



Church of the Apostles
United Church of Christ

October 2026

THE CROWN NEWS

Vol. 50 No. 10



"We are God's handiwork, created in
Christ Jesus to do good works."
- *Ephesians 2:10*

Pastor's Corner

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Let's Get Connected



@ApostlesUCC

As the seasons change, we are reminded that change is a natural part of God's creation—and of our lives together. This is a time to celebrate the changes we have navigated as a congregation and to consider how God is calling us to grow as we live into **Where Welcome Grows**.

We are grateful to be worshipping again in our beautifully renovated sanctuary, where improved sound helps every voice be heard. Our worship series is exploring **stories of Jesus and the ways he transformed lives through love, forgiveness, and compassion**. These stories invite us to consider how we might change our own words, actions, and attitudes so that Christ's love can be shared more meaningfully with those around us.

As we seek to follow Christ, we remember that we are never alone. God's Spirit is with us, guiding and encouraging us. Perhaps this is a time to ask: How are we praying for our church and our community? How are we sharing the ways God has worked in our lives? And what gifts has God given us to share with others?

Frederick Buechner wrote, "The place God calls you to is the place where your deep gladness and the world's deep hunger meet."

May we prayerfully discover where our gifts meet the needs of our community and continue to create a place where Welcome Grows—where Christ's love is experienced, shared, and extended to all.

Blessings & Peace,

Rev Kathryn Kuhn

UPCOMING COMMUNITY EVENTS

17
OCT

Feeding Our Neighbors Together

📍 Grace Lutheran Church at 11 AM

Make sandwiches with Lancaster Interfaith Coalition. More on Pg. 11

24
OCT

Building Belonging

📍 Highland Presbyterian from 9A-4P

Learn how faith communities can respond to Lancaster's housing needs.



"Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver." - 2 Corinthians 9:7

FINDING SMALL WAYS TO GIVE

As members of Church of the Apostles, when we think about giving to our church, our minds often go first to the gifts of our time and talents. We volunteer, serve on committees, help with worship, bring food, welcome others, and find countless ways to share what we have. These gifts are incredibly important and are part of what makes us who we are.

But I think we sometimes forget the importance of giving financially as well. Personally, I struggle with asking people to give money. Times are difficult, and many people are struggling to make it from paycheck to paycheck. Then I find myself thinking about the Parable of the Jar, popularized by Stephen Covey. The jar represents our life. If we fill it with sand—small, urgent distractions—there is no room for the rocks, the things that matter most. For me, our church community is one of those rocks—a priority. **By placing the rocks in the jar first, we can still fit in the important pebbles, and the sand will fill in the gaps.**

If you view our community as one of your rocks, giving should be something you consider. But it doesn't have to be a large or burdensome commitment. Maybe it's adding a few dollars to our weekly offering or making an extra gift when you are able. **Even five dollars given regularly can add up to something wonderful!** Our goal is to meet our church budget through our offerings so our endowment funds can remain available for ministry and service in our wider community. Our small gifts help sustain the ministry happening here and allow us to say "yes" when needs arise.

I don't think giving should be about guilt or obligation. **Instead, I hope we can see it as another way to participate in the life and mission of our church.** Maybe this year, we can each find one small way to give a little more. Together, those small gifts can become something pretty wonderful.

Thank You,

Johanna Baker (Board Member)

JOIN OUR BOOK CLUB!

Book Club meets on the 2nd Tuesday of each month at **2 PM** in the Parlor, and we'd love for you to join us! Whether you've read the book or not, you're welcome to come for engaging discussions and fellowship.



For questions, contact Clara Kosmela at (717) 569-9960. Happy reading!

★ Oct. 13th, 2026: Remarkably Bright Creatures by Shelby Van Pelt

★ Nov. 10th, 2026: The Correspondent by Virginia Evans

COA Children's Library

Reopening this October!

The COA Children's Library (Room 207) will reopen in October! Each Sunday, the library will be open for families to browse and sign out books, with a collection that includes storybooks for young children, chapter books for elementary readers, religious titles, and special topics like adoption, divorce, or the loss of a pet.

For help finding something specific, contact **Linda Lewis** at LLewis103@comcast.net or stop by the library after worship. Simple directions for checking out books are posted on the desk. We look forward to seeing children explore the shelves again!

Mocktails & Meaning™

Two October Night Sessions

This October, Mocktails & Meaning™ gives us two opportunities, on two back-to-back nights, to learn, ask questions, and reflect on our role in our community.

On Thursday, October 15th at 6:30 PM, we'll welcome Dr. Edward Chory, retired surgeon and public health advocate, for a conversation about **public health in Lancaster County** and the potential benefits of establishing a county health department. Come ready to learn, ask questions, and consider how public health affects all of us.



Then, on Friday, October 16th, we'll gather for a special **free screening of *Lightworkers***, a documentary directed by Bobby Roth. A light dinner will be served from 5-6 PM, followed by the film at 6 PM and a Q&A with Roth afterward. Through personal stories of people responding to social, political, and environmental challenges, *Lightworkers* asks a simple but meaningful question: "What can we do?" As the 2026 midterm elections approach, the evening offers an opportunity to reflect on civic engagement, collective responsibility, and the ways our individual choices can shape our communities.

Both events will take place at Church of the Apostles UCC and are open to all. Use the QR codes above to learn more and register for either or both evenings.

All Saints Sunday, Nov. 1st

Honoring the Lives, Love, & Memories

On Sunday, November 1st, we will pause to remember and honor the saints in our lives who have died during the past year. During worship, we will name those we have lost and hold their lives, love, and memories in our hearts. If you would like someone remembered during this special service, please submit their name and a picture (when possible) to office@apostlesucc.org by October 26th.

YOUTH

PRIMARY FAITH FORMATION (AGES 3-3RD GRADE)

Growing in Faith through Stories, Questions, & Discovery

Faith Formation welcomes children ages 3 through 3rd grade each Sunday after Children's Time in worship. In Room 304, teacher Judy Waltman will guide our youngest learners through Bible stories that help them discover God's love, care, presence, and guidance.

- Oct. 4: In the Garden – God loves us all the time.
- Oct. 11: Song of Creation – God provides food for people and animals.
- Oct. 18: Abraham and Sarai – God is with us wherever we go.
- Oct. 25: Lot's Choice – God helps us solve problems.



ROOTED IN FAITH (4TH-8TH GRADE)

Exploring What Worship Means & Why We Do It

This October, Rooted students in grades 4–8 will explore what worship is, why we worship, and how worship connects us to God and one another. Students will meet with Deklan Lewis or Rev. Kathryn Kuhn in the Compassion Corner (Room 107) throughout the month, with one special Sunday spent experiencing worship together.



- Oct. 4: Holy Communion: Students will remain in worship to experience Communion together.
- Oct. 11: What Is the Church?: Exploring who we are as the church and what we do together.
- Oct. 18: What Is Worship?: Looking at the biblical reasons we worship.
- Oct. 25: The Role of Music in Worship: Exploring music as a form of prayer and connection with God.



APOSTLES COMMUNITY PRESCHOOL UPDATES



We've had a great start to the 2026–2027 school year! The first few weeks have been busy as our students settle into their classrooms, get to know their teachers and classmates, and learn the routines that help our school days run smoothly. We are also spending time practicing how to play, work, and learn together.

Our fall curriculum themes include Dinosaurs, Fire Safety, and Fall. Through these themes, children are exploring the world around them, learning about the people who help keep us safe, and enjoying the sights, sounds, and changes that come with the fall season.

Our Nature Explorers Enrichment Program is also underway on Tuesday afternoons. Pre-K students have the opportunity to explore, learn, and enjoy all that Rader Park has to offer.

We have a full calendar of activities planned for the month ahead, including:

- A visit from the Rohrerstown Fire Company during Fire Safety Week
- Pre-K class visits to Homestead Village
- Fall Parent/Teacher Conferences
- ACP Parent Council Dance-a-thon
- Our annual fall outing to Cherry Hill Orchard
- Our Halloween Parade at the end of October

We look forward to a year filled with learning, growing, making new friends, and celebrating God's love together!

Maggie Biggs

Preschool Director

mbiggs.acp@gmail.com



@Apostles_Community_Preschool



OUTREACH

UCC Neighbors In Need

On Sunday, October 4th, we will receive the annual UCC Neighbors in Need special offering, and we'll continue collecting gifts throughout October to increase our impact. Neighbors in Need supports ministries of justice and compassion across the United Church of Christ, including community projects, direct service, advocacy, and racial justice work. One-third of the offering supports the **Council for American Indian Ministries**, while the remaining two-thirds supports UCC justice ministries and grants.

In 2025, COA contributed \$818 to Neighbors in Need. This October, we have another opportunity to extend our generosity beyond our own walls and support communities working toward greater justice, compassion, and hope. **Gifts can be made by cash or check, or through [Realm](#).** Thank you for helping our giving reach a little farther!

OUR IMPACT

\$1,544

Hempfield Area Food Pantry

Donations as of Publishing (YTD)

WALK IN LOVE
A SPECIAL MISSION OFFERING OF
THE UNITED CHURCH OF CHRIST EQUIPPING
ADVOCACY AND JUSTICE MINISTRIES
UNITED CHURCH OF CHRIST
Neighbors in Need
UCC.ORG/NIN

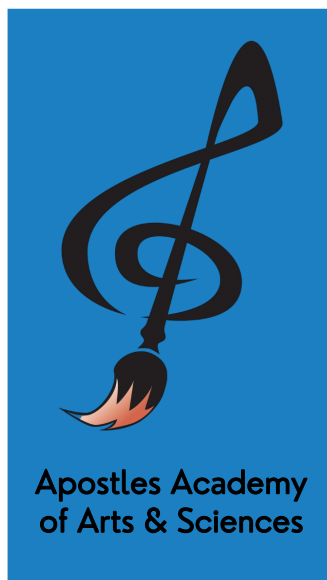
Cozy Coats & Winter Warmth

This fall, we're expanding our **Cozy Coats for Kids** collection to help more children stay warm through the winter. In addition to **new and gently used coats and jackets** for children from pre-school through 8th grade, we'll also be collecting **new hats, gloves, scarves, and socks**. Every item donated helps provide a little extra warmth and care to a child in our community.



Coats collected in 2025

You can place your donations in the **Caring Cart** in the Narthex by the coffee station throughout October and November. We'll collect through the end of November, then distribute the coats and winter gear to children at **Wheatland Elementary and Martin Elementary Schools** in Lancaster City before the first winter storms (hopefully!) arrive. Thank you for helping us wrap local children in warmth and care this season!



A MUSICAL NOTE

With Music Director, Lars Potteiger

One of my favorite songs I learned in choir as a child is the South African song Siyahamba. This song is full of joy, with an uplifting melody and text that is sure to lift your spirit when you sing it in community. The text translates from the original Zulu/Xhosa into English as "We are walking/marching in the light of God." As the song develops, you can substitute other words for "walking/marching," such as "praying" or "singing."

The song was not written down until 1952 and is believed to have developed prior to that in the oral tradition of rural Protestant churches in South Africa. The piece was not widely known outside of South Africa until 1978, when Swedish musician and choral conductor Anders Nyberg traveled to South Africa, recorded it, and began performing it internationally with his choir. He later arranged a choral version of the piece as well. Its inclusion in hymnals in the 1980s and 1990s further spread the song's reach and increased its popularity around the world.

Siyahamba also became a song used in protests against apartheid, although it was not written specifically for that movement. The song's message of community and togetherness is incredibly powerful, and it became an anthem associated with the movement in South Africa during the latter part of the 20th century.

Blessings & Peace, *Lars*



UPCOMING APOSTLES ACADEMY CONCERT

Join us on Sunday, October 11th, at 3 PM in the sanctuary as we welcome The Malta Band of Lancaster! Enjoy an afternoon filled with fantastic music and community fun. This event is **free to attend**, with a **freewill offering** taken in lieu of tickets.

CARING FOR OUR MENTAL HEALTH

World Mental Health Day is October 10th

Our Compassion Team wants to remind us that caring for one another includes caring for our mental health. When we're experiencing depression, stress, worry, grief, or simply a difficult season, having someone to talk to can make a difference. As our Inclusive Church Team highlights depression this month, we also want to make sure our community knows that **support is available, and you don't have to navigate difficult times alone.**

The Compassion Team and Rev. Kathryn Kuhn are always willing to listen and help connect you with professional counselors and other mental health resources. COA also has a lending library in Room 107 with books, journals, coloring books, and other resources for stress and self-care. Our **Spiritual Support Group** meets the second Thursday of each month from 10–11 AM.

If you're thinking about reaching out, a few things may help:

- **Choose someone you trust** who will listen and respect what you share.
- **Find a comfortable place** where you have privacy and time to talk.
- **Give yourself and others time to process.** You don't have to share everything at once, and it's okay to take things at your own pace.
- **Be gentle with yourself.** Asking for help is an act of care.

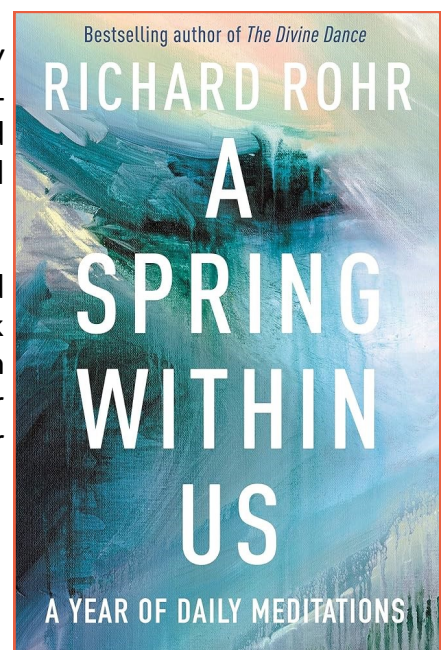
Whether you need a listening ear, spiritual support, or help finding professional care, the **Compassion Team at COA is ready to help.**

Connect with a Compassion Team Member Today:
Call Donna Carr at (717) 475-5285

COMPASSION TEAM BOOK OF THE MONTH

This month, the Compassion Team recommends **A Spring Within Us** by Richard Rohr, a Franciscan priest and prolific spiritual writer. This collection explores individual blessedness and the wondrous presence of God within each of us, offering opportunities for reflection, meditation, and refreshment.

There's no wrong way to read it. Open the Table of Contents and choose a topic that speaks to you, or spend a little time with the book each day. **A Spring Within Us** is available on the Book of the Month shelf by the coat closet in the Narthex. If it has already found another reader, explore the other meditation books in the Compassion Corner or visit cac.org for Richard Rohr's Daily Meditations.



INCLUSIVE CHURCH FOCUS

Depression & Mental Health

About three in ten adults are diagnosed with depression at some point in their lives. The actual number may be higher because people do not always recognize the symptoms or seek medical help.

Depression can look different from person to person. Some people may feel sad or hopeless, while others may feel numb or disconnected from their emotions. You may feel easily frustrated, extremely tired, or exhausted by simple tasks. Your thoughts may become very negative, and you may begin to feel guilty or worthless. Depression can make it harder to enjoy life and manage daily responsibilities. In some cases, it can also lead to thoughts of suicide or self-harm.

Depression is a broad term that can describe many different experiences and circumstances that affect a person's mood, thoughts, energy, and ability to function. For some people, depression may develop in response to significant life events, grief, trauma, or other circumstances and may improve as those circumstances change, sometimes with the help of counseling, medication, or other support. For others, depression may be connected to biological, genetic, or neurological factors and can become a long-term or recurring disability. In these cases, depression may not simply go away, but can often be managed through a combination of treatments and support. There is no single cause, experience, or treatment that applies to everyone. Depression can also occur alongside conditions such as cancer, chronic pain, diabetes, multiple sclerosis, neurodegenerative diseases, or stroke. Recognizing that depression can take many forms reminds us why compassion, patience, and individualized support matter.

Sometimes, others may notice symptoms before the person experiencing depression recognizes them. If you notice that a loved one is losing interest in things they used to enjoy, or if their sleeping, eating, decision-making, or concentration changes, check in with them and offer support. If you notice these symptoms in yourself, consider seeking medical advice. If you or someone else is thinking about suicide or self-harm, seek immediate help from emergency services, a crisis line, or a trusted health professional.

Depression is not always preventable, but some activities may help support overall mental well-being. These include getting enough sleep, managing stress in healthy ways, exercising, meditating, and practicing yoga.

Information taken from **Cleveland Clinic**

Instead of Saying... Try Saying...

- **"I totally understand. After {sad event} I was so depressed."**
→ *"I may not know exactly what you're experiencing, but I'm here to listen."*
- **"But you look so happy!"**
→ *"I'm glad you're having a good moment. You can still talk to me about the difficult ones."*
- **"It's all in your head."**
→ *"What you're feeling is real, and you don't have to go through it alone."*
- **"Let me know if I can do anything."**
→ *"Can I bring you dinner, sit with you, or help with something today?"*
- **"Smile! Or just cheer up!"**
→ *"You don't have to pretend, you're okay around me."*

October Birthdays

10.2 ~ Audrey Markle
 10.2 ~ Adam Zipko
 10.3 ~ Linda Lewis
 10.3 ~ Jim Jolly
 10.3 ~ Rev. Kathryn Kuhn
 10.3 ~ Cait Stenman
 10.4 ~ Kerry Kendig
 10.4 ~ Mark Achtermann
 10.4 ~ Dennis Lippart
 10.7 ~ Cooper Bahling
 10.8 ~ Jim Stoltzfus
 10.10 ~ Bonnie Medved
 10.16 ~ Robin Lucey
 10.16 ~ Heather Rice
 10.16 ~ Jack Oliphant*
 10.18 ~ Abe Breslin
 10.21 ~ Wanda Bomberger
 10.22 ~ Johanna Baker
 10.22 ~ Robert Gifford
 10.23 ~ Lisa Christoffel
 10.23 ~ Nancy Ann Steger
 10.24 ~ Sandy Weidel
 10.26 ~ Connor Kendig
 10.27 ~ Mackenzie Cornielle
 10.28 ~ Brenna Bracken
 10.30 ~ Elizabeth Stoltzfus
 10.31 ~ Clara Kosmela

*90+ Birthday's

October Anniversary's

10.2 ~ Deb & Jay Aukamp
 10.4 ~ Mark & Erin Szalczyk
 10.8 ~ Beth & Jennifer Thompson
 10.11 ~ Darrell & Linda Schock*
 10.18 ~ Stephen & Monica Daniels
 10.19 ~ Andy & Pamela Smith
 10.21 ~ Randy & Luane Morrison

*50+ Anniversary's

WORSHIP FLOWER SPONSORSHIP

Enhance our worship with the beauty of flowers by sponsoring them in honor or memory of a loved one. To sponsor, email office@apostlesucc.org or complete a form in the Church office. The suggested donation is \$60, but any amount is appreciated.



Contributions can be made via check, cash, or Realm.

Dear Church of the Apostles UCC,

Thank you for the \$50 Amazon gift card graduation present. I plan on using this money to decorate my room at Penn State. The church had a huge influence on my beliefs at a young age and I am eternally grateful for the teachings of the Lord. Everyday I hope to become a more thoughtful, caring, and forgiving person.

Sincerely, Will Newport

	August 2026	August 2025
YTD Revenue	\$219,598.53	\$261,099.68
YTD Investment Transfers	\$174,000.00	\$111,043.90
YTD Operating Expenses	\$445,659.94	\$440,510.53
Net YTD Operating Income	-\$52,061.41	-\$68,366.95

Feeding Our Neighbors Together



RSVP



Saturday October 17, 2026

11am-1:30pm

Grace Lutheran Church

517 North Queen Street, Lancaster

A light lunch will be provided

This program is sponsored in part by the Walters/Unitarian
Universalist Church Trust, an endowment from Arthur and
Selma Walters to the
Unitarian Universalist Church of Lancaster

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Praise Band Director

Nathan Sheffer

Technology Specialist

Jaben Jury

Property Manager

Eric MacLaren
ericm@apostlesucc.org

Sexton 2

Tasha MacLaren

Office Hours & Staff Emails

Reach the Right Person at the Right Time

Our church office is open **Monday-Thursday, 9 AM-1 PM**. Because not all staff are available during those hours, please call before stopping by to be sure someone can assist you.

The office is **closed on Fridays**, and staff are not in the building. For Friday needs, email is the best way to receive a response. To help us respond quickly, please double check that your email is going to the correct staff member. Thank you for helping us stay organized and connected!



Prayer Requests

Let us Pray with You!

We are honored to pray for you through life's ups and downs. You can share your prayer requests on your connection card during Sunday services or email them to office@apostlesucc.org. Please let us know if your request can be shared or should remain private for our prayer chain. Together, we lift our hearts in prayer to support and encourage one another.

Supporting Our Community

Ways the Compassion Team is Here for You!

Our Compassion Team is dedicated to providing support, understanding, and care to our community, no matter where you are in your walk of life. We offer several confidential resources designed to help nurture your mental and spiritual well-being.

- **Confidential Listening Sessions** - Members may set up a private time of listening, understanding, and compassion with one of our trained Compassion Team members.
- **The Compassion Corner** - A collection of materials focused on mental health, grief, and other challenging life topics located in Rm 107.
- **Monthly Spiritual Support Group** - Meeting every 2nd Thursday at 10 AM, this gathering will provide a space for shared encouragement and community.

WORSHIP WITH US EVERY SUNDAY AT 10 AM
IN-PERSON OR ONLINE