

# GRAPEVINE

February 8, 2022

## Refugee Resettlement Update – Part II

Within the next week, our area will be welcoming an Afghan Family. The family is comprised of a Mom, Dad and eight children who range in age from 4 to 20. Our church is working together with many partnering churches and community groups as part of the Refugee Resettlement Partnership of Gettysburg (RRPofG) to create a community of hospitality, home, and hope for our new neighbors. The RRPofG has partnered with Bethany Christian Services to work and walk alongside Afghan refugees as part of our Christian call to demonstrate Christ-like love and compassion.

*“...for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me...”  
(Matthew 25:35)*

Bethany Christian Services has provided an informative and helpful booklet to assist us in becoming a community who are better prepared for relationship building with our soon-to-arrive Afghan family. From the booklet’s introduction, I share the following, which, I find to be quite helpful as we prepare to welcome this family:

“Refugees are survivors, asylum seekers, and families escaping violence. Refugees deserve to be loved and empowered, and that’s what we seek to provide. We’ve been working alongside refugees since 1975, partnering with local churches, volunteers, and service providers to ensure refugees experience a safe and smooth transition. Our faith calls us to care for refugees. With your help, we can guide and protect them as they build their new lives.

For refugees fleeing danger, the resettlement process can be extremely challenging. And too often, people become numbers in a system that can feel impossible to navigate. That’s why we guide, advocate, protect, and support refugees in key resettlement locations around the globe, including the U.S.

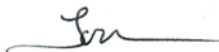
**As we look to come alongside Afghans newly arriving in the U.S., it’s important to ask ourselves:**

- How does my perspective differ from theirs?
- Am I making any assumptions?
- What actions can I take to make them feel safe, loved, and empowered?
- What do I need to learn about Afghan culture, language, and history to better serve them?”

For more information on how to become involved in this welcome ministry, contact our GPC Liaisons: Mary Miner ([mminer120@yahoo.com](mailto:mminer120@yahoo.com)), Andy Miner ([am\\_miner@yahoo.com](mailto:am_miner@yahoo.com)), or Bob (Bucknell University Alum) Smith ([ras006@bucknell.edu](mailto:ras006@bucknell.edu)); Rev. Lou Nyiri.

To receive a copy of Bethany Christian Service’s welcome guide, contact me through the church office (717-334-1235, ext. 4) or email [gpclou@gettysburgpresbyterian.org](mailto:gpclou@gettysburgpresbyterian.org).

With Christ-Like Service & Welcome,



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Friends,

As GPC has volunteered to participate in the Afghan Refugee Resettlement project, I have been contemplating what my personal part might be in this endeavor. How can my family and myself contribute to such a daunting task? I find it no coincidence that I came across the following during my quiet time this past week. This is an excerpt from the book “When Strivings Cease” by Ruth Chou Simons:

“I accompanied my parents from Taiwan to the United States as a child, finding my place in a new land to call home. Learning a new language, new systems, unexpected flavors and textures (hello, Kraft Singles American cheese), and different acceptable norms, values, and standards for beauty (think: tanned skin over pale porcelain) required every bit of adaptability, resilience, and tenacity my mother implied in the lexical origin of my name.

People often marvel that I learned English as quickly as I did but comment on how hard it must have been for my parents and me to adapt to life in the United States. Yes, it’s amazing to think of all the ways our little family overcame the obstacles of language, transportation, education, and culture, but the greatest challenge was figuring out what it took to be accepted—and to assimilate.

*What is expected of me? How do I fit in? What do other girls wear to a birthday party? Is it better to stand out or to disappear? What kind of lunch box will make people like me? (Hint: in 1980 it was Strawberry Shortcake.)* As a first grader, I thought these questions were unique to my personal story of crossing the ocean, learning a new language, and finding friends in a new school, but it turns out these attempts to meet “standard” populate everyone’s internal dialogue ....*What must I do to be enough here?*”

While some of our congregation have helped to resettle refugees in the past, there are quite a few of us who have not, including myself. This excerpt has helped me to appreciate just how much courage and resilience these families must possess. It has led me to understand the reality of what these parents and children are facing as they move to Gettysburg. After all, I’ve never moved to a totally different country and culture. It has given me better insight as to what I can pray about for the benefit of our soon-to-be new neighbors. It’s offered me a way to communicate with my kids what type of struggles their (possible) new classmates might be dealing with, so as to help foster better empathy and understanding. I hope that by sharing this excerpt, that others without prior experience with refugee resettlement will also gain a better idea of how we can extend the love of Christ to these families. While there are specific tangible ways we can all participate, I want to offer the reminder that it will also require us to offer friendships and listening ears to help them feel accepted and to find their “new normal” in the United States. Let’s let our new neighbors know they are ‘enough’ just by being themselves.

In Christ,  
 Sonja Brown

## MISSION

# PRAYER LIST

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

- 2/13 Presbytery of Carlisle**  
 Our Presbytery, which consists of about 50 churches in our region.
- 2/20 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.
- 2/27 Persecuted Christians**  
 Persecuted Christians continue to suffer for their faith, especially in Asia and Africa.

Please consider including them in your own prayers!

## NEW NURSERY HOURS

Nursery will be staffed for the 8:15 and 9:30 services. If you are attending 11:00 and need to take your child out, the Nursery will be open but you will need to stay with the child. There is a TV in the Nursery that will broadcast the service so that you can watch it while being with your child. This will be revised as needs change.

## Return to Public Worship on Feb. 13!

As infection rates and hospitalizations decline, we will re-start public worship with three services (8:15, 9:30, and 11:00) on Feb. 13. We'll continue to wear masks and socially distance from one another. Hope to see you in worship!



## Retirement Recognition for Pastor Dave on Sunday, February 27, 2022

**immediately following the last service!**

### 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.

### Per Capita

The blue envelope labeled "PER CAPITA APPORTIONMENT" found near the front of your offering envelope box is a special offering that is not used by GPC. Per capita is an amount of money per member (**\$29.00 for 2022**) that our congregation pays to our larger Presbyterian Church (U.S.A.). This money is part of the glue that holds Presbyterians together as a connectional church and links the individual church, Presbytery, Synod and General Assembly. Per capita amounts are determined by General Assembly nationally, regionally by the Synod and locally by the Presbytery. These monies are used to administer the responsibilities, functions, and mission of each governing body. A major portion of the per capita is used for mission.

# WANTED

Christian Ed. Team Member

VBS Volunteers

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](mailto:nmlcookies@pa.net)

Recently I attended a conference on Post Covid Syndrome and wanted to share this information with my GPC family and friends.

**“Post covid conditions”** is defined as a wide range of physical and mental health situations that have been documented by patients who have had Covid 4 weeks or more after a SARS-CoV-2 infection (aka Covid 19). Post covid conditions can be felt by patients who have had a mild infection or who were asymptomatic. These conditions can affect children, adolescents, and adults.

**Risk Factors** include comorbidities (comorbidity is defined as the presence of one or more additional diseases or disorders cooccurring) like Diabetes, Hypertension, Cardiovascular diseases, lung disease, obesity, and age 40-60 years without comorbidities.

Commonly reported symptoms lasting 7 months or more include: Dyspnea (shortness of breath), fatigue, mental health issues, olfactory(smell)/gustatory(taste), malaise, brain fog. There are many others including cough, chest pain, headache, abdominal pain, etc. to name a few.

***A complete list is available on the Faith Community Nurse Bulletin board in Fellowship Hall.***

Dyspnea/chest pain are more common in patients who were hospitalized and most likely caused by residual lung injury. A follow-up chest x-ray if respiratory symptoms present beyond 10 weeks may be needed. Close follow-up with your PCP is imperative.

**Treatment** is symptom management. Multi -disciplinary approach may be needed including PCP, psychologist, dieticians, etc. Lab work may be needed.

**Prognosis:** Very good although not much data is available currently with regards to long term prognosis.

**Challenges:** Focus is currently on preventative care, and no specific guidelines for management of symptoms.

People with post Covid conditions should continue to follow CDC’s Covid 19 prevention measures.

### **New terminology: “Viral shedding”**

When an individual gets infected by a respiratory virus like SARS-CoV-2, the virus particles will bind to the various types of viral receptors. Throughout this ongoing process, infected individuals, who may not yet be experiencing any of the viral symptoms, are shedding viral particles while they talk, exhale, eat, and perform other normal daily activities.

Under normal circumstances, viral shedding will not persist for more than a few weeks; however, as researchers gain a more in-depth understanding of the viral clearance of SARS-CoV-2, they have found that certain populations will shed this virus for much longer durations up to 90 days.

In fact, a growing amount of evidence indicates that the viral shedding of SARS-CoV-2 begins before a patient is symptomatic, peaks at the point of or shortly after symptom onset and can continue to be released even after the individual’s symptoms have been resolved. Whereas about 90% of mild cases have been found to clear the virus within an average of 10 days after symptom onset, individuals who have recovered from the severe disease have been found to have prolonged viral RNA shedding with a median duration of 31 days. The viral shedding of SARS-CoV-2 also occurs within the gastrointestinal (GI) tract in the form of stool for up to 33 days after a negative PCR test. As time goes on, more data will be compiled.

**Per the CDC:** Viral shedding occurs in all age groups after the initial onset of having COVID 19. For people who remain asymptomatic after having COVID 19, retesting is *not* necessary 3 months after the date of initial symptom onset.

**Can I test positive within 3 months of initial onset?** Yes. It is possible that the positive test represents a new infection, or a persistent positive test associated with the previous infection. It is not uncommon for someone to test positive for up to 90 days after initial infection.

**Per the CDC** there is no need for healthy persons to panic, fear or worry that patients who have fully recovered might still be capable of spreading COVID 19. Each case is reviewed by asking: Is the person having any presence of Covid 19 symptoms? If a person is having symptoms then they should quarantine.

*As always, continue to follow the basic safety precautions of wearing face masks, sanitizing your hands, and social distancing.*

Pam Phillips FCN at 410-596-0777 or email [gpcfcn@gettysburgpresbyterian.org](mailto:gpcfcn@gettysburgpresbyterian.org).



## 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 \*\***

### GPC

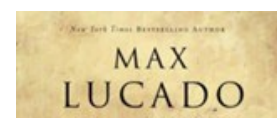
#### 2022 LENTEN SMALL GROUPS

#### Life Lesson from Luke

by Max Lucado

At some point we've asked: *Who is Jesus? What is the meaning of his teachings? Why do I follow him? Is it really true?* Luke, a doctor, searched for the truth. Not content to merely accept what others said, he had to know for sure. So, he dug deeper, asked questions and when he found his answers, he could not keep them to himself. Come join us as we search for answers to these questions.

Groups will meet weekly for six weeks beginning the week of March 7<sup>th</sup>. Groups will meet in homes, at the church and at local restaurants. You will be contacted by your group leader about the exact starting date and location. Except for the Monday Small Group, each session will run approximately 75 minutes and will include fellowship, informal discussion, and a time of prayer. Please call or contact Cheryl Betts in the church office or Lloyd Schaeffer, Elder for Adult Discipleship at 717-752-2290 ([clschaeffer2009@gmail.com](mailto:clschaeffer2009@gmail.com)) if you have any questions.



LIFE LESSONS from  
LUKE



**Deadline to sign-up is February 21st**

===== **2022 Lenten Small Group Sign-Up** =====

- \_\_\_\_\_ Monday – noon at GPC (brown bag lunch group) 1 hour  
 \_\_\_\_\_ Monday – 8:30 p.m. on computer via Zoom – 1 hour  
 \_\_\_\_\_ Wednesday – 2:00 p.m. at Cross Key Village  
 \_\_\_\_\_ Thursday – 7:00 p.m. at GPC  
 \_\_\_\_\_ Friday – 4:00 p.m. at SpiriTrust Lutheran Village

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

NUMBER OF BOOKS \_\_\_\_\_ Cost of book is \$9.50

Also available as ebook at CBD for \$5.99



The Sea Island Habitat for Humanity has given us (GPC) a work date for this Spring -**May 1 - 7, 2022**. Due to Covid, GPC has not had a mission trip anywhere for 2 years. This will be a great opportunity for you to have fun and to give some of your time and talent to people in need.

Please contact me, Jerry Cleaver. 717-359-0419 or email [jecork54@yahoo.com](mailto:jecork54@yahoo.com) if you have an interest or questions.

### Short Term Disciple Bible Study

A new short term Bible Study "Invitation to the Gospel of John" to be offered beginning Monday, March 7 for 11 weeks through May 16<sup>th</sup> at 10:00 a.m. in the Sewing Room. Books are \$16.99. In its wisdom, the early church chose to keep four Gospel accounts of the life, ministry, death and resurrection of Jesus. Three of these Gospels are very similar; however, the Gospel of John stands apart. At the opening of John's Gospel, Jesus issues two invitations: "Come and see", and "Follow me". They echo the invitations of this study to come and see this Jesus – to hear him speak, to see his signs, and to consider anew what it means to be his followers. If interested, contact Cheryl Betts in the Church Office no later than February 14<sup>th</sup>.

**Check your email  
junk folder!**

There have been numerous people who have expressed concern that they have not been getting my emails. They have been determined as "spam". Please contact me in the church office 717-334-1235 if you aren't receiving the congregational notifications or the church newsletter.

Thanks, Penny

### **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 Jan. 9-Feb13 is Bob Smith at 717-357-0934 and Feb. 14-March13 is Sarah Kirk at 443-622-4710.



### **"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:

**February**

We will be collecting items for

#### **Tender Care Pregnancy Centers:**

maternity clothes, baby clothes (preemie to 4T), disposable diapers, baby items  
and

gifts for mom and dad.

Please no glass items.

## PRESBYTERIAN WOMEN

Two new offerings available to all Presbyterian Women, whether you belong to a circle or just want to keep up-to-date with present and future happenings:

1) LIMITED TIME OFFER for receiving the 2022-2023 Horizon study: this spring instead of waiting until getting it in September. The title of the study is **Celebrating Sabbath: Accepting God's Gift of Rest and Delight** by Carol M. Bechtel (who wrote the 2007-2008 study, Above and Beyond: Hearing God's Call in Jonah and Ruth.) This is a ***Two for the Price of One*** offer totaling \$24.95 when you and a friend split the cost on one bill with both of your names and homes addresses provided **BEFORE March 31, 2022**. As an extra benefit, you each will receive an issue of Horizon magazine delivered 5 times throughout the year, providing you with 2 auxiliary lessons tied to the Bible study, and glance at what else other Presbyterian Women are focusing on.

Order forms are on the PW Bulletin Board in Fellowship Hall. Or CALL NOW at 1-866-802-3635. Mention Dept. BOGO2111 to receive the special offer.

2) This year PW is promoting a Book Discussion series based on Justice and Peace (one of the purposes of PW listed in our mission statement) that can be done on ZOOM with women from all over the country; but better still would be great for whoever in our church would like to participate in an in-person discussion to read and share our own insights. The March 14 Zoom date will be on **Caste, the Origins of Our Discontents** by Isabel Wilkerson in 2020. Our own in-person discussion could be scheduled right around the same date. FMI: contact Rachel Parmentier 443-994-0241 or email [Rasong@aol.com](mailto:Rasong@aol.com).



Our thoughts and prayers are with:

Mike Brubaker on the recent death of his father.

The family of Helen Maitland on her recent death.



### Stephen Ministry ALL ALONE?

Don't be.

God doesn't want us to be all alone.

He wants us to turn to others when things are bothering us.

Stephen Ministers will walk with you through your troubles and be there for you when you need them. Please contact Lou at the church office 717-334-1235.

Gettysburg Presbyterian Church  
208 Baltimore Street  
Gettysburg, PA 17325  
Office: (717) 334-1235  
Fax: (717) 334-0666  
www.gettysburgpresbyterian.org


**RETURN SERVICE REQUESTED**

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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, February 17, 2022**

**February 2022  
GPC WORSHIP SCHEDULE**

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

<b>February 13</b>	<i>Elijah, II - Guidance</i>
<b>February 20</b>	<i>A Reasonably Unreasonable Thing</i>
<b>February 27</b>	<i>So Long, Farewell, Auf Wiedersehen, Goodbye</i>

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To view live stream, go to: [www.gettysburgpresbyterian.org](http://www.gettysburgpresbyterian.org)  
Click "View Services" on the top right hand corner