



[Click to view this email in a browser](#)



May Newsletter of Zion United Church of Christ

Praise the Lord! I think Spring has finally Sprung!

The forecast over the next 10 days is in the 60s-70s. We've been yearning for this spring weather, and it has finally arrived! Praise the Lord!

Pardon my excitement, but even though I love winter, I love Spring as well. I'm a four-season kind of person. When one season ends, I'm eager for the next season to arrive. The change in seasons keeps life exciting: our activities change from season to season, our moods change, our energy levels change, and every season has something special to offer. This reminds me of Ecclesiastes Chapter 3, one of the most quoted poetic chapters in the Bible:

"For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to throw away stones; and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to throw away; a time to tear, and a time to sew; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time for war, and a time for peace."

These poetic verses remind us that everything changes. Nothing in this world stays the same, and everything has its own time and its own place. And our souls yearn for change: they yearn for something "more". One of the reasons why we don't always enjoy the present is because we're always yearning for something "other." Instead of thinking of that as bad, I want us to realize WHY we're always yearning for something "more." It's because our souls yearn for God. Our soul's main desire is to be at one with God, and until that moment when we enter the gates of Heaven and find that inexplicable one-ness and peace with God, our souls will continue to yearn for God. It's really beautiful, if you think about it. While we're on earth, our souls will always yearn for more, but it's because they're simply yearning for God.

That's why worship, prayer, and meditation need to be central to our lives. Giving our souls moments to connect to God leaves us with a sense of fulfillment. Taking time to stop the thoughts of our minds from dictating our lives and allowing God to be present with us through worship and prayer, gives our souls the refreshing time that they need with God.

How are you allowing your soul to be refreshed by God? Are you dedicating enough time to worship, study, prayer, and meditation? Are you taking a few minutes every day to BREATHE and open your soul

to the Holy Spirit? Our souls yearn for more because they yearn for God -- so let's practice SOUL CARE, friends. Let's give our souls the time they need to refresh with God.

May this season lead you closer to the One who your soul longs to meet.

In Christ,
Pastor Elizabeth

Mother's Day Pancake Breakfast



The Men's Fellowship invites everyone to join us on Sunday, May 13th for the Pancake Breakfast.

Come and get some pancakes before you worship
(or after for the early folks).

Pancakes will be served from 8am to 10:30am on Mother's Day.

All Church Clean Up



The Board of Trustees is holding an ALL CHURCH CLEAN UP and you're invited to help!

Saturday, June 9th, starting at 9:30am

Come help your church do some necessary spring cleaning!

If you have cabinets/closets, please go through your areas by June 9th so that we can reorganize some of the spaces on June 9th as well.

If you love your church, show your love by helping! We hope to see many church members there.

Pizza will be served for lunch.

Women's Fellowship

Next Women's Fellowship is Saturday, May 19th at 12pm at the Howling Rooster.

All women are welcome to meet at the church at 11:30 and then carpool to the Howling Rooster since parking is limited.



Join Zion UCC's Great Strides

Team!

Every year Zion UCC walks and raises money for the Cystic Fibrosis Foundation. Ron and Jan Smith spearhead this walk every year because Ron's great-nephew has Cystic Fibrosis.



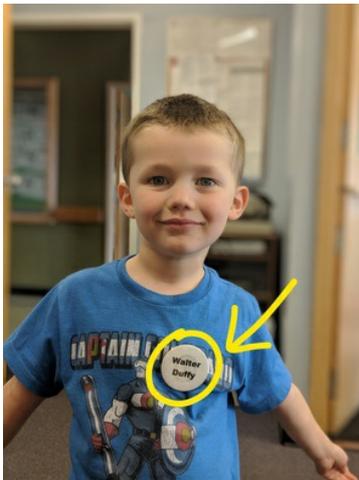
Join our team [Zion UCC for Hunter's Helpers!](#) Or, if you can't walk, click [this link](#) or see Ron Smith to make a donation.

It's a great walk for a great cause!

Walk Details

Date: 05/19/2018 **Check-in:** 10:00 AM **Walk:** 11:00 AM **Distance:** 5k
Event Location: Nichols School, Buffalo, NY

Name Tags!



We know everyone loves seeing their church friends on Sunday morning, but the problem is, not everyone knows your name!

We often hear, "everyone knows who I am, so I don't wear my name tag." But the truth is, even if everyone recognizes your face, they don't necessarily know your name. So let's help everyone out and wear our name tags. That way people can not only know your face, but know your name as well.

You are even welcome to take your name tag home, put it in your purse or your car, so when you're running late on Sunday morning, you don't need to stop at the name tag board to find yours. Thank you!

Active Shooter Training Information

The pastor and 5 Consistory Members went to Ebenezer UCC in West Seneca for Active Shooter Training. The training was not specifically for churches, but for civilians. This training taught us that just like we know to "Stop, Drop, and Roll" when we're on fire, we need to learn ADD "Avoid, Deny, Defend" in case of an active shooter's presence. **We hope and pray that no one ever ends up in an active shooter situation, but if any of us ever do, here are the lessons we gathered from the training:**

*Always know the location of emergency exits when you enter a building. This is important for any emergency. When you enter a building, look around to see the emergency exit signs and make a mental

note of all exits.

ADD: Avoid, Deny, Defend

Avoid the attacker (repeated, loud bangs are likely gunfire) (consider secondary exits - windows are good)

Deny the attacker access to you (lock/block doors, turn off the lights, get out of sight, barricade the doors)

Defend (you have the right to defend yourself, do not fight fair, be aggressive until you have them restrained, stand next to the opening of the door, against the wall, so you can grab the weapon)

Calling 911, only state the facts. Don't guess if you don't know the answers to the questions they ask. Call after avoiding the attacker, when it's safe to do so.

When the police arrive, do not have anything in your hands that could be perceived as a gun (not even a cell phone).

If you're armed, don't go hunting down the shooter. When the police arrive, they won't know that you aren't the shooter. They'll likely shoot you, thinking you're the shooter.

You are not helpless, what you do matters.

By following ADD, you're buying time for the police to get on location. The national average response time for police is 3 minutes.

Police priority when arriving at a shooting:

1. Stop the killing
2. Stop the dying
3. Evacuate

When police arrive:

Follow commands

Show your palms

Don't move unless they tell you to

If someone is shot, stop the bleeding by all means necessary.

For more information, visit the ADD website: <http://avoiddenydefend.org>

Veterans Voices Concert

To purchase tickets to the concert, see Bill Roberts, Gaye Mehlretter, Sue House, Sarah Handley-Cousns, Joyce Dolce, or Glen Gordon.

BENEFIT CONCERT FOR VETERANS VOICES OF WNY

Saturday, June 2, 2018 • 1-3 pm

Zion UCC Church

15 Koenig Circle • Tonawanda, NY



CREEKBEND

CREEKBEND

Featuring the
Panfil Bros.,

JONI RUSS and
Susan Clark &
Bill Roberts

Bluegrass, Gospel,
Americana, Fiddle, Banjo,
Guitar, Mandolin, Bass,
Harmonica, Accordion,
4 Part Gospel Harmony



JONI RUSS

Tickets: \$10.00
For info: 818-4119

Presented by Veterans Voices of Western New York
100 Free Tickets Available for Veterans

View Consistory Meeting Minutes online [HERE](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

Tonawanda, New York 14150
US

[Read](#) the VerticalResponse marketing policy.

