

GRAPEVINE

January 5, 2022

Worship Will Be Livestream-only **at 10:00 a.m. on Jan. 9, 16, and 23**

At a special meeting on Tues., Jan. 4, the Session voted to suspend public worship during the spike in COVID cases here in Adams County. Some of the reasons cited for the decision were:

* Nationally, we are at the highest rate of infection since the beginning of the pandemic. It is affecting all kinds of services throughout the nation- businesses, schools, transportation, and hospitals.

* Locally, we have a low vaccination rate, and our PCR% for Adams County stood at 28.1% when the vote was taken. That doesn't include those who have tested positive at home.

* The Omicron variant is highly contagious.

* The lack for available tests means many people with symptoms can't get tested. So the virus is likely to spread more easily when people can't tell if they have it.

* Our healthcare system is just about maxed out. Gettysburg Hospital has shut down its obstetrics unit to create more space for other patients.

* We have numerous families infected with COVID in the congregation right now, including choir and Session members.

This decision was not made lightly. We long to be able to worship and study and pray together! But we believe that this short-term hold on public worship is for the greater common good, and that's what God calls us to right now.

Pastor Dave

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RESOLUTIONS

A recent Lifeway Research survey found that the following areas topped the list of New Year's resolutions:

- ◆ Health (diets & exercise?)
- ◆ Relationship with God
- ◆ Finances
- ◆ Relationships with others

It's interesting that our relationship with God impacts all the others listed! Since our bodies are temples of God's Spirit, we should take good care of them! The Bible has lots to say about saving and generosity. And Christian qualities like love, joy, compassion, and forgiveness have a big effect on our relationships with others.

So, a focus on our relationship with God may affect all the other areas!

What would growing your relationship with God look like in 2022?

More regular worship attendance?

Participating in a class or small group?

Offering your time or talents to serve at church?

Personal Bible study and prayer?

How can you grow your Christian life in 2022?

Pastor Dave



Our Annual Congregational Meeting will be Sunday, January 30, following the 11AM service in the sanctuary.

Plan to attend in person or on-line!

"Rebuilding Community"

Stewardship 2022

Thank you to everyone who has already submitted their pledge for the 2022 Stewardship Campaign.

If you have not, there is still time. Please place them in the offering plate on Sunday morning or turn them into the church office at your earliest convenience.

Envelopes & Contributions

Please pick up your 2022 contribution envelopes on the table in Fellowship Hall. This will save the church time and money since those not picked up are mailed out individually.

Stephen Ministry

Create an
Atmosphere of
Acceptance
Reassurance (of God's love) &
Encouragement.



If you would like to talk to a Stephen Minister who "caares," please contact Rev. Lou Nyiri at the church office 717-334-1235, ext. 4.

MISSION PRAYER LIST

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

- 1/9 Carpenter's Gift**
Carpenter's Gift is a GPC ministry building primarily handicapped ramps for local people.
- 1/16 S. Carolina Mission Trip**
Works with Sea Island Habitat for Humanity to build homes for working poor families each Spring.
- 1/23 Young Life of Adams County**
Young Life introduces students to Jesus through afterschool programs.

Please consider including them in your own prayers!



In an attempt to refresh the Shawl Ministry Group at G.P.C., we would like to invite all interested knitters and crocheters to a kick-off meeting at 2:00 p.m. on Thursday, January 13 in the Eisenhower Lounge. Please wear a mask and bring the project on which you are currently working. This will be a time of sharing and conversation with a view to re-establishing this ministry.

Thank you for your interest in this effort. To the former participants, please notice the time change.

Beth Fitzpatrick, 717-334-4960,
bethieandbill@comcast.net

The holidays are over. Our Christmas decorations are packed away, and our homes are no longer filled with Christmas lights. We move into the winter months where the days are long, dark, and less Sunlight. *We feel dreary, sluggish, and exhausted. What is happening?*

Winter Blues is defined as a “seasonal form of depression” that typically occurs in late fall and winter (November to February) when the daylight hours are the shortest”. Even though this seasonal depression goes away when spring arrives, it still negatively affects your mental wellness during the winter months.

SAD: Seasonal Affective Disorder: Seasonal affective disorder seems to be the result of inadequate exposure to bright light during the winter months.

People experiencing winter depression typically have low levels of serotonin and high levels of melatonin.

Why does this happen?

Reduced sun exposure is one of the main causes of winter blues. In turn, limited access to sunlight fails to produce enough vitamin D in our bodies.

Vitamin D is needed to produce serotonin, a neurotransmitter that regulates your mood, sleep, appetite, and energy levels. Insufficient vitamin D reduces your serotonin levels, resulting in negative mood shifts, lethargy, and unhealthy food cravings.

Exposure to less sunlight also triggers melatonin overproduction and disrupts your circadian rhythm (sleep-wake cycle)

Winter Blue Symptoms:

- Slight sadness during the fall and winter months
- Some trouble sleeping
- Lack of motivation, apathetic, bored
- Mood changes: irritable, moody

Increased cravings for carbohydrates, Overeat= gain weight

SAD (Seasonal Affective Disorder):

- *Severe* sadness during winter months
- Trouble sleeping or oversleeping
- Mental and physical fatigue
- Increased cravings for carbohydrates and sugars =weight gain
- Depression that *limits normal* functioning and motivation
- Loss of concentration and interest in activities = Social isolation
- Feelings of worthlessness/ hopelessness/thoughts of self-injury/suicidal thoughts

Nausea, loss of appetite= weight loss

Everybody has a “blue” day or more throughout the winter season. The long dark cloudy days of Winter make the happiest of us *blue* at times. It’s ok!! We are all allowed to have a “blue” day or two. It is normal. Winter blues affect our mental health during the winter months.

What can we do to help ourselves?

Keep a routine. Have a set “bedtime” and “rising time”. Don’t sleep in or take afternoon naps. Darker days, early sunsets, and increased cloud cover, signal the pineal gland in your brain to release more melatonin than needed which increases sleepiness and fatigue. Managing our “Circadian” rhythm can help reduce the severity and duration of winter blues.

Get outside for some fresh air, exercise, and soak up some “rays”. Dress warmly, take a 30-minute walk around the neighborhood/Gettysburg, join the GPC hiking club. Exercise can help to alleviate symptoms of depression.

Eat healthy! Resist the carbs! Plan your meals ahead of time. An anti-inflammatory diet is an effective first-line treatment option in improving your gut health and reducing inflammation that affects your brain health. Try the Paleo diet that consists of whole foods, fresh vegetables, lean meat and healthy fats (excluding dairy, processed carbohydrates, and sugars) with your physician’s approval) to reduce inflammation and improve depressive symptoms.

Vitamin D Supplements: Before you take any OTC supplements check with your Primary Care Physician and Pharmacist.

Need to talk? Call me anytime at 410-596-0777. Confidential conversations!

Seek Medical assistance for treatment if symptoms worsen throughout the winter.

When Jesus spoke again to the people, he said,
“I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.”

John 8:12



Pam Phillips RN

2022 Chancel Flowers



The new calendar is available on the bulletin board in Fellowship Hall to sign up for the Chancel flowers in 2022.

****PLEASE NOTE: The Price of flowers has gone up to \$35.00 ****



Volunteers Needed!

The Contemporary Worship Service needs people to help project the PowerPoint during the 9:30 a.m. contemporary service. No experience needed- you will be trained. You will be working in a rotation of four to six people, so you would most likely be scheduled every four to six weeks.

If interested, please see Libby Crowe or Carrie Conklin, or contact Libby at (717) 476-0821.

WANTED

Christian Ed. Team Member

VBS Volunteer

Children's Librarian

Children's Message Volunteer

No experience necessary
Will train with God's help!

If interested please contact Nancy Cook
at
nmlcookies@pa.net



COURSE FOR PERSONAL AND SPIRITUAL GROWTH

What is the church, really?

At least one answer to that question is this: The church is the body of Christ on earth. Paul wrote, "Now you are the body of Christ and individually members of it" (*1 Corinthians 12:27*).

The Holy Spirit has given each of us unique gifts to carry out God's work in the world. It is not necessarily easy, however, to discover our gifts or to develop and use them effectively. That's why our congregation is offering the course "Discovering God's Vision for Your Life: You and Your Spiritual Gifts."

Where do you fit into Christ's body, the church? The answer lies in the unique gifts God has given you. This course will provide a renewed understanding of who God created you to be and God's design for Christian community. Participants will find clues to their spiritual gifts in the "Haugk Spiritual Gifts Inventory" and other gifts discovery activities. They will then explore opportunities to further develop and use their gifts in the congregation and community.

The class will start after the new year, possibly early spring. You must attend all 8 weeks. Sign up in Fellowship Hall. Course fee- \$17. Contact: Jen Clark at jennifermaueclark@gmail.com

HOUSING NEEDED FOR REFUGEE FAMILIES

Our church is one of seven churches that have come together as the Refugee Resettlement Committee of Gettysburg to sponsor Afghan refugee families, providing assistance and friendship.



The resettlement agency we are working with recently let us know they may have families that need to be placed immediately, so we are seeking housing for two or more related family groups as soon as possible. We are looking for temporary or permanent rental housing units, each with two to three bedrooms, depending on family size. We have raised and continue to raise funding to pay for the housing. We must have housing secured before we can accept Afghan arrivals.

The Refugee Resettlement Task Force from our church includes: Andrew and Mary Miner, Bob (Bucknell) Smith and Pastor Lou Nyiri. As we find out more about the families, we'll put out information and reach out for help with transportation, clothing, and home furnishings, etc. Let us know if you have questions or can help in any way. (see page 7 for inventory needs.)

If you know of any housing that may be available, please contact Andrew and Mary Miner. Andy's email is: am_miner@yahoo.com. Mary's email is: mminer120@yahoo.com. Their home phone # is: 717-334-8198. It is OK to leave a message. Housing is an urgent need.

NEED A RIDE?

If you are having trouble attending church services and/or church functions due to not having transportation, let the Deacons help you.

We are only a phone call away.

The transportation Deacon for Dec. 13 - Jan. 9 is Tracey Stone at 717-253-0092

Jan. 9—Feb13. Bob Smith at 717-357-0934.



“Calendar of Giving”

The Calendar of Giving is an opportunity for our congregation to support numerous local organizations. Through this program, we identify local organizations that are in need of smaller donations. Each month, we will be collecting specific items for the identified organization.

For the month of:

January

We will be collecting items for

The Gettysburg Soup Kitchen:

Non-perishable canned and boxed food items (not opened or past expiration date), bottled water, coffee (instant and grounds), coffee creamer, hot chocolate, granola bars, fruit snacks, individually wrapped snacks, drink mixes, juices, boxed mac & cheese, peanut butter, jelly, Ramen noodles, biscuit mix, bath soap, toothpaste/brushes, shampoo.

Please no glass items.

Afghanistan Refugee Resettlement Project – Inventory of Personal Interest and Resources

As noted earlier, churches and interested groups in Adams County are beginning to discuss the possibility of sponsoring 2-3 refugee families in our area. Afghan citizens were instrumental in assisting the US armed forces during the 20-year war in Afghanistan. Many who aided the U.S. mission are arriving in the U.S for resettlement. Gettysburg churches have been deeply committed to welcoming the stranger and loving our neighbors in the past. These churches and interested groups are exploring the call to welcome Afghan refugees fleeing violence and persecution in their home country and to advocate for them.

GPC has previously been involved with at least three refugee family resettlements to the area. If you would like to be part of a team from GPC to assist with this undertaking, then let Rev. Nyiri know (email – gpcclou@gettysburgpresbyterian.org phone – 717-334-1235, ext. 4). In addition, we are seeking resource information on how our members might be willing to assist these families, hoping we will find ways to help that will fit everyone's special talents and interests. Please read through the items below – if you would be willing to help; have an interest or knowledge; or know someone or some group that might be willing to be contacted then let Rev. Nyiri know (when responding please provide your name; email; phone number).

Area of Need	Description of Need
Housing	Identify and provide suitable housing for the assigned refugee family or families
Household Furnishings	Provide and install household furnishings, bedding, appliances and household utensils as needed
Wardrobe and Seasonal	Assess requirements and provide seasonal clothing and other wardrobe items needed for all family members.
Educational & ESL Services Provision	Provide school backpacks, educational supplies, special equipment. Identify special counseling or English as a Second Language (ESL) services. Help enroll children. Advocate for translation/interpretation services. ESL and Conversational practice for other family.
Transportation	Volunteer to drive for routine transportation needs of families. Enroll adult family members in drivers training and driver's license requirements; solicit vehicle donations when able to drive.
Medical	Help family members connect with medical coverage, and practitioners for medical, dental, optometry.
Government Services or Legal	Help connect with government services and benefits they are entitled to; provide guidance and assistance with immigration and citizenship.
Community Orientation	Orient family to local community resources, pedestrian rules, crosswalks, how to purchase items, finance & banking information or other necessities
Shopping & Commercial	Assist families with locating local shopping and services to meet their basic material needs.
Worship, Recreation, Quality of Life	Introduce families to places of worship and community resources for fellowship, community involvement, education and recreation.
Employment	Help eligible family members connect with job opportunities offered through the resettlement agency or other sources. Assist or locate assistance with resume preparation.
Career Guidance & Mentoring	Provide guidance for reaching career goals, re-training opportunities, meeting U.S. qualifications for practicing their career. Identify community members with relevant professions or trades who may assist.
Financial Assistance	Provide a donation for the purpose of supporting activities to support families.
Miscellaneous	People are needed for help with: Fundraising / Publicity and Outreach / Financial Oversight


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RETURN SERVICE REQUESTED

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, January 20, 2022**

**January 2022
GPC WORSHIP SCHEDULE**

Traditional Worship @ 8:15 & 11:00 a.m.
Contemporary Worship @ 9:30 a.m.

January 9	<i>Jonah, I - God Loves All People</i> Minute for Mission—Sean Walker
January 16	<i>Jonah, II - God Uses All Types</i>
January 23	<i>Are We Universalists?</i>

To view live stream, go to: www.gettysburgpresbyterian.org
Click "View Services" on the top right hand corner