

April 2024

Volume 46

Issue 4

H A I N ' S H A P P E N I N G S

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Dear Friends,

In 1st Kings 19, the Prophet Elijah flees from Jezebel, into the wilderness, because he killed many of her priests. Elijah was so fearful that he wished he was dead. This story reminds us that sadness, depression, and wanting one's life to end can happen to even the best of us. God helped Elijah by providing him with a prolonged period of rest and food and then a job to focus upon. Notice how similar those actions are to the five recommendations for depression listed below.

However, if you are ever suffering from any prolonged periods of sadness and depression, please get help! Depression doesn't just go away on its own; so if you feel depressed, it's best to do something about it. Again, please get professional help. There are also several medications that can be a blessing as well. See a doctor for a program appropriate for your needs. I am open to being a resource for you as well. Remember, God's healing hand comes through many avenues.

Below are five ways that might help a person manage depression. They're taken from the Sanford Health News website.

Exercise: For mild to moderate depression, exercise can be just as effective as any medical or psychological treatment. Try to get at least 150 minutes of exercise every week. Hitting your physical activity goals can positively affect your mental health and increase your motivation to do other activities. Take a 20-minute-or-more walk every day - or dance, jog or bike if you prefer. Feelings of depression can make it hard to feel motivated. Hold yourself to the 150-minute goal if you can. Ask a friend to exercise with you, or tell your friends about your goal to help keep you accountable. Once you get into the exercise habit, it won't take long to notice a difference in your mood.

Nurture yourself with good nutrition: Depression can affect appetite. One person may not feel like eating at all, and another might overeat. If depression has affected your eating, be extra mindful about getting the right nourishment. Proper nutrition can influence your mood and energy. Unfortunately, the comfort foods you may be craving won't help your mood – they may even do the opposite. Avoid foods high in sugar, fats or sodium, as they provide little to none of the nutrition you need. You should also cut out alcohol. Alcohol is a depressant that can worsen

your symptoms of depression. Focus on nourishing your body. Eat plenty of fruits and vegetables and have regular meals. Even if you don't feel hungry, try to eat something light, like a piece of fruit, to keep you going.

Connect with a support system (like the church): There's a link between depression and feelings of social isolation and loneliness. These feelings can affect more than your mental health. Loneliness is a serious health issue that's tied to higher rates of obesity, heart disease, diabetes and more. Fighting your feelings of loneliness can help manage your depression as well. Creating sustaining and nurturing social relationships gives your mental health a boost. Make an effort to spend time with the people whose company you enjoy.

It's also important to identify someone or some people in your life to be open with about your feelings. Talk with them about what you're going through, as this can help you feel better in the moment and strengthen your relationship.

Help yourself by helping others: Performing random acts of kindness for others gives your mental health a boost. Exhibiting kindness, empathy, and generosity are proven to help people recovering from depression. These acts lead to more positive relationships with others and a more positive sense of self. There is also some evidence that these acts boost serotonin and endorphin levels in the brain, which are two chemicals that affect your mood. Try these acts of kindness: volunteering or donating, reaching out and checking in on others, performing chores for others, sharing or being generous, giving compliments, leaving a positive review, sending thank you notes, and smiling.

Demonstrate gratitude: Your life has purpose and meaning. Seek it out! Lead a life that supports your core values. Find a cause or nonprofit that speaks to you and support it. This can help you find new communities of like-minded people and reduce feelings of loneliness and despair. You can find purpose in smaller moments too. Make a list every day of three good things that happened. Focusing on gratitude for the little things can make a big difference.



May the Lord bless you and keep you for the living of these days.

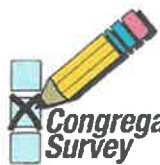
Pastor Mark

NEWSLETTER ASSEMBLY

Much effort goes in to distributing the Hain's Happenings newsletter each month, and Hain's UCC is very fortunate to have a committed team of volunteers who fold, tape, and prepare the newsletter for mailing. A huge thank you to Thelma McCane, Cindy Miller, Carol Etchberger and Fred Etchberger (and Jan Mucher as a substitute) for their faithful and enthusiastic dedication to getting the job done!



HELPING HAIN'S UCC GROW STRONGER IN FAITH, HOPE AND LOVE: A SURVEY UPDATE FROM PASTOR MARK



The first round of surveys went out a few weeks ago, and they have been filled out and returned! I thank everyone for giving your best thoughts with the ninety-one questions. That was truly a lot of questions! These surveys are going to the Reverend Cean James, who works for the conference, and he will score the answers into eight categories of church health. Hain's will receive these scores, and the Elders, Consistory and I will identify one category of church life most needed to work on. For example, it might be community outreach, faith development, or stronger member relations. Next, everyone will receive a short survey of about ten questions in our chosen area of focus. Once these are returned and evaluated, we will develop a strategic plan of concrete actions to be carried out within the congregation over the next six to twelve months. The hope is to become stronger and healthier in the area of church life chosen for improvement. May the Lord bless our efforts! Amen! Please keep Hain's UCC in your prayers; they are needed! Thank you!

NEWS FROM THE DIRECTOR OF MUSIC MINISTRY

Happy Spring, Church! What a privilege and joy to have just celebrated Easter with you. Thank you to our choirs and brass players for enhancing the Easter worship service with joyful music and songs of praise. The choirs have presented a series of beautiful and very meaningful pieces throughout Lent and Holy Week. Their hard work and dedication are so obvious in all their musical offerings. Our members hail from varied musical backgrounds and experiences. What binds them all together is a love for music, faith in the Risen Lord Jesus, and a deep commitment to our Christian community here at Hain's. We are always happy to welcome new members. I offer sessions to help raise the skills of anyone who would enjoy doing so, from beginner to more advanced. Please contact me for further information if you would like to explore any of our choir options – Chancel Choir, Bell Choir, or Recorder Ensemble.



The Annie Gaul concert series continues this month on April 28 at 4:00 p.m. with the Choraleers and Jazz Band from Conrad Weiser High School. We are so pleased to welcome some of our very talented local high school musicians to share their art with us here at Hain's and the larger community. I am personally thrilled to encourage these young people to explore the musical arts by giving them a wonderful venue in which to perform. Please mark your calendars to come and support them. As a performer, presenting a program for a full house is simply exhilarating; let's provide one for them!

I wish you all a lovely April.

Faithfully yours,
Marie Miller
Director of Music Ministry



Share
Your
Crafts

SPRING CRAFT WORKSHOP

The Time With Young Christians Committee will hold a Spring Craft Workshop on Sunday, April 21, after the worship service. The day will include a pizza lunch, crafts for all ages, and a good time for everyone attending. All craft ideas are welcome! We need volunteers to come up with project ideas and oversee the projects. The cost of this day will be covered by the church. Please contact Pastor Mark if you are able to help out in any way.

Since Earth Day is Monday, April 22, the worship service on April 21 will focus on God's creation. This year's Earth Day theme, "Planet vs. Plastics", will center around raising awareness about the consequences of plastic pollution on our planet. Some of the craft projects at the Spring Craft Workshop could also emphasize environment-related topics.



ROGATION SUNDAY AND CINCO DE MAYO CELEBRATION

On Sunday, May 5, we will celebrate Rogation Sunday when we gather to worship the Lord and ask his blessings on this year's crops. David Schaeffer and his clan will decorate the altar area for the day and offer an informative presentation on an aspect of farming life. To help celebrate the day, there will be a luncheon featuring a potato and taco bar in the Social Room after the service! Everyone is invited to attend the meal. While last-minute attendees are always welcome, there is a sign-up sheet on the bulletin board in the coatroom. Please sign up or call the office to add your name to the list and join us for food, fun, and fellowship. This is also a great event to invite a friend or family member to attend!



COMMUNITY FLEA MARKET IN THE GROVE

(Rain or Shine)



Spring time is a great time to clean out your basements, attics and garages and get rid of all that unwanted "junk"!

Remember, one man's junk is another man's treasure, so join us in the grove on Saturday, May 11, from 7:00 a.m. to 1:00 p.m. and set up a table to sell your no-longer-wanted treasures. This is a great opportunity for us to spread the good news of Hain's UCC by connecting and interacting with members of the community. Food will be available for purchase. Spaces cost \$10; payment in advance is appreciated. Contact Curt Flory at 610-207-5045 to reserve your spot, and invite your friends and families to join us, either as vendors or as treasure seekers.

HAIN'S PRIME TIMERS SCHEDULE CHANGES

The Hain's Prime Timers meet the first Tuesday of every month at 11:30 a.m. in the church social room. The meeting begins with lunch at a cost of \$7, followed by entertainment and/or games/cards/bingo. (In June and December, a potluck lunch is scheduled, and there is no charge for lunch.) Upcoming events include:

- | | |
|-------------------------------|---|
| April 2 | Regular Meeting – Lunch/Fellowship/Bingo
Program: Kate Sweinhart, Berks Encore –
How to Make the Most of Your Doctor Visit |
| May 7 | Regular Meeting - Lunch/Fellowship/Bingo
Program: John Rauch – Life Is Many Times Stranger
Than Fiction |
| June 4 | Regular Meeting – Pot Luck Lunch/Fellowship/Bingo
Bring your favorite dish to share. |
| June 26
(Wednesday) | Bus Trip to Boyertown Car Museum
Lunch at Yellow House Hotel; Stop at Repperts Candies
Depart at 10:15 a.m. and return at 4:30 p.m. Cost: \$88 |



All are welcome to join us for this time of fellowship. For more information or questions concerning the meetings or trips, please contact either Jim Ohlinger at 610-693-5754 or Linda Gartner at 610-698-9085.

TEAM ONE:27

Recently gangs attacked the two major prisons in Port-au-Prince and released approximately 4,000 prisoners, most of whom were former gang members, back into society. Our loose plate offering during the month of April will be sent to Haiti to support purchases of food and supplies for the children of Divine Ministries. Thank you for whatever support you can offer.



**Mission
Needs**

WOMEN'S FELLOWSHIP

The April meeting will be held on Thursday, April 18, 2024, at 6:30 p.m. Meredith McGrath from Redner's Markets will present the program and give tips to the group on nutrition. All are welcome to attend the program and share in fellowship with the group. Women's Fellowship continues to have many ongoing projects throughout the year. All monies raised support our church and various local organizations.



HIGH SCHOOL AND COLLEGE GRADUATES

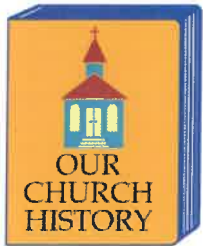


We would like to honor our high school and college graduates! Please call the church office staff at 610-678-2133 or email church@stjhains.org by May 13 to make sure we have your graduate's name, the school from which he or she is graduating and post-graduation plans. If a college student, please include the graduate's degree/major. We are proud of all of our graduates and want to make sure that no one is missed!

A HAIN'S HISTORY LESSON

We have asked Jim Ohlinger to share an article each month highlighting the history of Hain's UCC. In this, the first article, we will go back to the roots of the German Reformed Church in Pennsylvania and then bring Hain's Church into focus in next month's issue. Thank you to Jim for sharing the following historical account with us.

The history of Hain's Church goes back to the 16th century Europe and a Swiss clergyman named Ulrich Zwingli, who led the Protestant Reformation in his country. Zwingli, along with Martin Luther and John Calvin, was in the forefront of this religious revolution against the political power of the pope and certain practices of the Roman Catholic Church.



Zwingli and Luther disagreed on critical doctrinal matters. Zwingli returned to Switzerland and founded the Reformed Church. From Switzerland, the Reformed Church spread to France, Holland and the Palatinate, a beautiful and fertile province on the Rhine River in Germany.

The Thirty Years War brought a great deal of suffering to the people of the Palatinate, and they fled to William Penn's new land across the Atlantic. The first ship to bring Germans from the Palatinate arrived in Philadelphia in 1720 with about 240 passengers, including John Philip Boehm, a man credited with founding the German Reformed Church in Pennsylvania.

On October 15, 1725, the Reverend John Philip Boehm celebrated the first communion service at Faulkner-Swamp in Montgomery County. This church is near present-day Boyertown, PA. The date when the first communion was celebrated may be considered the birthday of the Reformed denomination in the United States.

THANK YOU FROM WESTERN BERKS SHEPHERDING MINISTRIES

A huge thank you to our members and friends who on February 21 and 22 dined in at or took food out from Austin's and Coastal Grille to benefit Western Berks Shepherding Ministries. You, along with the members and friends from the partnering churches that form WBSM, raised \$721.85 to help defray operating costs and allow WBSM to continue to provide services to our clients in need of transportation to medical appointments/treatments, for groceries, etc. Please feel free to see or call Linda Gartner (610-670-8816) if you have any questions about the program or if you wish to become a volunteer driver. Thank you for your support.



LOWER HEIDELBERG SCOUT TROOP 423



Eagle Scout Nathan Lamm was recently informed that he was selected as the Hawk Mountain Council winner of the Glenn & Melinda Adams Eagle Scout Project of the Year Award. Nathan's project included researching, designing, and building a 54-foot-long log footbridge for the William Penn State Forest, where he worked with Rick Hartlieb, the District Forester (and now our Cubmaster). Nathan, having won the award at the local Council level, is under consideration for the Territory award.

GIRL SCOUT TROOP 1306

Kudos to the girls of Troop 1306! They sold over 7,000 boxes of cookies as a troop, earning cookie badges and pins for all their hard work. Some walked around their neighborhoods, others sold to family and friends, and many worked at the cookie booths located on the parking lot at the Wernersville train station and at Redner's Market. Way to go girls!



CUB SCOUT PACK 423



Pack 423's annual spaghetti dinner fundraiser was an overwhelming success! The boys did an amazing job greeting, serving, and socializing with members of the community. This year, one family sold 150 donated meals! They helped to make and package salads, spaghetti, and desserts to take to a shelter in Reading. They delivered the meals early enough to surprise the residents with a delicious hot meal. In addition to this family's donations, the scouts were able to raise 300 donations for New Journey's homeless shelter! One of the managers from the shelter said, "I don't know how those scouts did it, but they easily fed 300 people a full meal". This is an incredible accomplishment! Praise God and thanks to the cub scouts, leaders and families for their hard work.

ADMINISTRATIVE ASSISTANT VACANCY

St. John's (Hain's) UCC is seeking an experienced administrative assistant, effective June 3, 2024. This is a part-time, 25-30 hour/week, Monday through Friday position. The successful candidate must be proficient in Word, Outlook and Excel; be a self-starter and able to work independently; possess excellent communication and interpersonal skills; be organized, detail oriented, and able to multitask. Responsibilities include but are not limited to assisting staff, Consistory and congregation members; preparing bulletins for weekly worship services, special services, concerts and funerals; preparing and overseeing bulk mailing of monthly newsletter; and preparing Annual Report. Compensation is commensurate with experience. Interested candidates should contact Mike Kauffman, Chairperson of the Elders, at 610-678-5450 or luv2cruise217@comcast.net.



NEW DONATIONS TO THE LIBRARY



Beth Wiseman's *The Amish Matchmakers* is a work of inspirational fiction about innkeeper sisters who are also matchmakers – a gift from Linda Gerber.

Kate DiCamillo's *Good Rosie!* is a children's book about making friends.

Good Dog, MacTavish by Meg Rosoff is the first in a series of children's books about the Peachey family and their rescue dog.

TAKE-HOME EDUCATIONAL BAGS FOR CHILDREN

Spearheaded by Janet Moore and the Time with Young Christians Committee, educational bags are available on the coat rack in the coatroom to enjoy with your family at home. Just take a bag, use the resources that are in the bag, and return the bag to the coatrack when your child is done with it. Please share with Pastor Mark your family's experience so we can make adjustments if needed. We want to offer a special thank you to Julie Clements for making the bags and donating them to the church.



What a treat it was to indulge in scrumptious St. Patrick's Day-themed refreshments after the worship service on March 17. Thanks to Linda Staudt, Cheri Gelsinger, Amy Kreider and Sue McKendrick for providing a delicious feast during our time of fellowship.

From Ruth Miller, long-time Hain's member and resident of Phoebe Berks - *Thank you for your visits and the lovely flowers. It's a beautiful thing to see how Hain's does not forget their older folks. What a blessing you all are.*

MOTHER / DAUGHTER BANQUET

Attention ladies of Hain's! Would you like to do something nice for your mother, your daughter, your grandmother, your sister, or a friend for Mothers' Day? Invite them to attend the Mother/Daughter Banquet to be held on Friday, May 10, at 6:30 p.m. in the social room. It is a family-style dinner served by the men of Hain's. Tickets will be on sale on Sunday, April 28, and Sunday, May 7, in the coat room before and after the church services.

Adults and children ages 13 and over - \$10.00

Children ages 6 to 12 - \$ 6.00

Children age 5 and under eat free!



FINANCIAL PICTURE

	Jan - Feb 2024	Jan - Feb 2023
Ordinary Income/Expense		
Income		
71000 • Weekly Offering	40,711.44	37,369.50
72000 • Estates/Investment Income	17,281.67	15,198.07
73000 • Other Income	2,663.18	713.82
Total Income	60,656.29	53,281.39
Gross Profit	60,656.29	53,281.39
Expense		
10000 • PROGRAMS & ADMINISTRATION	6,904.83	7,414.14
20000 • Operating Expenses	20,114.34	14,828.91
30000 • Wages & Benefits	39,280.37	35,962.61
50000 • Other Expenses	-0.00	115.90
Total Expense	66,299.54	58,321.56
Net Ordinary Income	-5,643.25	-5,040.17
Net Income	<u>-5,643.25</u>	<u>-5,040.17</u>

Restricted, designated & benevolent income and expenses are not included above.

If you have any questions, please contact the financial administrator, Tina Grindrod.



Church Office Hours
Monday through Friday
8:00 a.m. to noon

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Prime Timers 11:30 am Elders 7 pm	3 Bell Choir 6:30 pm	4 Bible Study 10 am	5	6
7 ECL 8:15 am Worship Service with Communion 9:30 am Chancel Choir 10:45 am Cub Scouts 5:30 pm	8 Girl Scouts 6 pm Cemetery Board 7 pm	9 Consistory 7 pm	10 Prime Timers Bus Trip – Depart 10:15 a.m. Bell Choir 6:30 pm	11 Bible Study 10 am	12	13
14 ECL 8:15 am Worship Service 9:30 am Chancel Choir 10:45 am Cub Scouts 5:30 pm Scouts 6 pm	15 Hain's Happenings Articles Due Girl Scouts 6 pm Picnic Comm. 6:30pm Prayer Shawl 7 pm	16 Trustees 7 pm	17 Bell Choir 6:30 pm	18 Bible Study 10 am Women's Fellowship 6:30 pm	19	20
21 ECL 8:15 am Worship Service 9:30 am Spring Craft Workshop - Lunch & Crafts After Church In the Social Room Chancel Choir 10:45 am Cub Scouts 5:30 pm	22 Girl Scouts 6 pm	23	24 Hain's Happenings Assembly 9 am Bell Choir 6:30 pm	25 Bible Study 10 am	26 Cub Scout Sleepover (Grove) 4 pm	27 Cub Scout Sleepover (Grove) Until Noon
28 ECL 8:15 am Worship 9:30 am Chancel Choir 10:45 am Annie Gaul Concert 4 pm Cub Scouts 5:30 pm Scouts 6:00 pm	29 Girl Scouts 6 pm	30				