



Zionite Newsletter

NEWSLETTER OF ZION UNITED CHURCH OF CHRIST
TONAWANDA, NY

Message from the Pastor

Hello Church!

It's summer time, and lately it feels like so much is going back to "normal." This is both exciting and exhausting. It's exciting to get back to the things that bring us joy, but it is exhausting when the busy schedules resume. And this makes me think: what did we learn from this past year that we can take with us as we return to normalcy?

Here's what I've learned:

- ◆ Not everything needs to be in-person. Especially in the winter when most of us don't want to run out in the dark for another meeting (church, school, clubs). While in-person meetings are beneficial, sometimes being able to "Zoom" from home is a blessing.
- ◆ Family time is important. When we overschedule and overcommit, we lose time with our loved ones. Prioritizing our family over activities is something we will hopefully continue to do after this pandemic is over.
- ◆ Mental Health is essential and needs to be destigmatized. There has been a lot of progress in this field, but we still have a ways to go. In one of my latest Mental Health first aid trainings, we learned that while mental illness is something that affects people in different ways (depression, anxiety, etc.), Mental HEALTH is something we all need to maintain. Just like we maintain our body's physical health, we also need to practice maintaining our mental health. For me, the best ways to maintain my mental health are prayer, exercise, and meditation.
- ◆ The words we say online matter. We all spent a lot of time online this year, and hopefully we've all learned that those jabs that we say to people online hurt just as much as the things we say to one another in-person. Sometimes words we say online can even hurt in unintentional ways when we're not careful.
- ◆ And last but definitely not least: God is everywhere. This year we learned that we could "go to church" and worship God from home, and the reason is because God is everywhere. We can find God in nature, we can experience God when we worship online or in-person. We can be the hands and feet of God when we're helping someone physically or from a distance. God is everywhere, and everywhere we go, we take God with us.

Have you sat down and reflected on what you've learned from this past year? What will you take with you as normalcy resumes? What will you leave in the past, realizing that it caused you more harm than good? Hopefully you, like me, have realized that nothing is more important than faith and family. To steal a line from one of my favorite sermon stories, "everything else is just commentary."

In Christ,
Pastor Elizabeth

ZION UCC'S

VACATION BIBLE SCHOOL!

August 16-20th, 9-11:30am



Register today! Kids ages 4-12
www.zionuccton.com/VBS

Zion United Church of Christ
15 Koenig Circle
Tonawanda, NY 14150

WESTERN AREA YOUTH

MINI-MISSION TRIP!

August 5-8, 2021
Epiphany UCC
9365 Clarence Center Rd.
Clarence, NY 14032



All UCC and Disciples Youth 13+ are welcome to attend!

Arrival: 6pm, August 5th
Departure: 11am, August 8th
Register at www.zionuccton.com/WAY by July 18th

Summer Worship begins July 4th!

When weather is permitting and the praise band is playing, we're going to worship outside this summer!

Bring a lawn chair and find a nice spot to sit in the courtyard (metal chairs will also be provided).

Summer worship is at 9:30am!

"Now faith, hope, and love abide, these three, and the greatest of these is love."
1 Cor 13:13

Steadfast God, we stand in awe of Your beauty and Your grace: Your beauty that lights the heavens and sprouts the seed, Your grace that sweetens our lives and meets our every need.

Rev. Doug Gray

Dunkirk Camp and Conference Center is open for summer camps! Kids can be a part of the full UCC Youth experience by heading to Dunkirk Camp this summer!

Check out www.dunkirkccc.com to register!

There is a First Time Camper discount of \$100 when promo code FTC is entered.

Your kids can join other Zion UCC kids and youth at camp this summer!



Church Events

- Bible Study ► Every Monday and Tuesday at 1pm on Facebook Live (in person Bible Study will resume on Wednesdays in the fall)
- Summer Sunday School ► Sundays at 9:30, starting July 11th
- Nursery ► Open and staffed at 9:30am
- Summer Worship ► Every Sunday at 9:30am. Outdoor when weather permitting and praise band is playing.
- Food Pantry ► Open Every Monday from 11am to 1pm
- July 24th, 11am ► Women's Fellowship, presentation by Erin Grady on "Birthday Buddies" for foster children.
- July 20th, 6pm ► Trustees Meeting
- July 16-18th ► Lay Pastoral Care training www.zionuccton.com/training
- July 18th ► Baptism of Genevieve Knowles
- July 31st ► Drive Through Community Dinner (last Saturday of every month) from 5pm to 6pm or until food runs out.
- AA ► Wednesdays at 8pm, Saturdays at 10am
- **SAVE THE DATE:** Vacation Bible School, August 16-20, 9-11:30am, register www.zionucctonc.com/VBS

Plymouth Crossroads ***Fundraiser***



Drive Thru Chicken BBQ



Thursday, August 5
4pm until sold out

Dinners include 1/2 chicken,
potato salad, cole slaw and roll
- \$12.00



Presale tickets can be purchased at
www.plymouthcrossroads.org

630 Main Street, West Seneca, NY 14224
716-393-3906 | www.plymouthcrossroads.org

Support Plymouth
Crossroads (helping
homeless teens) by
purchasing a ticket
from Pastor Elizabeth
for \$12!

GETTING TO KNOW YOU

(Get to know our lay leaders in the church. New bios will be included each month.)

John Pauling

Hi everyone. My name is John Pauling. I've been a member of Zion UCC since 2015 and I'm honored to currently serve on the Board of Trustees. I help to coordinate fundraising activities for our church which include our basket raffles, meat raffles, and our upcoming BBQ Chicken Fundraiser. As you know, fundraising is a team event. At church, you may have heard of "the 3 J's". That is myself, Joyce Dolce, and Jeff Quinton (my husband). The three of us lead many of our fundraising activities. But, of course, it takes the efforts and support of the entire congregation and community to make any event a success. My interest in fundraising began about 14 years ago when I started as a volunteer at the SPCA Serving Erie County. Shortly after becoming volunteers, Jeff and I co-facilitated a volunteer-run, annual rummage sale event (called Rummage 4 Rover - or R4R). The event ran for 4 consecutive years and in that time we raised almost \$30,000 for the shelter. In fact, R4R is what brought Jeff and I to the church! After our 2nd year running R4R, we quickly realized that we needed a larger venue. It was then that our dear friend, Marilyn Stewart, introduced us to Zion and we ended up renting Kuck Hall. We quickly realized what a loving community Zion had to offer and the rest was history. Jeff and I live in Tonawanda with our 4-year old dog, Buster (who, of course, was adopted from the SPCA). We enjoy our time working around the house on our 1/2 acre lot and enjoying the outdoors as much as possible!



James Cousins

James Cousins has been a member of Zion's Board of Trustees since 2012, and an active member of the congregation since 2010. James and his family originally came to Zion after buying their very first home only one block from the church. A flyer delivered by a congregant was the hook!

In 2018, after working with church leadership to revise the Constitution and ByLaws, James became Chair of the Board of Trustees. Assisted by the superb members of the Board, James has overseen the largest growth in Zion's endowment in our recorded history, and has seen the Board take a more active role in the care and maintenance of the Church's infrastructure.











James is an attorney and partner at an Amherst-based litigation firm where he supervises fifteen attorneys in addition to carrying his own caseload. His wife, Sarah, is a professor of history at the University at Buffalo. Together they have four daughters: Ainsley, Emma, Zoey and Lucy.

James is a graduate of the University at Buffalo School of Law and Dickinson College. A native of southwest Pennsylvania, James was an Eagle Scout and All-State swimmer for Peters Township High School. James is an avid chess player, hunter, and golfer when he can find any free time. James is also an officer in the New York Guard State Defense Force where he currently holds the rank of Captain and presently serves an Area Command (Brigade) staff officer. In this capacity, James has deployed on active duty several times, most recently to assist New York's military response to the COVID-19 Pandemic and has played a role in responding to no fewer than eleven natural disasters which prompted a military response in the last four years.



Zion UCC Mask Policy

Updated 6/8/2021

Vaccinated		Unvaccinated ages 12+
	Inside the building, walking around	
	Outside the building, socially distanced	
	Inside: sitting in a socially distanced pew	
	Inside: singing	
	Outside: singing	

***Masks for children under the age of 12 are optional, and are only required when they are unable to socially distance indoors. Children should bring masks to Sunday School in case they are needed for an activity.**

****Toddlers and babies do not require masks.**



BASIC TRAINING FOR LAY PASTORAL CARE HOSTED BY ZION UNITED CHURCH OF CHRIST

JULY 16-18

**IN PERSON TRAINING*

ARE YOU A LAY PERSON TRAINING TO BE A DEACON, PARISH VISITOR,
PASTORAL CARE TEAMMATE, ELDER OR OTHER VOLUNTEER IN YOUR
CHURCH OR RELIGIOUS ORGANIZATION?

ATTEND A WORKSHOP AND BUILD UPON YOUR CALLING AND SKILLS!

WHEN PARISHIONERS AGREE TO TAKE ON ONE OF THESE ROLES:

- Do they sometimes feel anxious or unprepared?
- Do they wonder if they have the training to know what to say or do?
- Are they unclear about the opportunities and limitations of the role?
- Do they just want to feel more grounded?

HOW TO REGISTER

ONLINE

www.zionuccton.com/training

BY PHONE OR EMAIL

contact the church to register at 716-836-6220
or ucczion@gmail.com

DO YOU FEEL CALLED TO STEP UP AND HELP OTHERS WITHIN YOUR CHURCH?

This workshop is for you!

ARE YOU A VETERAN VOLUNTEER WHO HAS BEEN SERVING YOUR CHURCH FOR YEARS?

Even veteran volunteers can begin to feel stale or overwhelmed. Take this course to renew your skills

FACILITATOR

Rev. Dr. Wayne E. Gustafson, LDim, LMHC

LOCATION

Zion United Church of Christ
15 Koenig Circle
Tonawanda, NY 14150



Pastoral Care Training/Workshop

Hosted by Zion United Church of Christ

Facilitator/Instructor: **Rev. Dr. Wayne Gustafson**

Date: July 16-18

Friday July 16 – Dinner

6:00pm *Opening Dinner (Catered)*

7pm-9pm Training Introductions

Saturday July 17 – Training

8:30am *Breakfast*

9am-4pm Basics of Pastoral Care Training

Lunch/Breaks provided

Sunday July 18 – Workshop

8:30am *Breakfast (optional)*

9:30am **Worship Service (Summer Hours) (optional)**

11am-2pm Understanding and using spirituality in a practical way – Workshop.

2pm Wrap-up

Lunch/Breaks provided (Working lunch)



WAYNE E. GUSTAFSON, DMin, LMHC has been a Prison Chaplain, Pastoral Counselor, Adjunct Professor of Pastoral Care, Adjunct Faculty in Psychology, an Interim Parish Minister and an Author of Religious Fiction.

He is a retired pastoral psychotherapist and an ordained minister in the United Church of Christ. He has recently been certified as a trainer in ***Spiritually Integrated Psychotherapy***, a training program for psychotherapists through [ACPE: The Standard for Spiritual Care & Education](#)

He lives with his wife in an intentional community in Ithaca, New York.

He has written two novels, *Community of Promise: The Untold Story of Moses* and *The Wisdom Weaver*. You can get more information and purchase the novels at entospress.com.

Note: Each event is independent of one another. Please register for one, two, or all three events.

Compassion, Presence, & Care: Basic Training for Lay Pastoral Care

Saturday, July 17

This workshop provides a theological foundation for pastoral caring activities and it is designed to help volunteers improve their competence and confidence. Through presentations, discussions, and small group practice exercises you will learn the opportunities and limitations of lay ministry.

You will also learn to make use of the tools of empathetic engagement, boundary-setting, healthy communication, and a useful approach to assessment and referral.

This workshop is open to all who serve (or expect to serve) religious institutions as deacons, elders, Stephen Ministers, volunteer visitors, etc. or who are otherwise interested in the subject. This is basic training, but those who wish to refresh their skills will also find it valuable.

Spirituality for YOU and ME!

Sunday, July 18

Everyone seems to be talking about spirituality these days, but do we know what we mean by the word? For example, when people say, "I'm spiritual, not religious," what does that mean? Or when people look to religious traditions for guidance in developing a spiritual life, what are they actually looking for?

This workshop seeks to identify the qualities associated with spirituality and draws from the wisdom and experience of a few diverse paths that people may choose to follow in practicing their spirituality.

Dr. Gustafson will help the group look at practical spirituality from a variety of perspectives, none of which is exclusively right or best. You will have ample opportunity to share your experience and wisdom with each other.

Registration:

There is no cost for registration (event is hosted by Zion UCC). However space is limited. Sign up to reserve your spot. Choose one, two, or all event days when registering.

Online:

Submit the online registration form at www.zionuccton.com/training

By Phone/Email:

Call or email the church office to register. 716-836-6220 or ucczion@gmail.com

Workshop Event Days

- Friday Dinner/Introductions 6-9pm
- Saturday Training 9am-4pm
- Sunday Workshop 11am-2pm (breakfast and worship service optional)

Note: Dinner, breakfast, lunch, and snacks provided. We will reach out to you a few weeks prior to let you know the menu options and to learn of any dietary or allergy concerns.

**Deadline extended to July 9th to register
Limited to 30 people**