

# January

## Birthdays:

4<sup>th</sup> Lucie Longenecker  
9<sup>th</sup> Lou Garcia  
Nancy Yoder  
Ryan Platt  
10<sup>th</sup> Karla Verkouw  
11<sup>th</sup> Jean Schaum \*\*  
Lorraine Long  
Mark Andersen  
13<sup>th</sup> James Miller  
14<sup>th</sup> Melissa Carroll  
15<sup>th</sup> Emily Miller  
Patti Hartman  
Cheryl Murphy  
16<sup>th</sup> Kyle Kerr  
17<sup>th</sup> Ingrid Ziedonis  
18<sup>th</sup> Mia Grove  
19<sup>th</sup> Trevor Hershey  
21<sup>st</sup> Angela Smith  
Sara Flick  
23<sup>rd</sup> Janet Taback  
24<sup>th</sup> Courtney Esbenshade  
25<sup>th</sup> Ann Ross  
Jasmine Morant  
26<sup>th</sup> Jennifer Fritsch  
Ken Yoder  
Deborah Buckwalter  
Lily Maharg  
27<sup>th</sup> Don Main (Sr.)  
30<sup>th</sup> Anthony D'Agostino  
31<sup>st</sup> Barbara Music Andersen

• Designates shut-in

## Anniversaries:

22<sup>nd</sup> David & Robyn Mann (44)  
24<sup>th</sup> Bob & Eva Drummond (57)  
27<sup>th</sup> Mike & Nancy Ault (48)



## Lack of sleep: Can it make you sick?

Yes, lack of sleep can affect your immune system. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as a common cold virus. Lack of sleep can also affect how fast you recover if you do get sick.

During sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Certain cytokines need to increase when you have an infection or inflammation, or when you're under stress. Sleep deprivation may decrease production of these protective cytokines. In addition, infection-fighting antibodies and cells are reduced during periods when you don't get enough sleep.

So, your body needs sleep to fight infectious diseases. Long-term lack of sleep also increases your risk of obesity, diabetes, and heart and blood vessel (cardiovascular) disease.

How much sleep do you need to bolster your immune system? The optimal amount of sleep for most adults is seven to eight hours of good sleep each night. Teenagers need nine to 10 hours of sleep. School-aged children may need 10 or more hours of sleep.

**But more sleep isn't always better. For adults, sleeping more than nine to 10 hours a night may result in a poor quality of sleep, such as difficulty falling or staying asleep.**



## Thought for the New Year!

*Ever wish there was a magic pill you could take to boost your energy, improve your mood, help you sleep better, increase your kindness and even help you make more money? Unfortunately, no such pill exists, but there is a way you can reap these benefits — without a visit to the doctor's office. The secret? A daily gratitude practice. Counting your blessings each day has been shown to significantly increase your happiness — and your physical health.*

## WORSHIP PARTICIPANTS FOR JANUARY

**Jan 2**

**Jan 9**

**Jan 16**

**Jan 23**

**Jan 30**

<b>ASSISTANTS</b>	8:00 V. Mumma 10:30 P. Sipeck	8:00 M. Worley 10:30 J. Young	8:00 J. Grove 10:30 T. Santosusso	8:00 R. Grove 10:30 H. Butterworth	8:00 V. Mumma 10:30 P. Sipeck
<b>SOUND</b>	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar	8:00 L. Labezius 10:30 D. Maharg
<b>READERS</b>	8:00 V. Mumma 10:30 P. Sipeck	8:00 M. Worley 10:30 B. Steinmetz	8:00 J. Grove 10:30 M. Nolt	8:00 R. Grove 10:30 H. Butterworth	8:00 V. Mumma 10:30 L. Mumma
<b>USHERS</b>	8:00 J. Pacelli 10:30 B. Linton	8:00 K. Payonk 10:30 B. Linton	8:00 Z. Volker 10:30 B. Linton	8:00 J. Labezius 10:30 B. Linton	8:00 K. Payonk 10:30 B. Linton
<b>CHIMERS</b>	10:30 M. Kelly 6:00 N. Main	10:30 M. Bertrand 6:00 K. Moyer	10:30 J. Fritsch 6:00 S. Mull	10:30 M. Foreman 6:00 K. Moyer	10:30 M. Kelly 6:00 J. Fritsch
<b>COMMUNION CARE</b>	8:00 S. Pacelli 10:30 J. Fritsch	8:00 K. Douglas 10:30 L. & L. Bisignani	8:00 S. Pacelli 10:30 T. Horn	8:00 Nagley / Wissler 10:30 J. Fritsch	8:00 V. Mumma 10:30 L. & L. Bisignani

If you are unable to serve on your assigned Sunday—please make every effort to find your own substitute.  
 If you would like to become a worship participant —please call the coordinator listed above or the church office at 397-2748

### Worship Volunteers

As we begin the journey back to a “normal” worship schedule, we need volunteers to: read the lessons, assist Pastor with communion, set up and clean up communion, sound and camera operators, ushers, and greeters.

Have helped in the past—would like to begin? All are welcome!  
 Please call the office at 717-397-2748 to volunteer!

