



The Looking Tree

Love lives here, Love flows from here...

April 2015

Hello Members and Friends of Head of Christiana,



Rev. Bob Undercuffer
Pastor

We celebrated Girl Scout Sunday on March 8. It was a blessing for Head of Christiana and for the Girl Scouts, parents and leaders who joined with us - 95 strong! Our own Lindsay Satterfield organized a choir of Scouts of all ages. Quite a challenge, with snags interrupting rehearsal times, but come Girl Scout Sunday, 12 girls sang beautifully.

enriching our worship. Scouts ushered and Sarah Metcalf read Psalm 19. Ann Hogan, CEO of Girl Scouts of the Chesapeake Bay Council joined us, as did Edith Flessner, a Girl Scout for 80 years. Edith wore her Scout uniform. I had the privilege to preach the sermon, "Law and Faithful Community." The concluding sentences were: *"The laws (both Girl Scout laws and Ten Commandments) place us within a community of care and commitment. THEREFORE be faithful to God and faithful to others, knowing that we all belong to God...forever."*

Then we gathered in the Chapel Room for ice cream sundaes and Girl Scout cookies. Many were intrigued by Edith's scrapbook with pictures and articles first gathered by her mother, then by Edith. Edith's stories were quite precious also. Ann Hogan expressed appreciation for Head of Christiana welcoming Girl Scouts and the Scouting mission.

Mary Jo Mankin had organized this grand affair, established the contacts with the leaders, escorted a mother with a young child to the nursery, etc., and as she was catching her breath, having dipped many of the sundaes, she observed, "I could not have imagined all this..." I agreed. But I added, *"Just think of what Head of Christiana Presbyterian Church will accomplish as we are able to imagine more opportunities God is placing before us."* A little scary, perhaps. But faithful to our church and to our community.

I'll see you in church,

Bob



Kate LeFranc
Associate Pastor

I started out my Lenten practice this year with the same plan as last year: making art as contemplative prayer. It was a great practice for me last year, because putting color on paper has been a way for me to let go of the need to be perfect (or even finished) and just be in the presence of the Divine. Except this year it didn't work like that.

I got the cast off my broken ankle on Shrove Tuesday, and so when I sat down with my sketchbook the next day, all I wanted to do was get up and move! Same thing the next day, and the next day.

Since the point was not to make myself be still, I decided to go with it - I found a yoga studio near my house that offers Therapeutic Yoga classes, and I went to check it out. Perfect! It turns out that this style of gentle, reflective movement is restorative and strengthening for me right now, and not so intense that it wears out my still-healing body.

What has really struck me, though, is the wide range of ages and body types and flexibility of the people in the class. My poses are put to shame by people several decades older than me! And there are others with much less mobility, who are just as present and spiritually focused as everyone else, and that is okay. We have all sorts of cushions and blocks and straps and so on to help support us as needed, so that every person in the class can do each pose in a way that works for them. And each pose is beautiful in its own way.

As I struggle to get my own strength back, this has been a perfect sort of spiritual practice for me this season. I am coming back into my own body, reconnecting my body, mind, and spirit, just as we draw closer to Good Friday and Easter and remember the physical body of Jesus. We celebrate the physical humanity of our Lord, remembering both the physical suffering and the bodily resurrection of a divine-yet-human body.

This Easter, I will feel the resurrection in my own flesh. We all have bodies that work in different ways, moving more or less, with ease or with creaking joints. As we celebrate a God of resurrection, a God who worked through an ordinary human body, raise up your hands! Leap for joy, in body or in spirit, stand or sit or lay down and rejoice in the body God has given you.

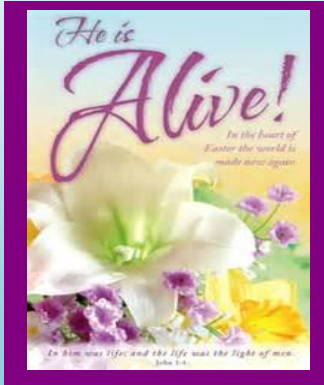
May you feel the presence of God working in you and through you this season, just as you are!

Kate

EASTER WEEK

Kate LeFranc

Here is our schedule for Easter week events. We hope you'll be joining us in the celebration.



Thursday, April 2nd, Maundy Thursday service at 7:30pm

Friday, April 3rd, Good Friday, the sanctuary will be open from 12p to 3p for mediation and reflection

Sunday, April 5th, Easter Sunrise Service - Some will gather in the cemetery at 6:45am for a witness to the empty tomb and then make a joyful procession to the church lawn where all will unite in song, Word and prayer. Christ is risen. He is risen indeed! Alleluia! A delicious breakfast will follow.

Glad Easter Service will be held in the sanctuary at 11:00am.

ONE GREAT HOUR OF SHARING

We will collect the annual One Great Hour of Sharing offering on Palm Sunday (3/29) and Easter Sunday (4/5). This important offering supports the Presbyterian Disaster Assistance, Presbyterian Hunger Program, and Self-Development of People programs through the PC(USA).

Learn more about the important work of these programs in responding to poverty, disaster, and other crises at the OGHS website: (www.presbyterianmission.org/oghs) and prayerfully consider increasing your offering from last year.

Our giving truly does make a difference!



HOPES AND DREAMS

Bob Undercuffler

PLANNED FOR MARCH – SNOWED-OUT – RE-SCHEDULED FOR **SUNDAY, APRIL 19**

Head of Christiana Presbyterian Church is set to receive a substantial bequest from the estate of Marion Shirkey later in 2015. This generous gift could be used in any number of ways to enliven and expand the ministry of our church, as well as to provide for the future.

The following three questions will guide our "Table-Talk" following worship on April 19th.

- ◆ What do you dream for Head of Christiana?
- ◆ How will you participate in making this dream happen?
- ◆ What are the practical concerns we should keep in mind to sustain this ministry?

What is *your* vision, and how will you contribute and support it?

Featured, also, will be Ice Cream Sundaes and toppings to enhance our discussions.



GETTING TO KNOW YOU

Meet Barbara Johnston

Barbara was born in Macomb, IL, the oldest of four children. Her father worked for the federal government so they moved frequently. They lived in IL, KY, NJ, MD and PA.

Barbara graduated from Moscow High School in Moscow, PA (near Scranton). Shortly after that she got married and we moved to CT. She was a stay-at-home Mom to her four children – Christian, Douglas, Amy and Sarah. She was very busy with their school activities being homeroom mother, brownie scout leader, cadet scout leader, etc. Barbara had a huge garden, did lots of canning, and made almost all of her children's clothing.

Her children all live within 20 miles of her, so she is fortunate that she gets to watch her grandchildren grow up. She has nine grandchildren (one deceased), ages 12 to 30. Now she is enjoying her four adorable great grandchildren.

Barbara attended Goldey Beacom College part-time and earned a BS in Business Administration. She was employed for 30 years as an Administrative Assistant in the Admissions Office at the University of Delaware.

Eventually her parents moved from PA so she could take care of them. After a long illness, her father passed away. Sixteen years ago, her mother moved in with her. She is now 97 years old and is totally blind.

Barbara enjoys going to the Playhouse, the HoP trips, lunching with her friends, crocheting and sewing. She has made several quilts, clothing for herself and for her grandchildren.

An ongoing project of Barbara's is making scarves for the homeless. She has also made numerous items for preemies and deceased babies.



Meet Jerry Cole

Jerry was born in Michigan and grew up on a farm. When he was 11 years old, his father died. At age 15, he began operating the farm and continued for six years until graduating from Michigan State University. While at MSU he met Carol and they were married in 1956.

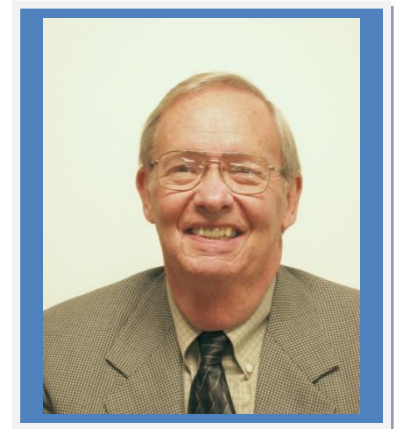
In 1957, they came to Delaware where he enrolled in a Master's program at UD. He worked for two years after receiving the degree and then returned to MSU for a PhD. Then back to Delaware where he remained on the faculty for 35 years, serving ten years as Chair of the Food and Resource Economics Department.

He enjoyed sabbaticals in Denmark, Vermont, Italy, and Slovakia. There was also a semester in Vienna and several Winter Session trips to Western Europe.

He and Carol started attending HoC in 1982. He has served as Chair of the Trustees, Elder, and on the Care and Fellowship and Mission Commissions. He also co-chaired the Triple Crown Trail Race Committee for several years.

Jerry became involved with Meeting Ground in 1983 and served for many years on the board. With his enjoyment of carpentry, he helped build three buildings at Clairveaux Farm, working with skilled residents of the facility.

After retirement, he and Carol continue to travel, including trips to Alaska and back to Europe where they once attended a wedding at a castle in Slovakia. Recently they have especially been enjoying their six grandchildren. They decided to downsize a couple of years ago and moved to Ware Presbyterian Village in 2013.



TRIPLE CROWN TRAIL RACE

Saturday, April 25, 2015

The 18th annual Triple Crown Trail Race is just around the corner! If you have questions about the race, would like to volunteer to help in any capacity, or have any other input, please contact me at bhuffman@graze.net, or any member of the Mission Commission. For anyone new to the race, it is a wonderful day at the White Clay State Park, with hundreds of runners from across the country (as well as international runners), with a day that not only celebrates runners and walkers, but supports our mission goals. In the past, we have raised over \$ 20,000 from this event, which enables our church to contribute to local faith-based homeless shelter and programs, as well as other mission projects. See page 9 to sign up for a new Trail Race event...our [Church Family Challenge](#)...fun for all!!!

In addition, we will have the Juggling Hoffman's providing strolling entertainment from 10:30am until the start of the walk (about 1 hour). They do juggling and slap-stick comedy. They've been performing for children and adults throughout the Mid-Atlantic region for over 22 years and should liven up the festivities with their talents.

Brian Huffman, Mission Commission

BLUE ROCKS TICKETS

Mark Mankin

Tickets are now on sale for our trip to go see the Wilmington Blue Rocks play against the Potomac Nationals on Tuesday, August 18th. Tickets cost \$20.00 per person and includes light snacks and beverages. The game starts at 6:35pm.

Please make your checks payable to Head of Christiana Presbyterian Church (note "Blue Rocks tickets" in the memo line).

Contact Mark Mankin at mankin579@comcast.net to reserve your tickets, or talk to him at church. First come, first served.



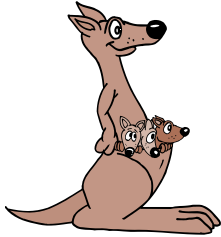
FROM "THE PARISH NURSE"

Submitted by Pat Undercuffler

Going on Safari – Otherwise Known as "Taking a Long Trip"

PLAN AHEAD

1. Talk with your medical doctor to get a letter of your diagnosis.
Get a list of your immunizations, vaccinations: Is your Tetanus shot up to date?
Get written prescriptions for all your medications.
2. Pack double of the medications you usually need. If you arrange your medications in daily dose cases, take the original bottles as well. Pack double of any medical supplies you usually need.
3. Carry the name and number of your doctors and pharmacy with you. Pack your insurance cards also.
4. Put all of your medications packed in a clear bag and declare the items before going through the checkpoint. The number for TSA is 1-855-787-2227. Do not put your medications in your suitcase. (It might get misdirected or lost).
5. Identify that you need to go through medical screening if you have joint replacements, cannot stand for long periods, or have a pacemaker. Plan to take your cane, walker, wheelchair– it will make traveling easier. Again, the TSA number is 1-855-787-2227.
6. Carry on a PREVENTION PLAN: hand wash, hand wash, hand wash!!!
Carry wipe packets and alcohol-based hand washing lotion.
7. If you are a diabetic:
 - Pack a carry-on bag with your medications, your meter, alcohol swipes, glucose tablets, snacks, medical identification (medicine name, dosage and times), and an identification band.
 - Do research for restaurants in your travel areas.
 - Do research about medical care facilities in your travel areas. Have a list of phone numbers and their addresses in your bag.
 - Do not get so busy sightseeing that you forget to check your blood sugar levels at regular times.
 - Continue your exercises– about 150 minutes of exercise each week; a little less than 30 minutes each day.
 - The three things that affect diabetes management are: a) eating away from home, b) changes in activity level, and c) time zone changes.



THE "HOP" EVENT

"Pack up your troubles in an old kit bag and smile, smile smile..."

February 24, 2015.

After having two consecutive weeks of church services being cancelled for hazardous weather conditions and the last being just two days prior to our scheduled HOP trip, yours truly was extremely worried about the possibility of our annual trip to Vita Nova being a bust. Fortunately, there was no need for worry as the temperature rose and the skies remained clear so the H.O.P.s., 23 strong, were able to carry on with the annual trip to Vita Nova for the 5th year in a row.



Following the usual great luncheon, we all proceeded back to the church sanctuary where Linnea Raffaele had us singing along to wonderful old songs from the early 1900's that she played on the piano while relating the fascinating history of each song. Particularly moving were the songs and tributes to the forgotten soldiers of World War I. For those who were not there, please enjoy these beautiful words of the excerpt from *"For the Fallen"* by Laurence Binyon that Linnea read to us.

THEY SHALL GROW NOT OLD, AS WE THAT ARE LEFT GROW OLD;

AGE SHALL NOT WEARY THEM, NOR THE YEARS CONDEMN.

AT THE GOING DOWN OF THE SUN AND IN THE MORNING

WE WILL REMEMBER THEM.

Girl Scout Sunday March 8, 2015



Girl Scout Sunday March 8, 2015



HOC CALENDAR — April Happenings

Save
the
Date

Thursday	Apr	2	7:30pm	Maunder Thursday Service
Friday	Apr	3	12p - 3p	Good Friday (Sanctuary open for Reflection)
Sunday	Apr	5	7:00am	Easter Sunrise Service (followed by breakfast)
Sunday	Apr	5	11:00am	Glad Easter Service
Monday	Apr	6	7:00pm	Admin & Finance Commission
Monday	Apr	6	7:00pm	Building & Grounds Commission
Tuesday	Apr	7	6:00pm	Mission Commission
Wednesday	Apr	8	2:00pm	Care & Fellowship Committee
Friday	Apr	10	12:00pm	Hope Dining Room
Monday	Apr	13	6:30pm	Session
Monday	Apr	13		NEWSLETTER DEADLINE (for May)
Tuesday	Apr	14	4:00pm	Worship Commission
Tuesday	Apr	15	11:15am	HOP trip to DuPont Theatre
Wednesday	Apr	22	11:30am	Nifty-Wifty @ Wesley's
Saturday	Apr	25		TRIPLE CROWN TRAIL RACE



CHURCH FAMILY CHALLENGE TRIPLE CROWN TRAIL RACE Saturday, April 25, 2015

Start making plans for your participation in this new event benefitting the Mission for the Homeless at this year's Trail Race that kicks off at 11:30am. Are you going to go it alone; will you enlist family and friends to form a team; or how about a team of HoC members? Why not contact another church and challenge them? The possibilities are bountiful. Registration form is on page 9 of this newsletter.



Contact Steve Graham at (302) 368-3794 to schedule an appointment. This is a free service for Head of Christiana members.

April Birthdays



Apr. 3	Linda Huffman	Apr. 20	Allen Gallaher
Apr. 4	Ruth Cox	Apr. 23	Leo Marianiello
Apr. 6	Vince Marianiello	Apr. 28	Abigail Condliffe
Apr. 9	Aileen Burmeister	Apr. 29	Susan Brook
Apr. 15	Ed Cairns		
Apr. 19	Branch Murray		



Church Family Challenge At the Triple Crown Trail Race

Sign up your congregation for the inaugural **C**hurch **F**amily **C**hallenge to be held Saturday, April 25, 2015 at Carpenter State Recreation Area in the White Clay Creek State Park at 11:45 a.m., sponsored by the "Trail Dawgs" and Head of Christiana Presbyterian Church. The **CFC** will be part of the new Family Fun Run/Walk and will cover about one mile of beautiful park land. This will be the 18th year that the Triple Crown Trail Race has been a contributor to local missions. This mission fund-raiser will help support local mission agencies including Newark Empowerment Center, Newark Area Welfare Committee, Deep Roots, Meeting Ground and Settlement House. Costs are \$20 per individual and \$35 per family which includes park entry, a BBQ lunch and a memento of the day. The church with the most families registered will get their church's name engraved on the inaugural **CFC** Trophy and have possession of the trophy for the coming year. Once your church is registered, we will provide you with Participant Registration forms. So bring out the flock for a fun day at this mission support venture.

Mail the below sign-up form to: Church Family Challenge, 1100 West Church Road, Newark, DE 19711 or e-mail this information to cfc@hocpc.org.

CHURCH REGISTRATION – *please print clearly!*

Mail to: Church Family Challenge, 1100 West Church Road, Newark, DE 19711.

Name: _____

Church Name: _____

Address: _____

City/State/Zip: _____

E-Mail: _____