Gettysburg Presbyterian Church

"The Pastor's Page"

Re-opening Face-to-face Worship

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When the Session decided to suspend public, face-to-face worship in mid-March, it said worship would be suspended until guidance from the CDC and state health authorities changed. That has now happened! In the meantime, both our worship committees have been working to figure how we could safely reopen public worship. They gave their recommendations to a re-opening task force comprised of elders and staff connected to worship, and the task force gave their recommendations to our Session, which acted this past Sunday, June 14.

The Session has decided to re-open public worship on July 5, with our usual summer schedule: a 9AM Contemporary service followed by a 10:30AM Traditional worship service. Please note that in order to minimize the possibility of spreading the virus, these worship services will be different from the services we

have been used to! Elsewhere in the newsletter you'll find a FAQ page with more details, but note that we are requiring all who attend these worship services to <u>wear a mask</u> and sit in designated <u>socially-distanced seats</u> in the sanctuary. When we reach capacity, overflow seating will be available in the MacAskill Room with sound and video of the service available there. We have also <u>suspended congregational singing</u> for the first month, while we await more experience and studies on the effect of congregational singing on spreading the virus.

If you find these new policies to be burdensome to the point that you cannot adhere to them, then you should continue to enjoy our streaming options! Both services will be live-streamed each week. Check out the FAQ sheet on page 2 for more details, and feel free to contact us with any questions. We are aware that none of this is ideal, but we believe it is the best way to keep us all safe during this pandemic.

Pastor Dave

June 18, 2020

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Frequently Asked Questions about Re-opening Worship at GPC

At its 6/14/20 meeting, our Session voted to re-open public worship on Sunday, July 5 with a 9AM Contemporary Service, followed by a 10:30AM Traditional Service. In order to keep everyone safe from the Coronavirus, these services will look and feel different from the services we have been used to.

How will we avoid spreading the virus through handling bulletins, hymnals, offering plates, etc.?

We will not be using bulletins or announcement sheets, but instead will use the screen to help lead our worship. Offering plates will not be passed, but will be placed at the ends of the aisles. All printed materials will be removed from the pews.

How will we maintain social distancing in the sanctuary?

We will be using every other pew with the ends of those pews being designated for households or singles to sit. That gives us roughly 40 spaces for household occupancy. When all those spaces are filled, you will be directed to overflow seating in the MacAskill Room which will have audio and video feed from the service. Chairs will be socially-distanced there, too. We expect that some people will (and should!) stay at home, so we may not need to utilize this overflow capacity.

Why are masks being required to attend the services?

This is part of our effort to keep everyone as safe as possible. The CDC is still recommending masks to prevent the spread of the disease. We believe it is a practical way to show love for other members of our congregation. If you are unwilling or unable to wear a mask, you should probably choose to watch the live stream services on line. We will have extra masks available for those who forget them.

Why aren't we doing congregational singing during these services?

This was one of the most difficult decisions we faced. There is strong anecdotal evidence that singing can spread the virus. What is not clear is how much social distancing and masks might mitigate that spread. The experts we consulted stated that we simply don't know whether congregational singing, even with masks, is safe. We have elected to forego congregational singing for at least the first month, hoping more information will become available.

How will we celebrate the Lord's Supper?

Our people have been preparing their own elements for Communion during the pandemic. We are encouraging people to continue preparing their own elements and bring them to worship. We will also have a limited number of pre-packaged elements available for those who forget to bring them. We think this is a safe way for us to continue to celebrate the sacrament together.

What else will be different about the services?

- We will be keeping the doors open during worship to increase air flow through the sanctuary.
- Volunteer teams will wipe down surfaces in the sanctuary between services.
- Nursery care will be available, but there will be no children's church or Sunday School until the Fall.

Since none of us have experience with public worship during a pandemic, we will probably make adjustments as we go! Thanks for your patience! Feel free to contact our pastors or elders with any questions you may have.

Happy Birthday to...

July 1 Kathy Corbin Dennis Meckley Erin Stephens July 2 Brady Dillon Grayson Hubble Chris Landauer July 3 John Shuss Pam VanHoutte July 4 Benjy Conover Dawn Rathgeber Jessica Stone July 5 Kyele Bridel Michael Kulkusky Lane Mosser Emma Strausner July 7 Leslie Dillon Leo McGuire

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July 8 Harrison Crow Garrett Dovle Julv 9 Grace Moroz Joseph Tassin July 10 **Emily Bankert** July 11 Deb Bowersox Robert Lewis July 12 Garrett Kolmer Joan Pore July 13 Zane Graff Joan Grimm Gail Hull Ellen Raggets July 14 Marlyn Burdge Carol Merwede

July 15

Adam Hunt Henry Isherwood Audrey Jahn Bradley Kime James Newman July 16 Brian Campbell Susan Sanders Ethan Sheely Randy Umbrell July 17 Chloe McMaster Grant Sanders Anne Simpson Adalyn Smarsh Adair Toddes July 18 Fred Guinn Kevin Schmitz July 19 Forrest Haffey Kim Landauer Carson Pennings Randy Smith

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July 27 Nancy Ball John Snyder July 28 Doris Elledge Sherry Grim Carol Heiser Peter North July 29 Emma Dennison Braden Unger Jonelle Warcup Julv 30 David Bowman July 31 Drew Hoover Jean Sumser Liam Tindall



Mission Prayer List

On Sunday mornings we will be praying for the following people/groups that we support.

Please consider including them in your own prayers!

6/21 Presbytery of Carlisle

Our Presbytery, which consists of about 50 churches in our region.

6/28 Jacques Merine

Jacques heads Source of Life Ministries which runs an orphanage in Haiti. They are hoping to expand into health ministries in the near future.

7/5 Persecuted Christians

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Persecuted Christians continue to Suffer for their faith, especially in Asia.

7/12 Lend-A-Hand

This is a ministry of our Presbytery that sends groups to help disasterstricken areas recover. HAPPY BIRTHDAY TO JEAN SUMSER who will Celebrate her 90th birthday on July 31!

Congratulations to

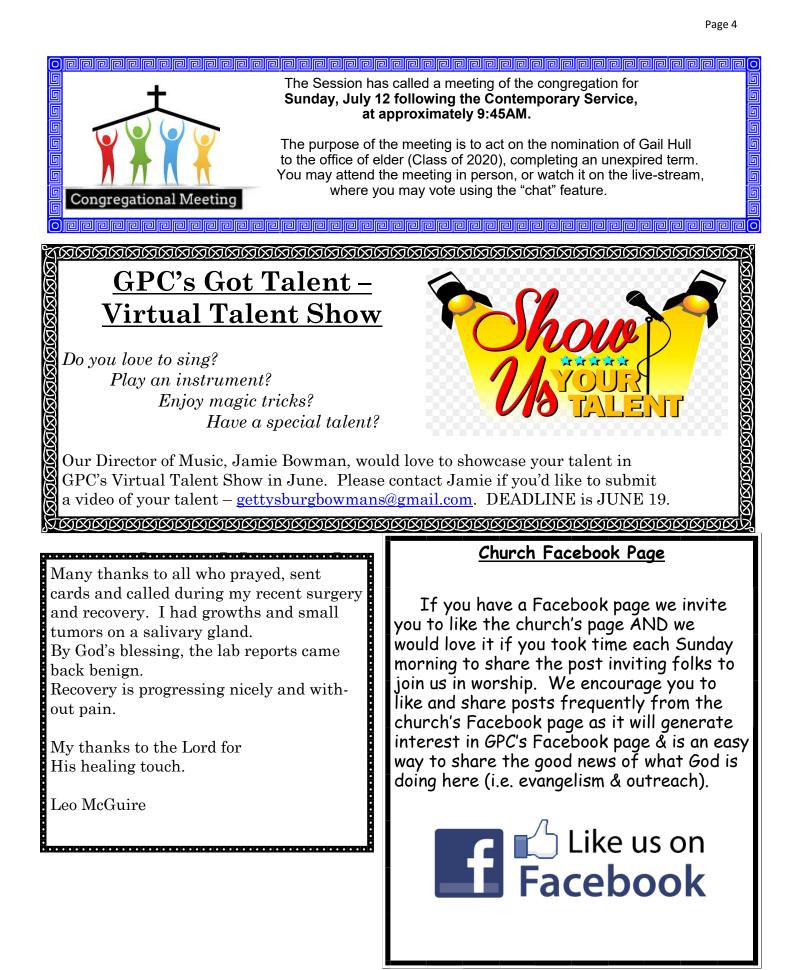
John and Lois Gregor who

will celebrate 60 years of marriage on June 25th.

Zoom Bible Studies

The study of Romans Zoom Bible study will begin on Wednesday, July 1st through August 19 at 7:00 P.M.

If you are interested in signing up, please email Cheryl at <u>gpcdce@gettysburgpresbyterian.org</u> so we can send a Zoom invite.



Ministerium Led Prayer Service

As our communities face the threat of pandemic sickness and racial injustice on a systemic level, the churches of the Gettysburg Area Ministerium have set aside 15 minutes on Wednesday, June 17th at 12 noon to respond with lamentation, repentance, and prayer. The date was chosen because June 17th will be the 5-year anniversary of the Emanuel Church shooting in Charleston, South Carolina and we believe it is fitting for us to offer prayers of healing, hope and reconciliation for our community and world during these difficult times.

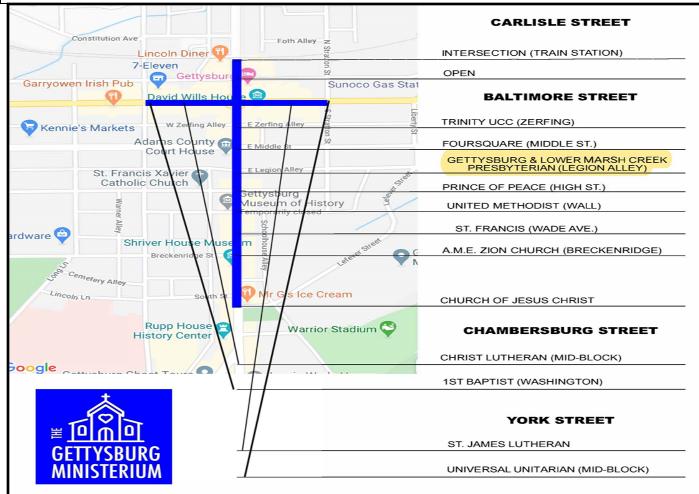
This 15-minute vigil will be a time to respond with lamentation, repentance, and prayer for our community, nation, and world, with our bodily presence taking the place of signs or placards. It will be a gathering of people in various locations near churches and businesses to hear scripture and pray. It is not designed to be a political statement or rally. According to a released statement, "It is an exercise of faith and love for all people."

Groups will be limited to about 25 people per location, masks will be worn, and social distancing practiced.

If you would like to join us, then meet in our parking lot (located off East High Street) at 11:50 a.m. for instructions before we leave for our location of prayer.

If you would prefer to participate at home or on lunch at work and would like guidance in how to structure your prayer liturgy, then email the Church office or Rev. Nyiri for an at-home prayer service. (<u>info@gettysburgpresbyterian.org</u> or <u>gpclou@gettysburgpresbyterian.org</u>)

(The above information and invitation was adapted slightly from write ups by Rev. Martin Otto Zimmann & Christ Evangelical Lutheran Church.)



GENERAL GUIDELINES

EACH PASTORICONGREGATIONAL REPRESENTATIVE SHOULD TAKE TIME TO SCOUT THE BEST LOCATION FOR THEIR MEETING PLACE BEFORE THE EVENT.

USE OF MASKS AND SOCIAL DISTANCING MEASURES ARE STRONGLY ENCOURAGED TO REDUCE THE RISK OF SICKNESS.

SIGNS HAVE BEEN ORDERED FOR EACH SPOT ON THIS MAP. PLEASE ASK PARTICIPANTS TO REFRAIN FROM USE OF INDIVIDUAL SIGNS IN ORDER TO BE UNIFIED IN OUR MESSAGE AND KEEP THE FOCUS ON PRAYER. DO NOT BLOCK SIDEWALKS OR ENTRANCES IN YOUR GATHERING. WE WANT TO BE A BLESSING TO OUR LOCAL BUSINESS OWNERS AND LEADERSHIP.

YOU MAY ENCOURAGE YOUR PARISHIONERS TO WEAR SPECIFIC COLORS OR MAINTAIN SOME UNIFIYING ARTICLE IF IT HELPS YOU.

PLEASE ENCOURAGE YOUR PEOPLE TO SUPPORT THE BUSINESSES NEAR YOUR LOCATION BEFORE THEY LEAVE TOWN AFTER THE EVENT IF THEY ARE COMFORTABLE TO DO SO. (OUR LOCAL ESTABLISHMENTS WOULD

Men's Health

"Long life to you! Good health to you and your household! And good health to all that is yours!" 1 Samuel 25:6



Did you know that "National Men's Week" is celebrated the week before Father's Day each year?

Did you know men can live healthier, longer lives just by knowing their health threats and how to reduce those risks? Statistics show that heart disease is the number one threat with cancer, injuries, stroke, COPD (respiratory disease), diabetes, flu, suicide, kidney disease, and Alzheimer's making up the top ten.

Listening to your body and adopting good lifestyle habits can decrease your risk for life-threatening health issues.

A healthy, balanced diet will greatly reduce the risk for five of the top ten threats: heart disease, cancer, stroke, diabetes, and kidney disease. Fruits, vegetables, and whole grains are heart-healthy selections and can fight some cancers as well. Maintaining a healthy weight is necessary for the prevention of diabetes, which has dramatically increased for men in recent years, and kidney failure (which is a complication of diabetes and high blood pressure.)

Risky behaviors can cut a man's life short and are easily preventable. Accidents from automobiles, falls, and the use of chemicals can be fatal or seriously debilitating. Wearing seat belts, using safe driving skills, using chemicals in a well-ventilated area, and using ladders safely can help prevent injuries.

If you smoke, "kicking the habit" can decrease your risk of heart disease, cancer, and complications with respiratory disease and diabetes.

When should you go to a primary care physician? Listen to your body, make an appointment with your doctor when things "do not seem right". Make an annual appointment to get bloodwork done including a PSA (Protein Specific Antigen) test. This simple blood test is done to screen for Prostate cancer or monitor the treatment of the disease.

A few simple adjustments can give you better health and longer life. Women, you can be supportive to the men in your lives. You can help support the health and safety of your spouse, dad, significant other, sons, uncles, etc.

Examples of Healthy Habits:

- Eat healthy and include a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases.
- Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Regular physical activity has many benefits. It can help control your weight, reduce your risk of heart disease and some cancers, and can improve your mental health and mood. Find fun ways to be active together. Adults need 2½ hours of physical activity each week.
- Stop smoking! Quitting smoking has immediate and long-term benefits. You lower your risk for different types of cancer and exposing others to secondhand smoke—which causes health problems. Call your state's tobacco Quitline.
- Recognize and reduce stress. Physical or emotional tension are often signs of stress. They can be reactions to a situation that causes you to feel threatened or anxious. Learn ways to manage stress including finding support, eating healthy, exercising regularly, and avoiding drugs and alcohol.
- Schedule annual checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.
- It's important for men (and women) to understand their family health history, which is a written or graphic record of the diseases and health conditions present in your family. It is helpful to talk with family members about health history, write this information down, and update it from time to time.
- Get a Personal Health Booklet from Pam Phillips RN FCN to document your personal medical history. Available in the Crane Library or call 410-596-0777 to get a copy mailed to your home.

Church Women United

Once again, after careful consideration of a few factors, and in the interest of everyone's safety, we need to cancel the Church Women United Meeting & Luncheon scheduled for Wednesday, July 1, at the Gettysburg Church of the Brethren.

Blessings, Cheryl Potter(CWU)

Men's Interfaith Luncheon

Men's Interfaith Luncheon has been Cancelled for July 1st.

Meetings have been postponed until further notice.

Recognition of Newborns



We welcomed and recognized 4 new newborns into our church family as part of our Pentecost celebration.

Kate Elizabeth Wherly born 9/14/19 – parents are Mark & Meghan Wherly. Olivia Grace Hiller born 9/28/19 – parents are Brandon & Jackie Hiller Jesse Thomas Norseen born 12/30/19 – parents are John & Bethany Norseen, and grandparents are Tom & Susan Kolmer. Charlotte Ryan Peck born 2/25/20 – parents are Andy & Molly Peck, and

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grandparents are Matt & Jen Clark.



The Gleaning Project **Needs Help**

The Gleaning Project of South Central PA has been hard at work in finding creative ways to keep getting fresh produce out to our community during this public health crisis and we at GPC can help. They are looking for produce stand attendants to sign up for weekly two-hour shifts to help restock and bag produce.

Transportation is also an issue for them to get the produce to the people who need it. You can help by offering your car and a little of your time for this aspect of the Gleaning Project.

Update on Soup Kitchen Procedures

The COVID-19 pandemic has changed the operation of the Gettysburg Community Soup Kitchen. As a result of the pandemic, no volunteers are allowed in the Soup Kitchen. The Director of the Kitchen, Sandy Lutz, and her staff make To-Go Bags each morning, filled with hot meals and snacks. These are passed out through the kitchen window.

Starting last month, volunteers were asked to go shopping and purchase the ingredients needed for the soup and bring them to the Kitchen, rather than cooking the soup at home and bringing it to GPC or the Kitchen.

п Going forward, anyone who wishes to bring anything to the Soup Kitchen should coordinate the drop-off with Sandy Lutz at 717-334-2773. This is because of space limitations and concern of contamination. GPC member Eleanor Bilz, who also serves as Secretary, Board of Directors at the Gettysburg Community Soup Kitchen, can also be contacted at ecingire51@gmail.com for additional information.



<u>VBS Thank You</u>

Thank you to Mary Martha Circle for their donation of \$175 towards materials, Mr. G's for ice cream cone gift cards, Nancy Cook, Heather Tschop, Amanda Ott for helping to bag the crafts, Heather Tschop, Elly Cleaver for making our samples, Susan Kolmer for Storytime, Jen Daniels for Drama, Kelcee Keller for Scripture study, and Dave Conklin & Carrie Trax for music. Thanks also to Libby Crowe for selecting the VBS songs and musical videos. Thanks to Penny for helping create our prayer pail signs.

A gigantic thank you to Mark Wherley for recording all our livestream VBS. We had 46 children participate in our livestream VBS on Moses this month. This was fun but can't wait to have next summer when we can physically be at VBS. Too quiet this way – not enough excitement in the building.

Homemade Facemasks Needed: Gettysburg Borough, Wellspan Health & Fruitbelt Farmworkers Christian Ministry (FFCM)

The Local Mission Team is seeking to provide an organized GPC response to meet the increasing need for facemasks. We hope to continue collecting facemasks to help residents stay healthy as we continue to protect ourselves against the coronavirus pandemic. Previously, we responded to Wellspan's request for Hand-Made-Fabric-Masks. We will now expand the effort to include the Gettysburg Borough and FFCM (migrant workers) requests for facemasks.

Step-by-step instructions for these easy-to-make facemasks can be found on GPC's website

under COVID-19 Info dropdown menu under the Local Resources heading $% \mathcal{L}^{(1)}(\mathcal{L})$

(<u>https://gettysburgpresbyterian.org/wellspan-facemask-making-instructions/</u>). For ease of distribution, there is a tub at the door leading into Fellowship Hall marked for face mask donations. Please place masks in a Ziplock bag with your name and number of masks and the Local Missions Team will deliver the masks.

Any questions, call Bill Tindall at 717-357-1281 or e-mail him at agpr4you@yahoo.com.

<u>CONDOLENCES:</u>

Our thoughts and prayers are with Debra Farnsworth, Eniko Shearer, Leah Krichten and Erika, Aniko & Matyas Shearer on the recent death of her mother, their grandmother and their great grandmother.

Hershey Park Tickets

Our group tickets purchased before the start of 2020 summer season will be valid <u>through June 30,</u> <u>2021.</u> That is over a year from now and includes the ability to use them this summer, fall, and winter 2020 seasons, spring 2021, and summer 2021 up to 6/30/21.



Tickets are here and can be picked up Monday - Thursday from 10:00 - 2:00 in the church office.

Hershey Park opens July 3, but there are some changes in their safety precautions, including making reservations. If you have ordered tickets you will be emailed the FAQ Sheet on the changes at the park. Any questions please contact the church office.



If you would be interested in joining our prayer on zoom,

then contact Rev. Lou

(gpclou@gettysburgpresbyterian.org) or

the church office

(info@gettysburgpresbyterian.org).

From this contact we will email you with the particulars and the zoom invitation for the prayer meeting.

Zoom coffee fellowship -

If you would be interested in joining for coffee fellowship immediately following Sunday morning worship, then contact Rev. Lou

(gpclou@gettysburgpresbyterian.org) or the church office (info@gettysburgpresbyterian.org) if interested. From this contact we will email you the particulars and a zoom invitation to the fellowship time.

Coffee Hour

Sundays after Worship on Zoom

PRAYER





We now have copies of the current Our Daily Bread devotional. Please contact the church office if you would like to pick one up.

RUTH'S HARVEST GETTYSBURG DONATIONS

The following is a list of foods needed to ensure that food insecure children in the Gettysburg Area will be provided a box of food to supplement their families in July and August 2020. The Covid-19 virus has resulted in an increase of families in need. When shopping, perhaps you could add an extra item or two in the bin provided at Kennie's Market to help with this need. Thank you from RH Board.

Boxes of cereal 12-14oz

Packets of Oatmeal

Fruit 15 oz Cans

Black, kidney or baked beans 15 oz Cans

Rice 16oz

Full size packages of mac and cheese

Packs of spaghetti 16 oz

Vegetables 15 oz Cans

Granola bars

Bags of pretzels

Peanut butter 16 oz

How Prayer Requests are Being Handled During COVID-19

During these dis-concerting and dis-connected times, the words of Philippians 4:6-7 come to mind, "...in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

In following CDC recommendations to flatten the curve, we discontinued in-person worship. In order to keep connected with our GPC family, our church leadership (Session, Deacons, Pastoral Care Team, Staff and Stephen Ministers) began making phone calls which has led to an increase in prayer requests. As we receive your prayer requests, we want you to know: 1) Your prayer requests are important to us; and 2) How your prayer requests are shared.

- Prayer requests are shared in the following ways:
- 1. Prayer Team which confidentially prays for each request by name.
- 2. Pastoral Care Team which will follow up accordingly.

Sunday Morning Prayers may not always include specific names, however, prayer requests will be grouped under category headings (i.e. "We ask that you give strength to those in need of healing and wholeness") believing God knows each individual's name included in that prayer.

If you need to discuss this further or would like information about joining the prayer team, then please contact Rev. Nyiri at <u>gpclou@gettysburgpresbyterian.org</u> or 717-253-2711.



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Gettysburg Presbyterian Church Mission Statement Gettysburg Presbyterian Church believes that God calls us to invite people to faith in Jesus Christ, and equip them to grow as His fully devoted followers. As disciples we: * study regularly * pray daily

- witness boldly
- live faithfully
- serve passionately
- give generously
- * worship weekly

Next Newsletter Deadline: Noon, Thursday July 2, 2020

Office Operations

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The state guidelines still encourage people to work from home where possible, but we envision having staff in the office for a few more hours each week than we have been doing.

Continue to call the office number (717-334-1235) if you need anything, or need to get into the building during the day. We'll do our best to accommodate you!

June 2020 GPC WORSHIP SCHEDULE

WORSHIP 10:00 a.m.

We will continue worshipping virtually until JULY 5 when we will resume Face-to-face worship at 9:00 & 10:30 a.m.

In the meanwhile, we will have a 10:00 a.m. service streamed live each Sunday.

www.gettysburgpresbyterian.org Click "New Streaming Link" on the top right hand corner

** PLEASE NOTE: If you would like to provide face masks for those who forget to bring them to worship, please bring them by the church office!