

The Epistle - May 2017



The Epistle
Issue: May 2017

FROM THE PASTOR'S DESK

Ikon: The Harrowing of Hell

Denise Levertov (1923–1997)

Down through the tomb's inward arch He has
shouldered out into Limbo
to gather them, dazed, from dreamless slumber:
the merciful dead, the prophets,
the innocents just His own age and those unnum-
bered others waiting here unaware, in an endless
void He is ending now, stooping to tug at their hands,
to pull them from their sarcophagi, dazzled,
almost unwilling. Didmas, neighbor in death,
Golgotha dust
still streaked on the dried sweat of his body no one had
washed and anointed, is here, for sequence is not
known in Limbo;
the promise, given from cross to cross
at noon, arches beyond sunset and dawn.
All these He will swiftly lead
to the Paradise road: they are safe. That done,
there must take place that struggle
no human presumes to picture:
living, dying, descending to rescue the just from
shadow, were lesser travails
than this: to break
through earth and stone of the faithless world
back to the cold sepulchre, tearstained stifling
shroud; to break from them
back into breath and heartbeat, and walk the world
again, closed into days and weeks again,
wounds of His anguish open, and Spirit streaming
through every cell of flesh
so that if mortal sight could bear to per-
ceive it, it would be seen
His mortal flesh was lit from within, now, and ach-
ing for home. He must return, first, in Divine
patience, and know hunger again, and give
to humble friends the joy of giving Him food—fish
and a honeycomb.

*Denise Levertov was born in England to a Welsh
mother and a Russian Hasidic father.
Her father, who had emigrated to the UK from
Leipzig, converted to Christianity and became
an Anglican priest. She moved to the United
States in 1948, and in 1955 became an American*

*citizen. By the time she died in 1997, Levertov
had published nearly fifty volumes of poetry,
prose, and translations. Levertov taught at
Brandeis, MIT, Tufts, Stanford, and the Univer-
sity of Washington. It was at Stanford, where she
taught for 11 years (1982–1993) in the Stegner
Fellowship program, and where her papers
are now housed, that Levertov converted to
Christianity at the age of sixty. After moving to
Seattle in 1989, she joined the Catholic
Church.*

*For Levertov's poetry, see Paul A. Lacey
and Anne Dewey (editors), with an Intro-
duction by Eavan Boland, *The Collected
Poems of Denise Levertov* (New York: New
Directions, 2013), 1063pp.*

We confess that Jesus “descended into hell,” or “to
the place of the dead.” That “harrowing of hell,”
has, for me, been one more way that we under-
stand God’s love, that unconditional love God
brings to us in Jesus the Christ—my understanding
that he would not lose one of us to Death.

Alleluia, Christ is risen!
Christ is risen indeed! Alleluia!

In his Peace,


Pastor Michael

Pastor Michael



*(My thanks to the website
“Journey with Jesus,” for sharing this poetry.
It is a weekly look at our lectionary.)*

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MAY WORSHIP & MUSIC NOTES:

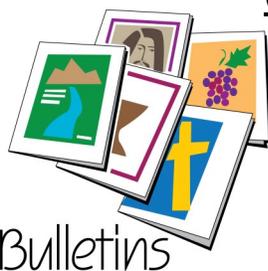
During the month of May we continue through the Easter Season. On **May 7th** there will only be **one service at 8 AM at the church and one service at 10:30 at Upper Temple** due to the family retreat. On May 14th (Mother's Day) we will celebrate **Music Sunday**. Come and hear and message of God presented to us in music. Saint Paul's Ringer's will be preparing us for worship at the 10:15 service on this day. May 21st we will celebrate Rogate Sunday. We will ask God to bless the seeds, soil, and water so we will have a bountiful harvest. At the 10:15 service we will use the "Of the Land and Seasons" service.

This year we are trying to reduce the expenses that the church has and we are looking for individuals or families to sponsor music for the choir and hand bell choir. The average cost for an anthem is \$45. If you are interested in supporting the music program in this way please contact Ben Messinger before July 1st at 717-359-4556 or benmessinger@comcast.net to find out more about this opportunity.

Summer months are soon upon us and we are looking for people who wish to share their gifts of music beginning in June 18th. Please sign up to provide **special music** on the sheet by the choir room. If you have any questions please contact Ben Messinger at 359-4556 or benmessinger@comcast.net.

The Annual St. Paul's Nawakwa retreat has been cancelled due to low attendance. It seems these dates just didn't work for many here at St. Paul's. We will be cancelling the Sunday Upper Temple worship service. We will have normal 9 am Sunday School and 10:15 am worship services along with the previously scheduled 8 am service. We will be planning for a retreat next year that will hopefully work out better for everyone. Stay tuned for more upcoming Christian Family events!

OPEN DATES for MAY & JUNE 2017:



BULLETINS

May 21
June 4
June 25

FLOWERS

May 21
May 28
June 25



St. Paul's Spring Work Day



On Saturday, May 13th, the Property Committee will be hosting a St. Paul's Congregation "Work Day" at our Church, beginning at 8:00 AM until approximately Noon or at the completion of work. All interested congregation members are encouraged to join with Property Committee members to clean several window wells and drains, move furniture between the current Clay Frogs Sunday School Room and the Bell Practice Room as well as several other tasks. If anyone has noticed any items needing attention and would like to volunteer to work on them, please feel free to come on this day as well. Any questions, please see any Property Committee member or call Trace Schwartz at 968-3552.

Attention all piano lovers! We have a Chas. M. Stieff piano that's condition is playable but it does need tuning. It was built in Baltimore and the serial number is 15113. Contact Ben Messinger if you'd love to give this beautiful instrument a home!



Bible Study meets on the 1st, 4th, (and sometimes 5th) **Tuesdays** of the month, bible study will meet at 1:30pm. On the 2nd & 3rd **Mondays** of the month bible study will meet at 6pm (just before council & committees meet). Note the variation in days & times. Please join us whenever you can!

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HOOKS AND NEEDLES meets on the 1st & 3rd Tuesdays of the month from 6:30-8:00 PM in the Library. They will meet in May and be taking off for the summer.

LITTESTOWN COMMUNITY FOOD PANTRY

Food distribution takes place on the 4th Wednesday of the month at Bart's Centenary on King Street from 3 to 5 pm. If you would like to donate your time or resources, please come to Bart's Centenary anytime from 1 to 6 pm on the 4th Wednesday of the month, or use your monthly giving envelope. There is a shopping cart in the Kammerer Room for donations to the **Littlestown Food Pantry**. The schedule is hanging on the bulletin board outside the church office. Other non-perishable food items are encouraged at any time as well. **The next food pantry distribution takes place on Wednesday, May 24.**

Dear St. Paul's Family,

Our 150th Anniversary Committee is seeking confirmation and wedding photographs for creating visual memory displays of 150 years of confirmation services and wedding ceremonies. Please help to create that special joy of happy memories by sharing your confirmation and wedding photos with us ~ historical to modern. We are excited to still have our 150 years of St. Paul's Baptisms' table in Sunday School Room #3! Take a moment to visit. It is fun and informative.

Thank you for your support, The Anniversary Committee

St. Paul's will be 150 years old in 2017

Join us for anniversary celebrations during the year:

June 11 - Recognition of those confirmed at St. Paul's

September 17 - Recognition of those married at St. Paul's

Oct 29 - Recognition of 50 Year members as we commemorate 500 years of Reformation and our 150th Anniversary Event with Bishop Jim Dunlop

* * * * *

Connect to our past with older order of worship services on Sept 24.

Come to sing familiar hymns from past years and to hear a newly commissioned anthem to mark our 150th Anniversary.



Thanks to all our soup makers, bread bakers, beverage providers and clean-up crews during our Lenten soup suppers. We had a delicious variety of soups, breads, and drinks as we gathered together to mingle with our fellow congregational members. Our bonds were brought closer together as we prepared for this year's Lenten Vespers. Each year the singing gets better as we sing our Holden Evening Prayer service.

Pastor Michael spoke on the seven deadly sins and we became more familiar with how to recognize and avoid some of these pitfalls. If you missed these very meaningful services, please prayerfully consider attending next years Lenten Services.



I would like to take this opportunity to THANK all of our families that attended the Annual Easter Breakfast. It was a great turnout and a lot of fun! Your support means so much.

Also, I would like to send a special THANK YOU to Jim and Marietta Witt for their generous donation of Hot Cross Buns and Ernie and Diana Spamer for the sausage.

Most importantly, THANK YOU to the Fabulous Cooking Crew: Rich Burnette, Charlie Mauck, Don Snyder, Tracy Schwartz, Ernie Spamer, Mark Sweigart, Chris Therit and Bill Nelson. All of these men are selfless, hard workers who put their heart and soul into preparing a great meal. The breakfast is not possible without them!

Thanks Again, Kevin Smeak

Call Committee News

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. - Romans 5: 1-5

As we have journeyed through this call process, our faith has been tested at times. We have struggled

because the grief of our loss isn't easy to deal with. But, as Paul says in Romans, suffering produces endurance and endurance produces character. We have a strong character. The call process takes time. It starts with a Mission Site Profile. But sometimes when the interviewing takes place, a congregation has changed so much that a candidate does not come to the same congregation represented in the MSP. I can strongly say this is **NOT** the case here at St. Paul's. If anything, we have become stronger. We've seen how we truly hold the keys to our kingdom and have moved forward and done great things.

Paul also writes that character produces hope and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit. We have hope that we will find the right Shepard for our church. We know that God is guiding our discernment through the interviewing process. We have faith that we will not be disappointed because of God's love. Do not lose hope in this process as we continue to work on interviewing. We could not be so focused on our task without your respect, support, patience, and resilience as a congregation. We all know that this will progress in God's time despite how we may wish or try to expedite it. Thank you from your Call Committee!

12 Steps to Your New Leader!



AIR CONDITIONING FUND UPDATE

As announced at both services on Sunday, April 2, 2017, we have exceeded our initial goal of the \$25,000 needed to enter into a contract to begin our much needed air conditioning work. We can all feel proud that we accomplished so much in such a short time. Once the project is completed, we will incur a balance of approximately \$45,000 to be paid off on our line of credit. Our current budget includes monthly payments of \$500 (\$6K per year) to reduce this debt. If this budgeted rate continues, and with interest added in, it will take more than 7 ½ years to eliminate this debt. Although there is no immediate urgency, please prayerfully consider contributing financially to reduce this debt in the future.

Please take a moment to notify the church office:

- ◆ When you (or a family member) would like a visit from the pastor
- ◆ When there is a death or serious illness in your family
- ◆ When you wish to add or remove someone from the prayer list
- ◆ When you move to a new address or your phone number has changed
- ◆ If you wish to be added to the Epistle emailing list
- ◆ When you wish to borrow tables/chairs from the church
- ◆ When you wish to fill out a form of use for the Social Hall
(policy is at least 30 days in advance)
- ◆ When you need information about scheduling a baptism or wedding
- ◆ When you wish to submit an article for the newsletter and/or bulletin announcements
- ◆ When you wish to update with graduation information



Church Office Telephone 717-359-4822

Email Address: office@stpaulslittlestown.org

Please note: Phone & email messages are checked only office hours on weekdays

For a **Pastoral Emergency**, please contact:

Pastor Richard Michael 717-314-7898

or Richardmichael1@mac.com.

WEBSITE: www.stpaulslittlestown.org

Information for JUNE Epistle is due by Wednesday, MAY 17. All contributions of articles/information from all corners of St. Paul's are encouraged! Please submit material via email of-
fice@stpaulslittlestown.org or by placing it in the secretary's mailbox in the church office. Please note: Items submitted after the deadline may be held until the subsequent newsletter, so information can be dispersed promptly. Thank you!

Please note: Office hours for the week of May 8th will be Monday –Thursday 9-3PM. The office will be closed on Friday, May 12. Also, the office will be closed on Friday, May 26. These changes will NOT affect the bulletin and newsletter due dates and printing schedule.

Church Committee Chairs

Christian Education: Jan Sweigart

Christian Family: Kimberly Airing

Christian Witness: Charlie Mauck

Finance: Don Snyder

IT: Jeff Plattenburg

Memorials: Sue Strevig

Parish Nursing: Janet Cutsail

Records: Ann Hartman

Property: Tracy Schwartz

Service Ministry: Diana Spamer

Worship & Music: Sue Strevig

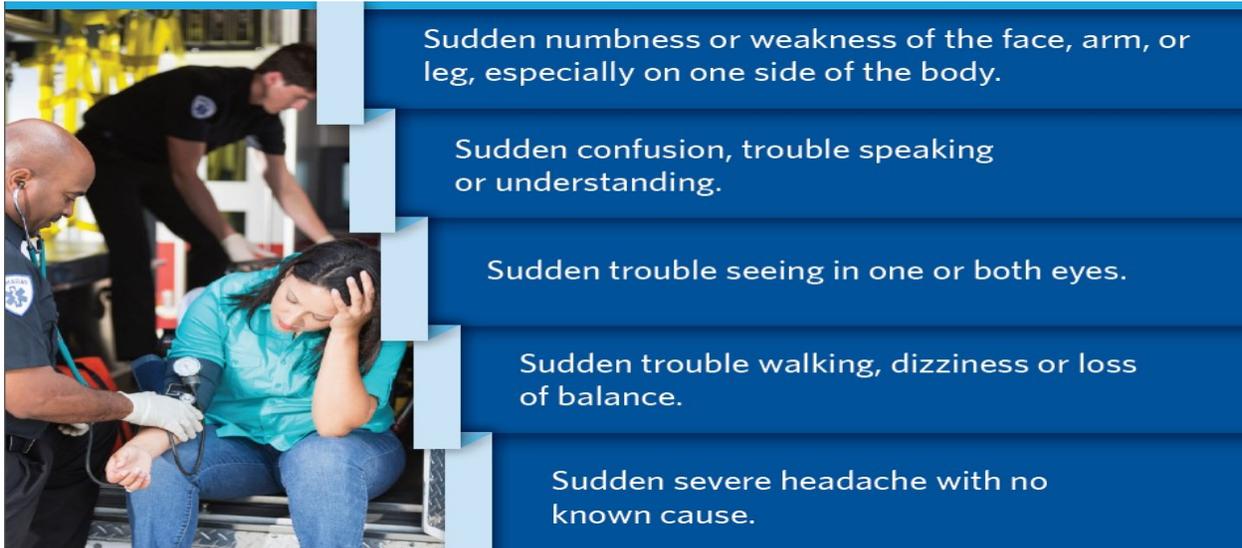
From the Parish Nursing Team (PNT):

May is National Stroke Month - A national campaign to educate the public about the following components and devastating effects of a stroke. Stroke can happen to anyone, at any time, and at any age. Two million brain cells die every minute during a stroke. Stroke kills more than twice as many American women every year as breast cancer and more women than men die from stroke, due to a woman's higher life expectancy. Women also suffer a greater disability after stroke than men and more women ages 45 to 54 are experiencing an increase in stroke, due to more risk factors and lack of prevention.

What is a STROKE?

A stroke is a "brain attack" that occurs when blood flow to the brain is interrupted by a blood clot or broken blood vessel. Stroke is the fifth leading cause of death in the United States and a leading cause of adult disability. There are two types: Ischemic stroke that blocks the flow of blood and oxygen to the inside of the blood vessels or those leading to the brain. Hemorrhagic strokes occur when there is an actual rupture causing a brain bleed inside the vessel or brain structure.

The signs and symptoms of a stroke are:



FAST is an acronym for things to check in a suspected stroke victim:

F = FACE: Ask the person to smile. Does one side of the face droop?

A = ARMS: Ask the person to raise both arms. Does one arm drift downward?

S = SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T = TIME: Note the time of onset If you observe any of these signs

TIME IS BRAIN –IMMEDIATE ACTION IS REQUIRED—

CALL 9-1-1 IMMEDIATELY!

From the Parish Nursing Team (PNT) continued...

HOW TO REDUCE YOUR RISK

STOP Smoking—Smoking accelerates the formation of clots, thickens blood, and increases plaque buildup in the arteries.

- Ask your doctor about nicotine patches, counseling, or programs that have worked for others.
- Don't get discouraged – It could take several attempts.
- Keep trying – Quitting smoking can have almost immediate beneficial effects on your health.

Diet: This is about nutrition. Better food choices can improve your health and reduce your risk of stroke.

- Eat plenty of fruits and vegetables, which are high in fiber.
- Limit salt to help lower your blood pressure.
- Eat less cholesterol and fat which can create plaque buildup in your arteries.

Drinking too much alcohol can increase blood pressure and the risk of stroke.

- Drink in moderation – No more than two drinks a day for men and one drink a day for women.
- Know your portions – A standard portion is 5 ounces of wine, 12 ounces of beer, or 1.5 ounces of hard liquor.
- Opt for red wine – It contains resveratrol which can protect the heart and brain.

Remember, 80% of strokes can be avoided by partnering with your doctor to ensure overall good health!



Gear up with lifesaving information, not just for yourself, but also for your family, your friends, and others around you. During **National Stroke Awareness Month** and beyond, let's work together to raise awareness about the fifth leading cause of death in the U.S.

Is there a topic of particular interest that you would like the Parish Nursing Team to address in the future? If so, please notify Jill Baird, RN; Sue Bowmaster, RN; or Janet Cutsail, RN; or contact the office secretary.

FINANCIAL CORNER

St. Paul's Lutheran Church - Littlestown PA
Donations Account Balances (03/01/2017 - 03/31/2017)

Tuesday, March 28, 2017

Page 1 of 1

Account	Period Activity	YTD Balance
<i>Giving Accounts</i>		
801 - ENV CONTRIBUTIONS	10,647.15	32,967.15
802 - Initial Offering	60.00	460.00
803 - Loose	291.25	370.50
804 - Sunday Church School	46.65	160.35
806 - Lent	405.00	405.00
807 - Ash Wednesday	388.00	393.00
810 - Christmas Eve	0.00	10.00
812 - Weekly Bulletins	80.00	160.00
813 - Youth	53.00	141.00
815 - Major Building Impro	105.00	355.00
816 - Memorial Fund	320.00	1,470.00
817 - Funeral Fund	0.00	500.00
818 - Line of Credit	15.00	85.00
831 - A/C	10,220.00	17,900.00
860 - Food Pantry	80.00	619.00
861 - Luth World Relief	30.00	96.00
867 - Benevolence	5.00	15.00
868 - Ruth's Harvest Fund	64.00	936.00
872 - Out Reach	10.00	20.00
899 - Misc. Donations	103.00	103.00
Total Giving Accounts	\$22,923.05	\$57,166.00

MISSION OF THE MONTH ENVELOPES

Every month a different organization will benefit from the Christian generosity of St. Paul's via our blue Mission of the Month envelopes. Following are organizations identified by council to be recipients of these gifts. If you would like to suggest an organization, please contact a council member.

- May – Vacation Bible School
- June – Gettysburg Lutheran Seminary
- July – SpiriTrust–Friends of Utz Terrace (Hanover)
- August – SpiriTrust – Gettysburg Auxiliary
- September – Crop Walk
- October – Lutheran Immigration & Refugee Services
- November – Angel Tree
- December – OPEN

Count: 20
Period: 03/01/2017 - 03/31/2017
Year: 2017

Barbara L. Schwartz

Month	2017 Income and Expenses							
	Actual Expenses	Funded from Savings	Current Expenses	Actual Offering	Other Income	Added to Savings	Current Income	Surplus / (Deficit)
Jan	\$ 13,177		\$ 13,177	\$ 17,473	\$ 5,508	\$ 5,645	\$ 17,336	\$ 4,159
Feb	\$ 16,691	\$ 351	\$ 16,340	\$ 16,770	\$ 1,865	\$ 4,044	\$ 14,591	\$ (1,750)
Mar	\$ 13,574		\$ 13,574	\$ 22,923	\$ 2,073	\$ 10,645	\$ 14,351	\$ 776
Apr	\$ -		\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
May	\$ -		\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Jun	\$ -		\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Jul	\$ -		\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Aug	\$ -		\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Sep	\$ -		\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Oct	\$ -		\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Nov	\$ -		\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Dec	\$ -		\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
2017	\$ 43,443	\$ 351	\$ 43,092	\$ 57,166	\$ 9,446	\$ 20,334	\$ 46,277	\$ 3,185

The current value of Unrestricted Investments available for support of any future additional deficits is:

\$ 154,122

SPRING CLEAN FOR THE RUTH'S HARVEST LITTLESTOWN YARD SALE

Looking for somewhere to get rid of your gently used stuff.
Fill a box and donate it to the Ruth's Harvest Littlestown Yard Sale.

Where: St. Paul's Lutheran Church

When: August 18 & 19, 2017

Time: 7 a.m. to 3 p.m.

Donations can be dropped off at the church or call the church office at 717-359-4822 to arrange for pick-up. Deadline to drop off items is Monday, August 14.



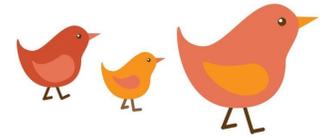


St. Paul's - MAY

Birthdays & Anniversaries

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Jason Toms Mark Wildasin	3	4 Deanna Topper	5 <i>Trace & Barb Schwartz</i>	6
7	8	9 Dwayne Null	10 Tammy Myers Michael Snyder	11	12	13
14 Nicole Herring	15	16	17 <i>Chris & Tanya Glass Lester & Sabrina Schue Scott & Carina Snyder</i>	18 Mia Snyder	19 Charley Bein Jane Bitner Tom Williams <i>John & Sara Dart</i>	20 Pris Megela Linda Newman
21 Pat Sutphin	22 Sharon Pratt	23 Kara Rentsel	24 Penny Null	25 Jacob Thomas <i>Bob & Betsy Bein</i>	26 Tianni Craig Joe Sutphin	27
28	29 Keith Baker Emily Schwartz	30 Nick Boyd	31	<p>If you wish to add, remove or notice a mistake, please contact the church office. 359-4822 / office@stpaulslittlestown.org</p>		

MAY 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6-8PM Girl Scouts	2 1:30PM Bible Study 6-8PM Girl Scouts 6:30-8PM H&N	3 6PM Bells 7PM Choir	4 2:00PM Ruth's Harvest Packing	5	6
7 8:00AM Worship 9:00AM Sunday School 10:15AM Worship	8 6PM Bible Study 6-8PM Girl Scouts 7:00PM Committee Mtgs. Office Open 9-3PM	9 6-8PM Girl Scouts	10 6PM Bells 7PM Choir	11 2:00PM Ruth's Harvest Packing	12 6-10PM Sanctuary in Use Office Closed	13 8AM Spring Work Day
14 8:00AM Worship 9:00AM Sunday School 10:15AM Worship 	15 6PM Bible Study 6-8PM Girl Scouts 7:00PM Council Mtg.	16 6-8PM Girl Scouts 6:30-8PM H&N	17 6PM Bells 7PM Choir Newsletter Info. Due	18 2:00PM Ruth's Harvest Packing	19	20
21 8:00AM Worship 9:00AM Sunday School 10:15AM Worship 3-5PM LAMB Rehearsal	22 6-8PM Girl Scouts	23 1:30PM Bible Study 6-8PM Girl Scouts	24 6PM Bells 7PM Choir Food Pantry	25 2:00PM Ruth's Harvest Packing	26 Office Closed	27
28 8:00AM Worship 10:15AM Worship	29 	30 1:30PM Bible Study	31 6PM Bells 7PM Choir			

The Epistle - ISSUE MAY 2017

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Email: office@stpaulslittlestown.org

Website: www.stpaulslittlestown.org

Office Hours: Tuesday - Friday 9:00 a.m. - 3:00 p.m.

The Church Staff

Rev. Richard Michael—Interim Pastor

717-314-7898 / richardmichael1@mac.com

Ben Messinger—Choir Director

Martha Lobaugh—Organist

Ann Hartman—Assistant Pianist

Abbi Bucher—Parish Secretary

Michele Colvin—Treasurer

Barb Schwartz—Financial Secretary

Susan Haines—Sexton

Congregational Council

President—Charlie Abruzzo

Vice President—Kimberly Airing

Secretary—Casey Miller

Rich Burnette, Janet Cutsail, Mary Hall,

Candy Rule, Darbye Smeak, Don Snyder