



# PENN CENTRAL CONFERENCE



Celebrating 60 Years of Ministry

## A Message from PCC

**August 17, 2022**

### Members and friends of Penn Central Conference,

*"...but instead, let there be thanksgiving." (Ephesians 5:4b)*

This morning I heard the story of a man who left a blank journal at his favorite coffee shop and encouraged customers to write a line or two about those things for which they were thankful. This simple gesture expanded into a nationwide project that provides journals to all sorts of places – including schools – to encourage reflection on gratitude.

Gratitude is powerful. We know this from Jesus, who often expressed thanksgiving. Luke relates the story of the 10 lepers (v.11-19) who were cleansed and, of the ten, only one turned back to thank Jesus. Jesus seems incredulous when he asks, "Were not ten made clean? But the other nine, where are they?" He is intuitively aware that – for some reason – we scrimp on thanksgiving.

This is a strange reality. Humans seem better able to count their losses than their gratitude. I have seen it in my own life and in the lives of churches, how easy it is for us to lament. There is lament for what we have lost and for what we may be losing. There is also lament for things over which we do not have control. Lament is necessary - make no mistake. Our grief is real, and we grieve over those things which were precious to us and are no more. A strange truth emerges as well if we are open to it: Gratitude lessens grief.

All of life involves loss. Yet gratitude can lift us – can change the way our brains work – to bring new perspectives, peace, and emotional freedom. I was reminded of this last Satur-

*Continues on back*

## Contact us!

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## Prayers for Penn Central Conference

### Ephesians 6:18 (NLT)

*Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.*

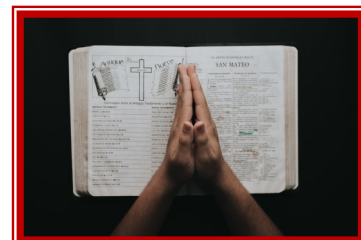
This week, we pray for each other as we continue to live into God's calling...

**Trinity UCC, York**

**Zion UCC, York**

**St. Jacobs UCC, York New Salem**

**St. Peters UCC, Aaronsburg**



day as I joined Rev. Patty Dodds in leading the funeral service for Rev. David Stewart, MD. David's passing was untimely and heartbreaking. Yet David's son Drew spoke to how it is a miracle to "be anything at all" in this world. Drew spoke of gratitude for his father in the cosmic context of the miracle of simply having lived. His words shifted my perspective from one of loss to one of gratitude. And those words brought peace.

There are various aspects to the recent interest in the "Gratitude Project". You can google them for ways to become more mindful about offering thanksgiving – not just on Sundays, but every day. Daily, detailed thanksgiving is the easiest way to change the way we see the world; to gain greater inner peace; to release lament over things we cannot control; to develop resilience; and to become more forgiving and compassionate. Gratitude is also the very best way to gently release our grip on those people, animals, places, and things we have lost and to focus more on what we have gained. Thanks be to God!

### Peace,

### Carrie

Rev. Dr. Carrie Call

Conference Minister

Penn Central Conference

### Save the date:

**September 10, 2022, 10:00AM-1:00PM**

Open House to celebrate ACM Marisa Laviola's final month with PCC before moving on to her new position as Conference Minister in the Maine Conference. Refreshments will be served and a presentation will happen at noon. At Colonial Park UCC, Harrisburg. More details coming next week!

### Kayak Vespers (on Land and Lake) at Lake Redman in Jacobus

Fellow members of the York Association!!

Please join fellow boaters for a 30-minute Vesper Service around 5 pm on September 25 at Lake Redman in Jacobus. Meet at the Muskie Pavilion; then gather for vespers on land or sea. Please bring a snack to share! Volunteers are needed to plan vespers and read. Boats may be available to rent, if ordered in advance. Please contact Pastor Martha Boyer, St Paul Church at 717 858-2991 for questions or more information! We will be including in prayer those in York County who are continuing to suffer hardship due to damage from Hurricane Ida in 2021.

This event will be live-streamed on the St. Paul Shrewsbury Facebook Page and available later on YouTube!

### "Making All Things New"

### General Synod 2023

"Making All Things New" will be the theme of the 34th biennial General Synod of the United Church of Christ, scheduled for June 30–July 4, 2023, in Indianapolis.

The General Synod of the United Church of Christ will get back to business a year from now. And it will do so in person.

After an all-virtual experience in 2021, the UCC's biennial national meeting will require all voting delegates to be in Indianapolis in 2023. That's according to the Rev. Karen Georgia Thompson, the associate general minister who serves as Synod administrator.

Delegates and visitors will meet June 30 through July 4 at the Indianapolis Convention Center.

