorr Pasta – varieties  
 Macaroni & Cheese  
 Rice-A-Roni – Chicken  
 Rice-A-Roni - Beef  
 Rice-A-Roni – Spanish

#### Pasta Items

Spaghetti  
 Shells  
 Elbows  
 Penne  
 Ramen Noodles – chicken

#### Canned Soup

Cream of Mushroom  
 Cream of Chicken  
 Chicken Noodle or  
 Vegetable

#### Cereal

Instant Oatmeal –  
 boxes with individual Packets

### **ALTAR FLOWERS**

We are accustomed to seeing flowers on the altar every Sunday throughout the year except during Advent and Lent. These flowers are not simply decorations; they are an integral part of our worship that help to draw our attention to the focal point of the chancel area — the Altar. They serve as a reminder of God's creation and the bounty of His handiwork. That said, it is time to fill in the list for 2026.

Sponsoring these flowers is very simple:

1. Decide when you want to sponsor altar flowers, one week or multiple weeks; it's not necessary to have a specific reason, but if you do, simply indicate that on an order form always available in the pocket under "Flowers" on the bulletin board in the hallway beside Pastor's office.
2. Choose as many dates as you wish. If you have no specific dates in mind, simply indicate that you want to sponsor a Sunday, or again, any number of Sundays.
3. Complete the order form, making sure to include your envelope number, a check for the amount ordered, and place it in a green envelope, or in your regular weekly envelope, and put it in either the offering box or offering plate. COST OF FLOWERS: \$35 FOR EACH VASE.

Each year there are 44 Sundays when we have flowers on the altar. Sponsoring these flowers is a perfect way to honor God and show that you understand and value stewardship to the church.

If you have questions or need help deciding when or how to sponsor flowers, talk with Dale Good after worship, or call or text him at (717) 880-3853. If you call, please leave a message if you do not get an immediate answer.

## **Monthly Benevolence for June**

### **Salvation Army**

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

Soon after beginning his ministerial career in England in 1852, William Booth abandoned the concept of the traditional church pulpit in favor of taking the gospel of Jesus Christ directly to the people. Walking the streets of London, he preached to the poor, the homeless, the hungry, and the destitute.

When fellow clergymen disagreed with Booth's unconventional approach, he and his wife, Catherine, withdrew from the church to train evangelists throughout England. The couple returned to the East End of London in 1865, where many followers joined their fight for the souls of lost men and women. Within 10 years, their organization, operating under the name "The Christian Mission," had over 1,000 volunteers and evangelists.

Thieves, prostitutes, gamblers, and drunkards were among their first converts to Christianity. And soon, those converts were also preaching and singing in the streets as living testimonies to the power of God.

When Booth read a printer's proof of the 1878 "Christian Mission" annual report, he noticed the statement, "The Christian Mission is a volunteer army." Crossing out the words "volunteer army," he penned in "Salvation Army." From those words came the basis of the foundation deed of The Salvation Army.

From that point onward, converts became soldiers of Christ and were known then, as now, as Salvationists. They launched an offensive throughout the British Isles that, in spite of violence and persecution, converted 250,000 Christians between 1881 and 1885. Their message spread rapidly, gaining a foothold in America and, soon after, in Canada, Australia, France, Switzerland, India, South Africa, Iceland, and Germany.

Today, The Salvation Army is active in virtually every corner of the world and serves in over 100 countries, offering the message of God's healing and hope to all those in need.

## June Prayer Ventures

*These petitions are offered as guides to prayer for the global, social and outreach ministries of the ELCA, as well as for the needs and circumstances of our neighbors, communities and world. Thank you for your continued prayers for the life and mission of this church.*

1. Give thanks to God for grandparents and older adults — their service and impact are significant. Pray that we support them with gratitude and encouragement as our siblings in Christ and as neighbors with wisdom, compassion and valuable gifts to contribute to the well-being and richness of congregations, communities and families.
2. Mental Health Awareness Month Pray for those who live with mental illness, that they will have access to appropriate medical help and will experience understanding, support, respect and total inclusion in the church and society as beloved and gifted children of God.
3. Pride Month Give thanks to God for the gifts, wisdom, leadership and faith of our LGBTQIA+ neighbors and siblings in Christ. Ask the Spirit to embolden us as we work together for justice, total inclusion and love for humanity in all its diversity.
4. Pray for the leaders, voting members and others gathering for the assemblies of the East-Central Synod of Wisconsin, Florida-Bahamas Synod, New England Synod, Northeastern Pennsylvania Synod and Northwestern Pennsylvania Synod, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel, serve our neighbors in need and work for justice and peace.
5. Pray for the leaders, voting members and others gathering for the assemblies of the Delaware-Maryland, Eastern North Dakota, Lower Susquehanna, Metropolitan Chicago, Northeastern Ohio, Southwestern Minnesota and West Virginia-Western Maryland synods, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel, serve our neighbors in need and work for justice and peace.
6. Pray for the leaders, voting members and others gathering for the assemblies of the Central/Southern Illinois, Central States, Indiana-Kentucky, La Crosse Area, Metropolitan Washington, D.C. and Upper Susquehanna synods, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel, serve our neighbors in need and work for justice and peace.
7. “As Jesus was walking along, he saw a man called Matthew sitting at the tax collection station, and he said to him, ‘Follow me.’ And he got up and followed him” (Matthew 9:9). Pray for the Spirit to strengthen our trust in God’s ability to see in us special qualities and gifts valuable for doing God’s work in the world.
8. Ask God to sustain the hope of individuals and communities rebuilding in the aftermath of tornados, floods and wildfires — here and around the world. Give thanks for those who volunteer their time, skills and resources to help with the physical, emotional, social and spiritual needs of disaster recovery and building resiliency.
9. Remember in prayer the 4,000 young adults who lead summer camp programs at our 112 Lutheran outdoor ministry sites across the United States and Puerto Rico, programs

that include youth camps, adult and family camps, travel and adventure camps, day camps, servant learning events and more.

10. “Praise the Lord with the lyre; make melody to him with the harp of ten strings. Sing to him a new song; play skillfully on the strings, with loud shouts” (Psalm 33:2-3). Lift up prayers of praise and thanksgiving for cantors, church musicians and choirs that help us express our faith, joys and laments when we gather for worship.

11. Pray for the leaders, voting members and others gathering for the assemblies of the Grand Canyon and South Carolina synods, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel, serve our neighbors in need and work for justice and peace.

12. Pray for the leaders, voting members and others gathering for the assemblies of the Northern Illinois and Southwestern Pennsylvania synods, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel, serve our neighbors in need and work for justice and peace.

13. Remember in prayer individuals with intellectual and developmental disabilities, that their faith, gifts and abilities will be valued and affirmed in the church and society. Give thanks for the work, services and advocacy of ELCA Disability Ministries and the Lutheran Services in America Disability Network.

14. Thank God for calling, equipping and sending us into our communities and the world, accompanied by our siblings in Christ, our global companions, our ecumenical partners and organizations that share our vision of serving neighbors in need and doing God’s work in the world — together.

15. Give thanks for those who make you laugh and smile, lifting your spirits.

16. “Abraham was a hundred years old when his son Isaac was born to him. Now Sarah said, ‘God has brought laughter for me; everyone who hears will laugh with me’” (Genesis 21:5-6). Call upon the Spirit to help us be alert and receptive in those moments when we think something is impossible or absurd and God’s presence and actions take us by surprise.

17. “Listen to the word that God has spoken; listen to the One who is close at hand; listen to the voice that began creation; listen even if you don’t understand” (ACS 974). Pray that we will slow down and listen for what God says to us in Scripture, during worship, through nature and in conversation with our neighbors and siblings in Christ — including strangers.

18. Thursdays in Black Pray for an end to gender violence and resolve to wear black every Thursday as a symbol of solidarity with the World Council of Churches’ global movement to resist attitudes and practices that permit violence and rape. Promise to advocate tirelessly for the safe, respectful treatment of women, men, boys and girls in homes, schools, workplaces and communities.

19. Juneteenth This day of celebration, dating back to June 19, 1865, commemorates the end of slavery in the United States. Give thanks and praise to God for creating humankind in

all its diversity, and ask God's forgiveness for acquiescing to fear, suspicion, intolerance and unjust treatment of others. Pray for the Spirit to help us as we work to end racism and racial inequity in the church and society.

20. Pray for the leaders, voting members and others gathering for the Allegheny Synod assembly, that the Spirit will strengthen, guide and inspire them as they reflect on the mission of the church, choose leaders and encourage one another to proclaim the gospel, serve our neighbors in need and work for justice and peace.

21. Ask the Spirit to stir wisdom, love and patience in fathers, stepfathers, foster fathers and fathers-to-be, that their children will be compassionate and resilient and know the joy of God's presence in their lives.

22. Our gifts to ELCA World Hunger and Lutheran Disaster Response help them respond to neighbors who can't afford the food they need. Pray that our faith will prompt us to generously support hunger relief initiatives such as the World Hunger Daily Bread Grants, which support feeding ministries of ELCA congregations.

23. Every day is a day to celebrate and proclaim the risen Christ! Give thanks for the undeserved gift of God's enduring love and forgiveness that we receive through Jesus Christ, our Savior, shepherd and teacher.

24. Pray that we will not accept violence as normal or too complex to confront and change. Thank God for the power and resources we have when communities work together to prevent violence and address its root causes.

25. God's love has been poured into our hearts through the gift of the Holy Spirit in us. Give praise and thanks to God!

26. Remember in prayer refugees, immigrants and asylum-seekers who fear war, violence, injustice, and political and religious persecution, and who seek safe, welcoming communities where they can flourish.

27. Pray that we will inspire others by exemplifying peace, justice, forgiveness, love and service in our communities, nation and world. Give thanks for ELCA justice and peace ministries and for resources, advocacy and initiatives that deepen our understanding of God's justice.

28. Pray for the Gathering Expeditions, regional retreats for youth and their adult leaders to delve into questions of faith, purpose, identity and calling as they prepare for the 2027 ELCA Youth Gathering in Minneapolis, Minn.

29. Lift up prayers of thanksgiving for the certainty of God's presence and grace, evident from the love and forgiveness we know in Jesus Christ. Resolve to share, far and wide, the message of God's love and care for us.

30. Ask God to make our relationships and social networks healthy, caring and resilient, and pray that the Spirit will inspire us to foster these qualities in our relationships.



## Holy Play: Summer Together



Trivia Night at Mt. Zion  
Friday, June 26<sup>th</sup> @ 6:00 PM

Mt. Zion to the York Revs  
Tuesday, July 14<sup>th</sup> @ 6:30 PM



Mt. Zion UCC has invited us to join in a summer of Holy Play! First event will be a **Trivia Night** at Mt. Zion UCC in the fellowship hall on **Friday June 26<sup>th</sup> @ 6 PM**. Bring a snack or appetizer to share and root beer floats will be provided.

The next event will be an evening to see the **York Revolution baseball team** at the Revs stadium on **Tuesday July 14<sup>th</sup> at 6:30 PM**. Tickets are \$10 each and you'll pick them up from Mt Zion UCC church office the week before the game.

Sign up using the links below:

**Trivia:** <https://forms.gle/jTSDgWounnUjNK2v8>

**York Revs Night:** [ttsu.me/revsgame](https://ttsu.me/revsgame)



Mt Zion UCC also invites us for Walking Wednesday during the months of June and July at **John Rudy Park**. Come early for some pre-worship play and then walking worship begins at 7:00 PM. Walk, read scripture, pray and share in the beauty of God's creation together.

We will be sharing worship and picnic on September 27<sup>th</sup> with Mt Zion UCC. The Eastern Hemlock Pavillion at John Rudy Park was secured for 8 AM – 8 PM. It's the pavilion right off the paved parking lot and closest to the bathrooms. Further information will be coming soon!

## Parish Nurse Corner

Well it's May! The year is flying!!

### **Reminders:**

The 1st Sunday of the Month is Blood Pressure Sunday (Note: about 3% of the Blood Pressures after the Polka Mass were down!! Yes, LOL, I look at those things.)

The "Ask a Nurse" Bag is still on the back table with note paper if you have a question. Jot me a note and I will answer.

May is Stroke Awareness Month But, I have addressed "Strokes" before, so I am going to address "**Mini Strokes**" this month. This information is found, almost verbatim, from The American Heart Association, if you are interested in checking out their site - it's a wealth of information!

**A transient ischemic attack (TIA) is often called a mini-stroke, but it's really a warning stroke.** TIA and stroke symptoms are the same, although most TIA symptoms last only a few minutes (but up to 24 hours). While TIAs generally do not cause permanent brain damage, they are major warnings and should not be ignored.

**So really there is NOTHING "MINI" ABOUT IT!!! It's telling you to get HELP, this is a 911 call because there is a treatment for Strokes and you can't tell a Mini Stroke (TIA) from a REAL Stroke until you are seen by a doctor.**

- A TIA occurs before about 15 percent of all strokes.
- About 240,000 Americans experience a TIA every year.
- **Mini-strokes are often followed by more severe strokes.**
- About one-third of the people who have a TIA go on to have a more severe stroke within a year.
- People who have severe strokes often report having earlier warning strokes.

What is a stroke?

A stroke is a "brain attack" that occurs when the blood bringing oxygen to your brain stops flowing and brain cells die. On average, someone in the United States has a stroke every 40 seconds.

What causes a TIA?

When a blood vessel in the brain becomes blocked for a short period of time, the blood flow to that area of the brain slows or stops. This lack of blood and oxygen often leads to temporary symptoms such as slurred speech or blurry vision. TIAs are usually caused by one of three things:

- Low blood flow in a major artery carrying blood to the brain.
- A blood clot in another part of the body (such as the heart) that breaks off, travels to the brain and blocks a blood vessel.

- The narrowing of a smaller blood vessel in the brain, usually caused by plaque (a fatty substance) build-up.

What are the symptoms of a TIA?

**The symptoms of a TIA are the same as a stroke** and often include sudden onset of any of the following:

\*Weakness, numbness or paralysis of the face, arm or leg, usually on one side of the body.

\*Trouble speaking or difficulty understanding others.

\*Severe headache with no known cause.

You may have a series of TIAs, and the repeated signs and symptoms may be similar or different, depending on which area of the brain is involved.

To help you remember some of the signs of a TIA or stroke, use B.E. F.A.S.T.:

**B** – Balance Loss

**E** – Eye (Vision) Changes

**F** – Face Drooping

**A** – Arm Weakness

**S** – Speech Difficulty

**T** – **Time to Call 911**

How is a TIA diagnosed and treated?

**You cannot tell whether you are having a stroke or a TIA, so you should call 911 right away.** A diagnosis of TIA can only be determined after an assessment by a health care provider, which can include blood tests, X-rays, ultrasound scanning, a magnetic resonance imaging (MRI), a computed tomography (CT) scan and tests to find out whether there are heart-related problems, such as an irregular heartbeat.

Since TIA symptoms resolve on their own, your health care provider will likely work with you to address the underlying causes to prevent additional TIAs or a stroke. Treatment options will depend upon the cause or causes, your medical history, and the results of any testing. Treatment often includes medication and lifestyle changes and could include surgery. Effective treatment may help reduce your risk for stroke or another TIA.

TIA risk factors:

**Anyone can have a TIA, but the risk increases with age.** Some of the controllable risk factors for TIAs include high blood pressure, smoking, cardiovascular disease, diabetes, blood clots and alcohol abuse.

If you've previously had a stroke, pay careful attention to the signs of TIA, because they could signal a second stroke in your future. If you've already had at least one TIA, you are almost 10 times more likely to have a stroke than someone of the same age and sex who hasn't.

Let me repeat, **ANYONE CAN HAVE A STROKE OR A MINI STROKE (TIA).** Personally my mother had 2 Mini Strokes (she ignored them because HEALTHCARE DIDNT KNOW WHAT THEY MEANT IN 1960) and then had a full-blown Stroke at the **AGE OF 26**. She passed away at 83 of a Stroke. She had a normal life, raised kids, worked, vacationed, BECAUSE after the Stroke they treated her Risk Factors. If she would be 26 today, she probably would never have had the Full Stroke because we would recognize the Mini Stroke (TIA).

**Have a wonderful Month!  
Parish Nurse: Sue Luchka**



What is a Nurse Honor Guard?

The nurse honor guard pays a tribute, free of charge, to nurses after their death by providing the Nightingale Tribute at their funeral or memorial service. The service is similar to a military tribute and officially releases the nurse from their nursing duties. For more information, contact [WhiteRoseNurseHonorGuard@gmail.com](mailto:WhiteRoseNurseHonorGuard@gmail.com) or [NurseHonorGuardYorkPA.org](http://NurseHonorGuardYorkPA.org)



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\*Please note, we are printing in black and white as a cost-savings measure.