



REVELATIONS
MECHANIC GROVE CHURCH OF THE BRETHREN
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September 2019

Spiritual Formation

On a recent afternoon I came across an article online. Maybe it was a link I saw on Twitter or Facebook, maybe a friend had shared something, in any case, the article was about the church. The author of the article suggested that the church had, as its central goal or task, “spiritual formation for mission.” In other words, what the church should seek to accomplish is forming people, we might even say transforming people, to be more like Christ and to engage in God’s mission on planet earth (that mission being to share the good news that a new kingdom is coming, a new way of life is possible). I thought this was an interesting concept, and it started some wheels turning in my mind.

Very often, when we think of the church, we tend to think of what the church does, not necessarily the purpose behind why we do what we do. So we might think of worship—but we don’t think about why we worship, or what worship ought to form in our lives. We may think about wonderful fellowship with our friends in the church—but we don’t often think about why fellowship is important, or what it is meant to form in our lives. The list could go on. But what would be different if we started to think about the why behind things? What would be different if we saw each of the things the church did as part of a process for forming us as disciples, helping us become more like Jesus and energizing and priming us to share glimpses of what Jesus intends the world to be like through our own attitudes and actions?

I think these questions could be a helpful way for us to conceive of what we do together as the church. Worship, for instance, isn’t just about hearing a (hopefully) good sermon and singing some songs we like. It’s about being formed spiritually. That certainly includes the intellectual side, but being formed spiritually means having an encounter with God. Are we encountering God as we worship on Sundays? Are we willing to make tweaks and changes to what we do in order to help us encounter God, or help someone who may be different from us to encounter God? When we start viewing worship not as a way for us to learn intellectually or simply be with our friends (though those things may take place and are not bad) but rather as a moment for us to encounter God and be swept up in the work of the Spirit, energized to then go out and live differently, I think this opens the possibility of new encounters with the Spirit and new energy being brought into our faith.

Michael Gorman, in his book *Becoming the Gospel*, speaks of something similar. He suggests that all we do together as Christians is for the purpose of participating more and more in the life of Christ, becoming more like him. So, whether worship or Sunday School or WOW or small groups or any other thing, the underlying goal is for us to participate in Christ. Gorman expands on this idea by defining participation as being like Christ in his self-emptying love. He provides this formula, which I have mentioned in sermons before, “Although X, not Y, but Z.” For Jesus, this was, “although I am the son of God, I do not regard equality with God as something to be exploited, and so I empty myself for your sake” (see Philippians 2). For us, it might look like, “although I have plenty to eat, I do not take advantage of that, but instead go hungry so others might have my portion.”

Spiritual formation is the process of becoming more like Jesus. Let us consider how all that we do as a church might contribute to our formation together, our transformation, to be more like the savior we follow.

- Pastor Calvin

SUNDAY MORNING SERVICES 8:15 AM AND 10:30 AM

Date	Title/Scripture	Speaker
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Sermon Series: Jonah

September 1, 2019	Sermon Title: "Nineveh Repents" Scripture: Jonah 3 Theme: Jonah informs Nineveh of their impending doom	Pastor Calvin Park
September 8, 2019	Sermon: "A Mysterious, Merciful God" Scripture: Jonah 4 Theme: Jonah's original reason for disobedience is revealed	Pastor Calvin Park
September 15, 2019	<i>Josiah Reimold Licensing</i> Sermon Title: "I'm Not A Fan" Scriptures: Ephesians 5:1-2 Theme: Being like Jesus	Pastor Misty Wintsch
September 22, 2019	Sermon Title: "Giving in the Bible" Scripture: Malachi 3:8-12 Theme: Stewardship	Pastor Calvin Park

Sermon Series: The Prophetable Church

September 29, 2019	Sermon Title: "Turn Around Before it's too Late" Scripture: Amos 6:1a, 4-7	Jeff Pastor Keller
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SERVING THE CHURCH

Welcomers/Greeters/Ushers

September Welcomers:	8:15 am	Rufus & Sharon Kreider
	10:30 am	Dave & Diane Herr
September Greeters:	8:15 am	Kathy Homsher & June Wagner
	10:30 am	Carl & Doris Graver
September Ushers:	8:15 am	Paul Trimble, Barry Smith, Rufus Kreider, Scott Mull
	10:30 am	Raleigh & Peggy Osborne, Dennis & Glenda Findley, Mike & Tracy Mauger



Nursery Schedule

Sunday School

10:30 Infant /Toddler Nursery

September 1	Judy Becker	Anita McFadden & Amy Graver
September 8	Derrick & Melissa Kreider	Deb Krantz & Suzie Hershey
September 15	Amy Housekeeper	Sharon Herr & Donna Sellers
September 22	Sharon Enck	Hans & Tina Herr
September 29	Gail Grosh	Justin & Jacey Hershberger

*If you are unavailable for the Sunday you are assigned, please plan to switch with someone.
Scheduling concerns can be directed to Kerri Kreider – 717.615.2986*

MUSIC NOTES *By Lori Holzhauer*



Summer is coming to an end and the Solanco Fair is coming fast. As we all know, nothing starts until after the fair. The choir season is no exception.

The Adult Choir will begin to meet on September 25th
Adult Bell Choir – Thursday, September 26th
Jr. Bell Choir – Wednesday, October 2nd at 4:45

Everyone is welcome to join our choirs!

Adult Choir
 9th grade - ???
 Wednesdays 7:30 – 8:30pm
 In Room 14

Adult Bells
 Thursdays 6:30 – 7:30pm
 In Room 26

Jr. Bells
 2nd – 8th grade
 Wednesdays 4:45pm
 In Room 26

Although as I write this article for the Newsletter, our new piano hasn't arrived, but is scheduled to be delivered on August 22nd. Some of you may be wondering why we needed a new piano, as I'm sure it sounded fine to most of you. After 40 years, our old piano was getting tired and was developing some tone issues. The sound quality became more obvious to those of us playing it on Sundays when the organ was out of commission and we were using the piano as a solo instrument. Several months ago, Joanne Hershey, Carolyn Wenger and I went to Jacob's Music and played several different types of pianos. We chose the piano that we felt had the best tone, touch and value for the dollar. We are so grateful for the anonymous donations that allowed us to purchase the new piano as well as a new keyboard for the Praise Team.

WELCOME OUR NEW MEMBERS

We rejoice in the recent baptisms and transfers, which took place on August 4th, at Nathan & Justine Kreider's Pond. We received **Michael Herr, Emma Housekeeper, Cameron Kreider and Tyler Kreider** into the Body of Christ by baptism. We also received **Paige Herr, Josh Housekeeper and Josh Kreider** into the Body of Christ by transfer of memberships.



ATTENDANCE AND GIVING

Date	Morning Worship	Sunday School	General Offering	Budgeted Difference*
July 28	216	105	\$8,934.50	-\$3,423.50
August 4	241	100	\$13,044.50	+\$686.50
August 11	219	112	\$10,525.52	-\$1,832.48
August 18	260	122	\$12,720.35	+\$362.35

***Weekly budgeted amount needed to make budget: \$12,358**

Building Maintenance Fund	Building Rental	Two-Cent-A-Meal	Food Bank	BHA
\$1,379.00	\$365.00	\$62.00	\$50.00	\$50.00



PLEASE NOTE

***Sunday, September 8th** will be Southern End Celebration Service. Sunday School 9:00am-9:45am – One Worship Service @ 10:15am (NOTE SCHEDULE CHANGE!)

***Articles for October** newsletter are appreciated by September 20th.

***Mark your calendars for the 2019 Contributors' Dinner at Camp Swatara** on Friday, November 1st, at 6pm in the East Lodge. You are invited to join me at my table. ~Doris Snyder

***To the Parents of College students:** Please notify the church office with their address at college. We would like to keep in touch with them and continue to send them the newsletter.

***The Disaster Relief Golf Tournament Committee** would like to thank EVERYONE who contributed in any way to make our day successful. We will be sending a check for approximately \$16,000.00 to the Disaster Relief Auction in September. We have raised over \$286,000.00 from the \$10.00 'grow money' Stanley and Mille Kreider started with 25 years ago. Reserve Friday, August 7, 2020 for next year's tournament at Pilgrim's Oak Golf Course.

***New Kitchen Guidelines:** Thanks to all who give their best to keep out kitchen into working order. Other than the microwave being dirty and outdated food in the refrigerator, which was taken care of, we got an 'A' in our inspection. With that, comes new guidelines. ANYTHING being made or brought into our kitchen which is being served must have ingredient labels. When using bottles, cans, boxes etc. labels and ingredients list need to be taken off. Such as Campbell Tomato Soup plus ingredient list. DO not list as spices, oils, flour, rice, nuts etc. It needs to be specific such as cinnamon, basil, peanuts, soy oil, whole wheat flour, red rice, shellfish. These are some of the big allergens. If you are not sure, copy ingredient list as there are many hidden dyes and preservatives that cause allergies. Foods purchased from roadside stands need stand holders name with it.

ANY items such as cakes, cookies, cupcakes, casseroles, meats, covered dishes made outside or inside must have ingredient list and preparer's name attached to it. There will be a book to place list in along with date of event and who oversaw that venue. This may seem like an inconvenience, but unfortunately this is how food safety has developed because of more food allergens come to the fore front. Thank you for understanding and cooperating. By working together in serving other here and in our community, we can continue to keep our kitchen in 'A+' working order. If you have any questions, please contact Denise Young.



VISION FOR THE FUTURE
Saturday September 21, 2019
9 AM to 4:30 pm, Indian Creek CoB

The Mechanic Grove congregation is invited to participate in a day of lively worship and rich fellowship; to experience inspirational leadership and discussion on the importance of a vision for the future and how your church can be a part of this valuable work.

WHO SHOULD COME?

Everybody who desires to strengthen or establish relationships among the diverse congregations of ANE District.



Paul Munday, who is the 2020 Moderator of the Church of the Brethren will be leading this day of worship, fellowship and discussion as we talk through what it means to have a vision for the future of our church families...both in our own church families and also at the denominational level.

This event is being organized by our ANE District Urban Ministries Initiative planning committee as a visioning resource for all ANE congregations – urban, suburban and rural. Our ANE District urban churches will be providing much of the worship with the Indian Creek congregation providing practical support via lunch and childcare for children 6 and under. **Brochures are available in the gathering area!**

Misty Musings



Pastor Misty Wintsch is musing about catching something for our September 2019 newsletter.

Right now, I'm fighting a cold. No, I don't have even one little symptom yet, but my husband has been suffering from it for days. And doesn't it just seem inevitable that if he has this raging cold, I will get it too? I hate watching him suffer because I love him, but I also sense my own future in his misery! Now, don't get me wrong, Bob is a gentleman; always! Before he sneezes, he grabs a tissue. When he coughs, he covers his mouth. He puts his used tissues in a bag and throws the bag away regularly. He is careful not to use the same bathroom cup I use. He faces away from me when he sleeps and he washes his hands so often, I fear the skin might come loose. It's not his fault in any way, shape or form, that I am paranoid about this! I ask myself, "Did he use a door handle right before I did? Did I touch his dinner plate when I loaded the dishwasher? Are our toothbrushes too close in the holder? Were the cold germs still active on his clothes when I did the laundry?" Do you see what I mean by, "I'm fighting a cold?" I'm fighting my anxiety about it with every breath – oh no! Did I breathe in just as Bob was exhaling nearby?

You see, I was raised to pull myself up by my bootstraps and move it, show up, get the job done, plow through, hammer away, plug on, suck it up, and power through. (I was also taught not to end a sentence with a preposition but that's a musing for another day). Unless I was dying, I was expected to get up and go to school, to work or to get my chores done at home. If you were truly ill, my Mom could be sympathetic, of course, but she never let us give sad little excuses for not getting a job done. You'd better have a fever or be regurgitating your lunch! On the other hand, there was no excuse whatsoever that was acceptable to my Dad. "You're sick? Suck it up! Pull yourself up by your bootstraps and move on!" That was one of his favorite expressions, but he had many and he used them often. "But Dad, I'm so tired!" He would retort, "If you want to dance, you have to pay the fiddler!" Pay the fiddler? What? In my later teens and early 20s, I actually worked for my Dad. You had to have an excuse from a licensed undertaker to miss work and if you did, you were expected never to show up again if you get my meaning!

As you might imagine, I have brought this kind work ethic into my adult life. No matter what ails me, I have always felt like I absolutely have to find a way through so that I can get to work. In recent years, I've had the privilege of working from home with a laptop on days when I'm not quite up to snuff, but if I have a meeting to make or need something from the office to do my job, I'll get there by hook or by crook. I like to think this is one of my good qualities, but realistically, sometimes, a more thoughtful person would, indeed, stay home. The more I think about it, the more I conclude that when I show up at the office with a snoot-full of sick germs, I'm only running the risk of sharing them with everyone around me. Taking my sick self to work to share the lovely germs with everyone else should not be part of my so-called "work ethic."

I think the trick is to have some balance and to use good common sense. I'm getting a little better at discerning these things as the years go by. Looking back, there are quite a few times when I took the good health of the community in which I worked into my own hands just to keep my "work ethic" intact. Having a laptop helps to make the decision to stay home a little easier, but I do need to learn to rest when I'm feeling poorly too. Still, if I have a bad cold on a Sunday (especially one in which it is my turn to preach), I will practice that bootstraps thing and plow through! But these days, I know enough to avoid the fellowship part of the morning and I will choose not to shake hands or hug everyone. Balance.

It feels good to think about these things in advance of the cold I'm sure I'm going to have. I do hope and pray I'm wrong, but the odds aren't in my favor. I will keep my deep-seated need to get things done in perspective with the help of the Lord. I'm sure He will answer my prayers to do what is best for everyone and to keep things in balance. I'm still praying to stay well, though. We'll see!

*A false balance is an abomination to the Lord,
but an accurate weight is his delight.
~ Proverbs 11:1 ~ NRSV*

UPCOMING EVENTS & INFORMATION



CHILDREN'S CHURCH

We are so excited to kick off a new year of Children's Church! Our theme this year is Camping Out In God's Word where we will Learn S'More About Jesus. During children's church, children will be engaged in Bible stories, dramas, songs, and other activities. We read from the Bibles your children have received in church each week and encourage ALL children bring their Bibles with them to Children's Church!

Children's church will be for children ages 3 through 3rd grade. We will meet every other week, starting on September 1st. Therefore, our dates will be September 1st, 15th, and 29th, October 13th and 27th, November 10th and 24th. December dates will be decided later this fall. This every other week schedule will continue into the new year. Children should come to the sanctuary and will be dismissed early in the service.

We love volunteers who want to come and join in the fun! If you would like to volunteer for children's church, your help would be greatly appreciated! There is no prep or planning required on your part. You will be an extra set of hands in the room to help as needed. Please contact Melissa Kreider or Jennifer Berkey if you are interested.

SOUTHERN END CELEBRATION AND OUTDOOR SERVICE



Southern End Celebration Sunday: The fall outdoor service for this year is scheduled for September 8th. Sunday school will be from 9:00-9:45am. There will be one service in "The Grove" at 10:15am. Please bring a chair or blanket for your comfort during the outdoor service. Transportation back to the grove, for anyone who needs it, will be provided with pickup outside the Family Life Center. A covered dish meal will follow in the FLC, so please bring a dish or two, with all ingredients and your name listed, to share. Remember to drive your tractor, or other work vehicle, to church and park it on the far side of the lot. For questions, please contact Cinda Showalter.



CALLING ALL GOLFERS!

Join Brethren Village for its 28th annual golf tournament at Iron Valley Golf Club on Thursday, September 13th. Your participation in this event benefits the Good Samaritan Fund which supports the current benevolent needs of the Village. For more information and to register please visit their website at www.bv.org/giving/golf

MILK SHAKE STAND



Fair time and Milk Shake Stand time again!

The Milk Shake Stand has been a huge fundraiser for the youth in the last couple of years bringing in over \$2000 into the youth account. This has helped our youth attend conferences, retreats and work camps and has cut down on the number of other fundraising efforts we have to do. This is a chance for the church to come and work together to help benefit our young people. If you can donate some of your time on September 18th at the Milk Shake Stand, we would greatly appreciate it. You can contact Pastor Jeff to sign up for a 3-hour slot or sign up to help with laundry overnight.

W.O.W. ACTIVITIES



W.O.W. activities officially start Wednesday, September 25th with our weekly devotion and meal at 5:30pm followed by various activities the rest of the evening. Please join us in a Bible study, choir, or children's activities.

FALL FUN NIGHT AT SWATARA

Saturday, October 5th @ 5:30pm



Prepare your favorite Camp Swatara dish (from the cookbook or one you remember from camp) and bring it along for a carry-in dinner. The kitchen will prepare some of our favorites for everyone as well. You won't want to miss the Ice Cream Churn Off with special taste-testing judges! For more information and to RSVP contact the camp office @ 717.933.8510 or info@campswatara.org

~ UPCOMING EVENTS & INFORMATION CONTINUED ~



2019 TRAIL TREK

Saturday, October 12th @ 9:00am-3:00pm

Hike with us on Saturday, October 12, 2019. Earn Prizes, Eat Ice Cream and Raise Money for Camp. Learn more at www.campswatara.org

MG PAINTING GROUP ART SHOW



Our own Mechanic Grove painting group will be displaying their artwork at the Quarryville Library. Artwork will be on display from September 26th thru November 11th. There will be a reception held on Saturday, September 28th from 1-3pm. Members proudly displaying their artwork include Ruth Clark, Shirley Jackson, June Howell, Jessie Crotti, Nancy Wenger, Bette Lou Epler, Helen Hershey and Cinda Showalter.

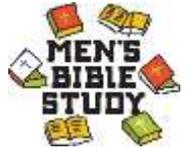


SMALL GROUP BIBLE STUDY

You are invited to join our Small Group Bible Study. September is the perfect month to get involved in a Small Group Bible Study at Mechanic Grove. Several of our Small Groups took a summer break and will be starting up again soon. There is no better time than now to join and there is no better place to learn a little more

about God's Word than in a Small Group Bible Study setting.

We currently have a variety of Small Groups that include men, women, or couples. There are groups that meet either daytime or evening. Don't miss out on this great opportunity to grow as a disciple of Christ! If you would like to learn more, please contact Mary Etta Reinhart, Pastor for Congregational Care at 717.786.4323 or at maryettar@mgcb.org.



MEN'S BIBLE STUDY

Attention Men: Our Men's Bible study will begin again on Saturday, October 12th at 7 am. We will be using a book written by Jerry Bridges, entitled "Respectable Sins". Join us as we discuss and confront the sins we tolerate. See Dave DeLong or the church office for a copy of the book. Please read the first 3 chapters. Looking forward to seeing you on October 12th. Any questions contact Dave DeLong.

SAVE THE DATES



- *District Conference: October 4th & 5th @ Elizabethtown College*
- *Love Feast: Sunday, October 6th @ 6pm*
- *Commissions and Board Meet: Monday, Oct. 14th*
- *Men's Work: Monday, October 21st @ 7pm*
- *Believer's Craft Show: Saturday, Oct. 26th @ 8am*

RECURRING WEEKLY EVENTS

Day	Time	Event & Location
Mondays	6:00am	Renovare Bible Study – Reinhart's Home ~Last Monday of the month at the Daily Grind
Tuesdays	9:00am 6:00pm	LIFT - rm 33 Praise Team – sanctuary
Wednesdays	5:30pm	WOW activities (starting on the 25 th)
Thursdays	9:00am	LIFT – rm 33



OUR MEMBERS CELEBRATING BIRTHDAY

Maura Housekeeper	1	Greg Schneider	12	Hannah Kreider	20
Erik Schlaghaufer	1	Sam Zerphy	13	Rita Carter	21
Grace Hollinger	2	Pam Felpel	14	Hunter Heisler	21
Pete Frey	3	Betty Kreider	14	Adri Keller	22
Cody Landis	3	Madison Juarez	15	Randy Clark	23
Anna Rasmussen	4	Paula Chubb	16	Linda Myers	23
Katherine Tshudy	5	Janelle Brown	16	Ken Siegrist	24
Greg Bledsoe	6	Edna Wagner	16	Ken Rutt	25
Carl Graver	6	Bill Epler	17	Glenn Carter	26
Gladys Spears	7	Trace Houghton	17	Louella Johnson	26
Emma Berkey	9	Acacia Kreider	17	Kara McClune	19
Kayla Smith	9	Cameron Kreider	17	Cindy Schneider	26
Rebekah Trimble	9	Bobbie Davis	19	Amanda Schneider	27
Lisa Wisse	9	Dana Landis	19	Tyler Kreider	28
Caitlyn Mauger	10	Harry O'Connell	19	Sharon Davis	29
Natalie Kershner	11	Kari Johnson	20	Doris Graver	29
Mason Houghton	12			Jeff Keller	30

OUR COUPLES CELEBRATING ANNIVERSARIES

Eric and Morgan Holzhauer	3	Bob and Joyce Wagner	14	Larry and Donna Kreider	25
Dave and Isabelle Scheffel	5	Brian and Annice Landis	16	Treavor and Sheri Teaman	26
John and Grace Hollinger	6	Barry and Janet Smith	16	Brett and Lisa Holzhauer	28
Michael and Melissa Houghton	13	Dick and Audrey Lefever	19	Erik and Angela Schlaghaufer	28
Andre and Katrina Howe	13	Jim and Linda Landis	21	Mike and Linda Shoemaker	30
		Brad and Bobbie Davis	22		

If you have a birthday or anniversary this month and it is not listed, please contact the church office.

SEPTEMBER - THE MONTH AT A GLANCE

Date	Time	Event & Location
Sun. 1	10:30am	Children's Church
Mon. 2	All day	Labor Day - Church office closed
	7:00pm	Small Group, Game Night – Gathering Area
Fri 6	All day	FLC reserved
Sat. 7	All day	FLC reserved
	All day	Sanctuary reserved
Sun. 8	9:00am	Sunday School
	10:15am	Combined Outdoor Service – in the Grove
	11:30am	Covered Dish Meal – FLC
	11:30am	COBYS Bike & Hike @ Lititz COB
Mon. 9	7:00pm	Commissions & Board Meetings
Wed. 11	9:00am	Book Group @ Daily Grind
Sun. 15	10:30am	Children's Church
Wed. 18	All Day	Solanco Fair – Helping in the Milkshake Stand
Thur. 19	All Day	Solanco Fair
Fri. 20	All Day	Solanco Fair
Mon. 23	7:00pm	Deacons Meeting – rm 14
Wed. 25	5:30pm	W.O.W. Devotions, Meal & Activities
Sun. 29	10:30am	Children's Church



Youth & Young Adults

Youth Calendar

- **Sunday September 8th**
Outdoor Service & Picnic

COBYS Bike and Hike

ALPHA
Jr. High 5:30pm-7:30pm
Sr. High 7:00pm-9:00pm
- **Friday Sept 13th**
5th Quarter @ St. Catherines
- **Saturday September 14th**
Small Group Leaders Breakfast
9am @ Keller House
- **Sunday September 15th**
Youth Group
Jr. High 5:30pm-7pm
Sr. High 7pm-8:30pm
- **Wed September 18th**
Milkshake Stand Fundraiser all Youth & Parents
- **Sunday September 22nd**
No Youth Group
- **Sunday September 29th**
SKY ZONE
Jr. High 1:30pm-2:30pm

Young Adults

Good Luck and God's Blessings as you head off/back to school!

We are looking to get in contact with each of you as you are available or coming home in this season.

From Jeff's Desk:

Brothers and Sisters,

Continuing from last month's discussion about Jesus' reign, I wanted to continue to look at a few of Paul's words from his letter to the Ephesians. At the start of chapter 4 in verse 2 Paul writes,

"Be completely humble and gentle; be patient, bearing with one another in love."

Last month we discussed what it means to follow after King Jesus through Paul's prayer of encouragement for the same group, and now we get to see some of the *now what* of how that gets applied in our relationships with one another.

In our world gentleness, humility, and patience are often seen as weakness. Our world values brashness, aggression, and those who lead as

CEOs. But this is not the way of King Jesus. King Jesus modeled His strength by standing for people, even onto His own death on the cross. Paul stood for people in strength, even onto his own death by beheading in Rome.

We must stand for one another, and always be willing to demonstrate loving kindness in such a way that we lead from beside one another. This is the true form of transformative leadership. Leadership that finds itself in Jesus Christ.

May we all seek to be like Jesus by putting others beside ourselves and not under our feet. By loving others in our gentleness and allowing them to be formed by our strength of heart. By standing beside others in patience and not writing them off when things get hard. May it be so. Amen.

Under Jesus' Reign,
- Pastor Jeff

Monthly Service & Fellowship

Hey Jr. and Sr. Highers!

This year we will be working to have a monthly Service Project and a monthly fellowship time. This will look different each month. Fellowship times will include outings and hang-times at church member homes.

Service Projects will have a wide range of opportunities.

ALPHA

Jr. and Sr. High:

Starting the first Sunday in September we will be rolling out a new Sunday Night program called ALPHA.

ALPHA nights will happen on our first Sunday Youth Gathering each month and will be an extended, combined session with large group games, a time for worship, & small group discussions around the person of Jesus.

Alpha nights are also the perfect time to invite new friends or people who are seeking Jesus but don't know where to start.

HEALTH & WELLNESS COMMITTEE NEWS

~ By the Health Ministry Team



Food Allergies/Causes, Symptoms & Treatment

OVERVIEW

More than 50 million Americans have an allergy of some kind. You probably know one of those people or are one yourself. Food allergies are estimated to affect 4% - 6% of children and 4% of adults, according to the Centers for Disease Control and Prevention.

Food allergy symptoms are most common in babies and children, but they can appear at any age. You can even develop an allergy to foods you have eaten for years with no problems. Do you suspect you're suffering from a food allergy? An allergist can evaluate your symptoms and determine the source.

SYMPTOMS

The body's immune system keeps you healthy by fighting off infections and other dangers to good health. A food allergy reaction occurs when your immune system overreacts to a food or a substance in a food, identifying it as a danger and triggering a protective response.

While allergies tend to run in families, it is impossible to predict whether a child will inherit a parent's food allergy or whether siblings will have a similar condition. Some research does suggest that the younger siblings of a child with a peanut allergy will also be allergic to peanuts.

Symptoms of a food allergy can range from mild to severe. Just because an initial reaction causes few problems doesn't mean that all reactions will be similar; a food that triggered only mild symptoms on one occasion may cause more severe symptoms at another time.

The most severe reaction is anaphylaxis---a life-threatening whole-body allergic reaction that can impair your breathing, cause a dramatic drop in your blood pressure and affect your heart rate. Anaphylaxis can come on within minutes of exposure to the trigger food. It can be fatal and must be treated promptly with an injection of epinephrine.

While any food can cause an adverse reaction, eight types of food account for about 90 percent of all reactions: EGGS, MILK, PEANUTS, TREE NUTS, FISH, SHELLFISH, WHEAT and SOY.

Symptoms of an allergic reaction may involve the skin, the gastrointestinal tract, the cardiovascular system and the respiratory tract. They can surface in one or more of the following ways: Vomiting, Hives, Shortness of breath, Wheezing, Tightness in throat, Swelling of the tongue, Dizziness, Pale or blue coloring of skin, Anaphylaxis. Most food-related symptoms occur within 2 hours of ingestion; often they start within minutes. Once a food allergy is diagnosed, the most effective treatment is to avoid the food. Children may outgrow their reactions to milk and eggs. Peanut and tree nut allergies are likely to persist.

DIAGNOSING FOOD ALLERGIES

A food allergy will usually cause some sort of reaction every time the trigger food is eaten. Symptoms can vary from person to person, and you may not always experience the same symptoms during every reaction. While food allergies may develop at any age, most appear in early childhood. If you suspect a food allergy, see an allergist.

MANAGEMENT and TREATMENT

The primary way to manage a food allergy is to avoid consuming the food that causes you problems. The Food Allergy Labeling and Consumer Protection Act of 2004 (FALCPA) mandates that manufactures of packaged foods produced in the USA identify, in simple, clear language, the presence of any of the eight most common food allergens (mentioned previously) in their products. The presence of the allergen must be stated even if it is only an incidental ingredient, as in an additive or flavoring. Some goods also may be labeled with precautionary statements, such as "may contain," "might contain," "made on shared equipment," or some other indication of potential allergen contamination.

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~ HEALTH & WELLNESS COMMITTEE NEWS CONTINUED ~

Avoiding an allergen is easier said than done. While labeling has helped make this process a bit easier, some foods are so common that avoiding them can be difficult. A dietitian or nutritionist may be helpful. They may offer tips for avoiding the foods that trigger your allergies and ensure that you still get the nutrients you need. Many people with food allergies wonder whether their condition is permanent. There is no definitive answer. Allergies to milk, eggs, wheat and soy may disappear over time, while allergies to peanuts, tree nuts, fish and shellfish tend to be lifelong. Use epinephrine immediately if you experience severe symptoms such as shortness of breath, continued coughing, trouble breathing, tightness in your throat, or a combination of symptoms such as hives, swelling on the skin. You should call 911.



As of late 2014, dozens of states had passed laws that either require schools to have a supply of epinephrine auto-injectors for general use. Many of these laws are new, and it is uncertain how well they are being implemented.

~The Health Ministry Team, Judy Becker, Mary Poe, Nancy Wimer, Gail Grosh, and Heather Kreider



I want to say a huge

THANK YOU!

for your support of the
2019 Lancaster County Feed My Starving Children MobilePack
that took place on March 29-31, 2019.

It is absolutely amazing what our community can accomplish when we come together to work and pray! Check it out....

Final totals for the event are as follows:

Our goal was to raise \$66,718 to cover the cost of the meals..... we raised **\$70,380!**

Our goal was to have 1,500 volunteers.....we had **1,500 volunteers!**

Our goal was to pack 300,000 meals....we packed **311,040 meals!**

This will feed **852 children a nutritious meal a day for an entire year! Praise God!**

The generosity of our community allowed us to not only cover the cost of the excess meals we packed but also allowed us to put more than **\$1,900 toward next year's event! Praise God again!**

Our meals were distributed to those most in need in **Somalia** and **Uganda** through FMSC's distribution partners the **American Relief Agency for the Horn of Africa (ARAHA)** and **LeSEA Global Feed the Hungry**. You can learn more about their work at www.araha.org and www.feedthehungry.org.

Please mark your calendar for the **2020 Lancaster Co. Feed My Starving Children MobilePack** that will take place **Friday through Sunday, March 27-29, 2020**. We will have a goal of packing 300,000 meals with the help of 1,500 volunteers from the community! Thank you again for your support!

May God bless your generosity!

Lora Mangus Wenger,
Lanc. Co. FMSC MobilePack Chairperson
lmw4fmisc@gmail.com

Every prayer, person and penny count in the effort to alleviate world hunger!

MECHANIC GROVE CHURCH OF THE BRETHREN
1392 ROBERT FULTON HIGHWAY
QUARRYVILLE, PA 17566

RETURN SERVICE REQUESTED

