Zionite Newsletter



ZION UNITED CHURCH OF CHRIST

April 2025



Pastor's Letter:

Happy April, Church!

I saw this funny meme the other day:



I know I classify as an extrovert, and that's part of what makes ministry natural for me. But I realize that as I get older, I appreciate times to be more introverted. I like quite prayer and reflection. I like reading peacefully. I like listening to nature. These are all things that didn't come easily to me when I was younger and always wanted to keep a busy schedule.

I also find Lent to be a powerful time of introspection and repentance. I know that I need time where I stop, reflect, pray, repent, and make sure that my path is aligned with God. And I can't imagine jumping into a season of joy and celebration (which is the Season of Easter) without first taking time to look within and redirect.

If you're reading this and you've been in church (virtually or in person), you hopefully know exactly what I'm talking about. And your season of repentance is preparing you for the joy of celebrating the Resurrection.

But if you're reading this and thinking: "Uh oh! I haven't been to church since Christmas!" Then I invite you to make your way here this Sunday.

This year, Easter is late. Easter Sunday doesn't fall until the 3rd Sunday in April. So there is time! **Come join us!** The joy that we feel on Easter Sunday after taking time to reflect and repent during Lent is **powerful**.

It's powerful when we root out the "junk" that weighs us down and recenter ourselves on God. If you think about it, Lent is like the spring cleanout for our souls! And I know we all need a refresh on this journey we call life.

Two other things to mention for this month:

Ist both the Town of Tonawanda Emergency Services and the American Red Cross have thanked us for serving as a shelter for the displaced residents from a house that had a fire in the Riverside neighborhood in Buffalo. We served as an example of what it means to be the Church, and they appreciate it, and I appreciate all of you for letting this happen (and thank you to Brianna and the Trustees for working to set us up as a shelter).

2nd we're hosting a youth group from Acton, MA the week after Easter. There will be 20 youth and leaders living in the church for the week, so we'll ask people to be welcome hosts that week.

That's it for now! See you on Sunday! In Christ's love, Pastor Flizabeth

Holy Week is almost upon us!





Are you available to bake for coffee hour on Sundays?

If so, we need your help!

If you like to bake, please consider signing up on the bulletin board to bake one Sunday a month (or as often as you can).

Church Events

- · Sunday Services ▶ 9am & 10:45
- · Sunday School ▶ Sundays at 9am
- · Bible Study ► Tues. at 12pm Facebook Live
- · Nursery > Sundays during the 1st service
- · Youth Group ▶ 1st &3rd Fridays 6-9pm
- · Food Pantry ► Every Tuesday10am-12pm
- · AA ▶ Sat. at 10am & 1pm, Thurs. at 5:30pm
- · Girl Scouts ▶ Thursdays at 6:30pm
- · Bell Choir Practice ► Wed @6:30pm
- · Chancel Choir Practice ► Wed @7:30pm
- · April 3 > Lenten Bible Study, 7pm
- · April 4 ➤ Youth Group at Zion, 6-9pm
- · April 6 ► Kids Escaping Drugs Bowling
- · April 8 ► Trustees: 6pm, Consistory: 7pm
- · April 9 ► Exercise with Dawn, 5:30pm
- · April 10 Network of Rel. Com Dinner
- · April 12 ► Live Your Healthiest Life, 10am
- · April 13 ▶ Palm Sunday!
- · April 17 ► Maundy Thursday, 7pm Service
- · April 18 ► Good Friday, Stations of the Cross
- · April 18 ► Youth Group at Nativity, 6-9pm
- · April 19 ▶ Breakfast & Egg Hunt, 10am
- · April 20 ► Resurrection Sunday!
- · April 21-April 26 ► Host Acton, MA UCC Youth Mission Trip
- · April 23 ► Exercise with Dawn, 5:30pm
- · April 26 ► Drive Thru Community Dinner
- · April 27 ▶ Baptism of Olive Rentschler

www.zionuccton.com/events

LECTOR SIGN UP	DINNER VOLUNTEER SIGN UP

FOOD PANTRY RULES 1. Only one bag per household 2. Please only take one or two of each item. 3. Do not take anything to resell. 4. Do not hoard any items. 5. Be courteous and kind.



Food Pantry

Our food pantry is open every Tuesday from 10am to 12pm. Thank you to all of our supporters who donate items and money to the food pantry!

Community Dinner

The Women's Fellowship is cooking for our April Community Dinner, and making Lazy Pierogi! Pick up your dinner on April 26 at 5pm!





Chifdren & South

Do you have a young teen who would like to take the class but cannot afford it? Let Pastor Elizabeth know! There are members who will happily sponsor a child!



BABYSITTING TRAINING COURSE BY EPIC

FOR YOUTH AGES 11-15

COST: \$40

DATE: MAY 3, 2025 TIME: 10AM-2:30PM LOCATION: ZION UCC

15 KOENIG CIRCLE, TONAWANDA, NY



Lunch will be provided. Please come ready to learn for this 5 hour training course. Cell phones are not to be used during class. Registration closes on April 26th and it is limited, so sign up soon. Sign up is online only at www.zionuccton.com/babysitting

aucczion@gmail.com

www.zionuccton.com/babysitting



The youth group had a wonderful Saturday night at the Bandits Game followed by an overnight at Nativity!

If you have youth grades 7+ make sure you're on our private youth group Facebook page to stay up-to-date on youth group events! To be added to the group, just talk to Pastor Elizabeth or any of the parents of active youth.

We are blessed to work together with our sister churches to give our youth an abundance of safe, fun, faith-filled activities!





Youth and Young Adult Ministry

<u>Jr. WAY</u>: Ages 4 to Grade 6 <u>WAY</u>: Grades 7-12 Sr. WAY: Ages 18-35

If you know someone in one of these age groups, help them get connected today!

Last South Group Fundraiser of the Gear!





Spring Mission Project

We will be making "Kid's Kits" for Church World Service. These are school supply kits that can be distributed to children in need here in the US and around the world. Each kit contains approximately 10 specific items. The items in the kits have been divided among the Kindergarten-6th grade Sunday School classes. The children will bring in their donated items throughout April. At the end of April, we will ask for monetary donations to cover the cost of any additional items and the canvas bags for the kits.









Easter Flowers

It's time to order your Easter Flowers!

To order Easter flowers in memory/honor of a loved one, click the link below.
Flowers can either be donated to home bound/nursing home members, or you can take them home on Easter Sunday.
Cost: Tulips are \$10, Lilies are \$15

zionuccton.com/flowers





Stella Niagara Center of Renewal Retreat

Date: Sunday, June 1st

Day Retreat Option 12:30 PM – 5:00 PM (Not Including Meals – Free)

All Day and Overnight Option Includes 3 Meals and a Room to Stay In. Cost = \$95.00

Pentecost Themed Retreat

-Beautiful scenery, outdoor trails
by the Niagara River, labyrinth,
indoor activities centered on renewal, art,
and a great time for quiet
reflection and peace.

Contact Pastor Kalee if Interested at:
989-213-2870
kaleemielkeegmail.com





Debby's Story:

High blood pressure is sometimes called the "silent killer" because many people with the condition have no symptoms. Checking your blood pressure on a regular basis can help you and your care team discover any problems early. This is why Zion UCC's Health Ministry team hosts a blood pressure clinic the first Sunday of every month in the room behind the Sanctuary. There are two RNs who are members of our church who volunteer their time. We have blood pressure cuffs for the readings.

I shared with Consistory that I decided to go in and have my blood pressure taken. Last month it was elevated but this month I was shocked to learn it was high. The RN suggested I call my physician and touch base with her to see how she would like to proceed. When the doctor saw my numbers, she placed me on blood pressure medication immediately and has me monitoring the numbers. I will continue to use the clinic as an aid to get my numbers down. Thank God we have these clinics, or I would not have made this discovery!

High blood pressure can lead to many health problems, including heart failure, kidney failure, stroke and other diseases. By keeping your blood pressure in the normal range, you are less likely to develop these health concerns, so it is important to know your numbers and act on it. The most important message is that blood pressure control is important, that blood pressure control literally saves lives. So, thank you both RNs (Mallory F. and Debbie C.) who are there every month helping us live longer. We hope you become active in your own health journey and come to the next clinic Sunday April 6 from 10 am- 10:30 am.

Debby Williams

