

Worship Teams Coming to St. Paul's Soon

⁴ Now there are varieties of gifts, but the same Spirit; ⁵ and there are varieties of services, but the same Lord; ⁶ and there are varieties of activities, but it is the same God who activates all of them in everyone. ⁷ To each is given the manifestation of the Spirit for the common good. – 1 Corinthians 12:4-7

A central part of the Christian identity is that everyone who receives the Spirit in baptism is gifted with abilities and strengths to help the local church community grow and thrive. Every one of us at St. Paul's has a gift to use for the glory of God and a part of our personal stewardship is about how we use those gifts in service. One of the ways those gifts are used is in our leadership within Sunday services. The word we use for our service, the liturgy, is defined as, "the work of the people." It is something a set of volunteers do for the benefit of the greater community, in order that we all can come before God in worship.

With this idea in mind, when we make the switch to our Summer schedule of one service at 9:00am (starting on June 3rd), we will also be making a shift in how we fill our volunteer worship positions. Currently, we have wonderful volunteer coordinators who fill these positions. I am incredibly thankful for the work they continue to do so that we can have well-organized lay leadership (leaders from within the congregation) each Sunday. One of my goals, in connection with the worship and music committee was to help strengthen our base of volunteers who assist in these roles each week, remembering that as liturgy it is something many among our congregation are equipped to do.

With the switch to worship teams, positions that have been assigned by coordinators, such as ushers, worship assistants, communion assistants and acolytes will be assigned by a weekly team captain who is responsible for one service a month. For example, Worship Team 1 would cover the first Sunday of the month. Worship team members can fill a variety of roles that they feel comfortable with, helping as an usher one month, but then stepping in as a reader or worship assistant in another. The goal of teams is to offer flexibility in service while providing an accessible team structure.

My hope is that with this switch we can more easily welcome and coordinate new volunteers into our teams, equipping them organically as they learn and serve alongside other members. But we can't do this without a strong volunteer base to draw from! I'm setting the goal of 40 volunteers for the summer months giving us 1 team captain with 9 members on each of 4 worship teams. And I am asking that you would consider signing up to be on a team. Sign-up sheets are available in the Kammerer Room, the front entryway, and at the rear usher station. If you would like to talk more about this I would love to talk with you. Please consider offering up your gifts to serve in worship as we make this transition in June.

In Christ,
Pastor Chris Thomas

Issue: May 2018

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MAY WORSHIP & MUSIC NOTES:

During the month of May we continue through the Easter Season. On May 13th (Mother's Day) we will celebrate **Music Sunday**. Come and hear and message of God presented to us in music. Saint Paul's Ringers will be preparing us for worship at the 10:15 service on this day. May 20th we will celebrate **Pentecost** as we confirm a few youth into our community. May 27th is **Trinity Sunday**. Come and learn about the great 3 in 1. This will be the last Sunday that the Chancel Choir will lead worship services.

Summer months are soon upon us and we are looking for people who wish to share their gifts of music beginning in June 10th. 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 ben-messinger@comcast.net.



Sunday School News:

**Last day of Sunday School will be Sunday May 20.
No Sunday School on Retreat Weekend, May 6th.**



Congratulations to our confirmands, Colin Denault & Jarrett Hall who will be confirmed in their Baptismal covenant on Pentecost Sunday, May 20. Please hold them in prayer as they finish their time in Confirmation classes and become adult members of St. Paul's congregation. Please hold all of our youth in your prayers as they continue in their faith formation.



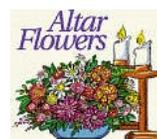
Our **Summer Worship Schedule** begins Sunday June 3 lasting until Sept. 2. We will have one worship Service beginning at 9AM. The regular worship schedule will resume on Rally Day, September 9.

2018 Altar flowers and bulletin sponsorship Instructions for sponsoring are listed at the top of each sign-up sheet. The charts are now located in the Narthex.

OPEN DATES for MAY & JUNE 2018:

ALTAR FLOWERS: May 27, June 24

BULLETINS: May 28, June 10 & 24



FUNERALS

April 9, 2018 - Harry J. Wildasin

BAPTISMS

April 8, 2018 - Riley Grace Dillman

Thank You Notes

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: Charlie Abruzzo, Pastor Chris, Rich Burnette, Charlie Mauck, Shawn Miller, Bill Nelson, Jeff Plattenburg, Don Snyder, Don Schumaker, Tracy Schwartz, Ernie Spamer, Mark Sweigart and Chris Therit. 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

Please join us for Bible Study. Monday nights at 6:00 P.M.

Owen Yingling Performing in Joseph and the Amazing Technicolor Dreamcoat

May 25-June 10, Totem Pole Playhouse in Caledonia will present the musical, *Joseph and the Amazing Technicolor Dreamcoat*, with lyrics by Tim Rice and music by Andrew Lloyd Webber. The show tells the story of Joseph from Genesis. A really fun show, it's appropriate for families and this production is of special interest to the family of St Paul's as our own Owen Yingling will be part of the cast. In addition, there is a special group rate of \$35 for all seats for groups of 10 or more. We are hoping to take a group to the matinee showing at 2pm on Sunday, June 3rd. If you would be interested in going as a group from St. Paul's please sign up in the Kammerer Room! If you can't join us then Totem Pole is also offering a special "Family Pack" for a family of four for \$125 with each additional adult only \$35 and each additional child under 15, \$25. We hope you can make it out to enjoy this wonderful production.

Family Retreat is Coming Up! Only a week to go! The sign-up sheet is in the front entry way for the St. Paul's Family Retreat on May 4th - 6th, 2018 - CATCHING GOD'S VISION FOR ST. PAUL'S! It will be an amazing time as we seek after God, have a lot of fun as a community, and vision where God is leading us as a congregation.

HELP NEEDED May 19 is the scheduled date for the Attic Cleaning. Information has been sent to many of the church volunteers and other people on committees as to marking items in the attic prior to May 19. What is need now is a willing crew to remove unwanted and un-needed items from the attic. This would involve carrying items from the attic down to second floor and then elevator them to the rear parking lot for vehicles being used for the disposal purpose. If you can help, Please contact Ernie Spamer. NO - - there is no sign-up sheet. Call 717-359-4089 after 4:30 PM. Thank you.



CONGREGATIONAL SPRING LUNCHEON - The annual congregational "spring luncheon" will be held after the 10:15 AM Worship Service on May 20 in the Social Hall. A sign-up sheet will be available in the Kammerer Room. If you have any questions, please contact Diana Spamer at 359-4089.



Schedule your
photography session

Friday May 11th, 2pm-9pm
Saturday May 12th 10am-5pm
Saturday, June 2nd 11am-5pm

It's that time again! We're partnering with Lifetouch to update our Church photo directory. Schedule time to come in and get your photo taken. You get a FREE 8x10 and church directory just for getting your photo taken. There is no obligation to purchase any other photos but it's a great time to update your own family photos. Consider booking an additional time slot for a multigenerational photo! Sign up is available now through online at <https://booknow-lifetouch.appointment-plus.com/y9pdkb02/>.

The online sign-ups will be disabled on Saturday nights to allow for in-person sign-ups Sunday mornings in both entrances to the Sanctuary. Dates available for sessions are Friday, May 11th 2pm - 9pm, Saturday, May 12th 10am - 5pm then Saturday, June 2nd 11am - 5pm. If more spots are needed they will open up Friday, June 1st 2pm - 9pm. If those dates don't suit you, Lifetouch will be at Carroll Vista in Taneytown the 2 weekends between ours. You can get a card from the sign-up tables outside of the sanctuary. Simply call and get your time scheduled for a session at Carroll Vista. You still get the free items and it helps us makes sure we have a complete directory.

Mother's Day Tributes Mother's Day is on May 13! Once again, we will pay tribute to Mother's in loving honor and/or memory with a special bulletin to be distributed on Mother's Day. There will be a table set up in the Kammerer Room after both services today and May 6th to take tributes. The cost is \$1 per name. All names should be to the office no later than Tuesday May 8th.



CROP WALK NEWS Church Council has approved a request for St. Paul's Lutheran Church to be the host church for the 2018 Littlestown Community CROP WALK. The walk will be held on Sunday, October 14 at 1:00 PM. This will be year 39 for the walk to be held in Littlestown. Please make a note on your activity calendar for this event. I hope you can participate. Thank you, Ernie Spamer event coordinator

Recycled & Redeemed St. Paul's member Erin Schumaker is writing a series of blog posts about her experiences working for Recycled and Redeemed, a medical mission in Guatemala. Catch up with her work and other adventures (she's got some beautiful stories, inspirational info and heart-warming pictures). If you want to follow her journey, please visit:
<https://agapeloveguatemala.blogspot.com/>

Dental Donations Don't forget to bring in your church bulletin when you visit ***Littlestown Dental Associates, PC***, each time you do a \$5 donation will be made to the church at the end of the month. The church with the most bulletins at the year's end will receive double their yearly donation!

LITTLESTOWN COMMUNITY FOOD PANTRY

Food distribution will take 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 (3rd in December) 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**. Other non-perishable food items are encouraged at any time as well. **The next food pantry will take place Wednesday, May 23.**

A blog from the Parish Nursing Team on Anxiety, Stress and Depression:

First and foremost we wanted to let you know this topic was suggested by one of the returned parish nursing surveys, and how very appropriate for people of all ages. How many of us can say we have never felt stressed or anxious at one time or another? Yes, even babies and children can have stressful or anxious moments. Separation anxiety is one example that occurs in a child's normal, healthy phase of child development that often begins around 7 months and lasts until about 18 months. Experiencing occasional stress or anxiety is a normal part of our lives; otherwise, we would be immune to a potential threat that triggers the "fight or flight" response produced by the sympathetic nervous system, and fail to avoid the danger. Symptoms of anxiety or stress for the youth can be triggered by peer pressure, bullying, failing to study adequately for an important test and feelings of inadequacies while playing sports, just to name a few. In other words, common occurrences in everyday life can simply be the trigger. For adults dealing with housing issues, poor economic circumstances or job instability as examples, it is easy to see how this could trigger stress. So when should we become concerned about feeling anxious or stressed and feelings of depression? The answer is simple--when it interferes with life on a daily, consistent basis for a prolonged period of time, especially when we cannot identify the reason for our feelings. Once this becomes a repeated interference in one's everyday life, symptoms of panic can begin to shatter our demeanor and we may find ourselves in a depression that leaves us feeling 'out of control.'

There are many forms of anxiety that can eventually present as feelings of tension or restlessness; or having an impending feeling of doom or panic. Symptoms such as the list below may occur:

- Increased heart rate
- Increased breathing
- Sweating
- Feeling excessively tired
- Difficulty concentrating
- Trouble sleeping
- Stomach pains or GI tract problems

Eventually, social isolation will surface, just to avoid the causes of our anxious feelings. In some cases, the symptoms describe above are the first indication of an underlying medical problem. Examples of those linked to anxiety could include:

- Heart disease
- Diabetes Mellitus
- Thyroid problems
- Respiratory disorders, such as COPD and asthma
- Drug or alcohol withdrawal
- Side effects of medications
- Chronic pain or irritability
- Rare tumors that produce certain hormones that affect the sympathetic nervous system causing the "fight or flight" feeling

Other types of symptoms include constant worrying about things that may or may not even happen, leading to a depression caused by just thinking they will happen.

The treatment for anxiety, stress and depression can be initiated simply by seeing your primary care provider. If the anxiety is severe, a mental health specialist called a psychologist or psychotherapist can provide counseling to diagnose a true anxiety disorder, or to rule out other conditions causing the symptoms. Also a treatment called Cognitive behavioral therapy (CBT) is a very effective treatment for anxiety. CBT is generally a short term therapy that focuses on teaching specific skills to improve symptoms, build confidence and manage a gradual return to the activities one has avoided because of the anxiety they instilled. There are certain medications that can be prescribed short term by a medical provider to assist one over the severe hurdles.

Home Remedies: While most people with severe anxiety disorders may need psychotherapy or medications to obtain control, lifestyle changes can also make a big difference. Here is what you can do:

Keep physically active. Exercise is a powerful stress reducer that can improve your mood and help you to stay healthy. Start slow and gradually increase your distance and intensity; or, exercise in 10 – 15 minute increments several times a day.

Avoid alcohol or recreational drugs. These substances can actually intensify anxiety. If you are having difficulty controlling this, there are support groups to help you.

Quit smoking and cut back on caffeine type beverages. Both nicotine and caffeine worsen anxiety

Use stress management and relaxation techniques. For example, when feeling stressed, a simple exercise such as this may help:

-----Take in a very deep breath with your mouth open.

-----Then pretend you are holding a candle.

-----With pursed lips, blow the air out very slowly to 'extinguish' the pretend candle. (This is not like quickly blowing out a cake full of birthday candles).

-----Remember to use pursed lips to exhale slowly. You should begin to feel a sense of relaxation in your neck area.

Be sure to get adequate sleep. If this is not happening, talk with your physician to discuss sleep aids.

Eat healthy. Focus on a variety of vegetables, fruits, whole grains and fish. Some inclusive research has been done that these foods have been linked to reduce anxiety. In general, make your plate of food as colorful as possible to get the proper nutrients every day.

Please see your medical provider before taking any herbal supplements that may interfere with your normal medications. Herbal supplements and medications are not monitored the same way by the Food and Drug Administration, (FDA).

In summary, do not let anxiety get the best of you. See your medical provider if:

You feel like you are worrying too much and it interferes with your normal relationships or daily life.

Your fear, worry or anxiety is upsetting you and you feel out of control.

You feel depressed, have trouble with alcohol or drug use, or you have mental health concerns along with anxiety.

You think your anxiety could be linked to a physical health problem.

Again we 'stress' (no pun intended) that we are available for consultation and guidance if needed. For any parish nursing needs, please contact Pastor Chris, the office or Janet Cutsail, 717-359-7521, acting coordinator.

We are happy to introduce Lora D'Agostino, RN as the newest member to the team of Parish Nurses. We are excited to have Lora work with us to provide parish nursing activities at St. Paul's in the future.

On behalf of the parish nursing team, stay well.

Jill Baird, RN

Sue Bowmaster, RN

Janet Cutsail, RN

Lora D'Agostino,

FINANCIAL CORNER

St. Paul's Lutheran Church - Littlestown PA

Donations Account Balances

(03/01/2018 - 03/31/2018)

Tuesday, March 27, 2018 Account	Period Activity	Page 1 of 1 YTD Balance
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Giving Accounts

801 - ENV CONTRIBUTIONS	12,559.00	35,708.00
802 - Initial Offering	10.00	422.00
803 - Loose	125.00	1,088.00
804 - Sunday Church School	49.00	155.95
806 - Lent	550.00	635.00
807 - Ash Wednesday	0.00	381.00
811 - Music	50.00	130.00
812 - Weekly Bulletins	120.00	200.00
813 - Youth	43.00	109.00
815 - Major Building Impro	115.00	400.00
816 - Memorial Fund	0.00	100.00
818 - Line of Credit	3,432.00	9,895.00
831 - A/C	525.00	7,245.00
860 - Food Pantry	65.00	271.00
861 - Luth World Relief	30.00	150.00
864 - Seminary	0.00	45.00
867 - Benevolence	5.00	15.00
868 - Ruth's Harvest Fund	74.00	217.00
879 - Adams Rescue Mission	0.00	169.00
880 - Ronald McDonald House	113.00	113.00
899 - Misc. Donations	0.00	220.00
Total Giving Accounts	17,868.00	57,668.95

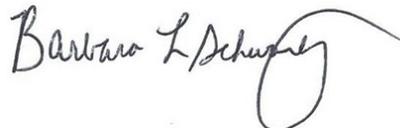
Weekly Envelope Income Report

Envelope Budget YTD: \$43,149.00

Envelope Giving YTD: \$45,640.00

Surplus/(Deficit) YTD: \$2491.00

Count: 21
 Period: 3/01/2018 - 3/31/2018
 Year: 2018



Mission of the Month Envelopes

A different organization will benefit from the Christian generosity of St. Paul's via our blue Mission of the Month envelopes. The following organizations have been identified by council to be recipients of these gifts in 2018. If you would like to suggest an organization, please contact a council member.

May: Adams County Library
June: Gettysburg SpiriTrust Auxiliary
July: Littlestown Area Senior Center
August: Ruth's Harvest

September: Konde Diocese
October: Crop Walk
November: Angel Tree
December: Recycled and Redeemed

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 Chris Thomas (517)-202-9388

or pastor@stpaulslittlestown.org

WEBSITE: www.stpaulslittlestown.org

Information for June Epistle is due by Wednesday, May 16. All contributions of articles/information from all corners of St. Paul's are encouraged! Please submit material via email of-office@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!



CALLING ALL GRADUATES

In our June Epistle, we would like to honor anyone graduating preschool, high school, college, graduate school, etc. If you know of anyone graduating, please turn names in to the office by Wednesday, May 16. This is also helpful in keeping records up-to-date!

CHURCH OFFICE HOURS:

The church office will switch over to summer hours beginning Tuesday, May 29. The office hours will be Tuesday - Friday from 9AM-2PM. Fall/Spring Hours will resume on Tuesday, September 11.



RUTH'S HARVEST LITTLESTOWN WINS AWARD

On April 16, 2018, four board members accepted the "With Heart in Hand Community Volunteer Award" from the United Way of Adams County at the Gettysburg College Union Ballroom.



The award recognizes and honors outstanding volunteer service in Adams County.



Thank you to Patrice Smith and Mary Furlong for nominating us for the award. A special thanks to all of you for making this project possible with your donations of time, food and monetary gifts. Without your dedication to the mission of Ruth's Harvest we would never be able to achieve our goal of making sure every student doesn't go hungry.



St. Paul's - MAY

Birthdays & Anniversaries

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 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>Lester & Sabrina Schue</i> <i>Scott & Carina Snyder</i>	18 Mia Snyder	19 Charley Bein Jane Bitner <i>John & Sara Dart</i>
20 Pris Megela Linda Newman	21 Pat Sutphin	22 Sharon Pratt	23	24 Penny Null	25 Jacob Thomas <i>Bob & Betsy Bein</i>	26 Tianni Craig Joe Sutphin
27	28	29 Keith Baker Emily Schwartz	30	31	<p>If you wish to add, remove or make a correction, please contact the church office. (717)359-4822 / office@stpaulslittlestown.org</p>	

MAY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6-8PM Girl Scouts	2 6PM Bells 7PM Chancel Choir	3 1:30PM Ruth's Harvest Packing	4 Congregation Retreat @ Camp Nawakwa	5 Congregation Retreat @ Camp Nawakwa
6 8:00AM Worship 10:15AM Worship 6-7:30PM Confirmation @ St. John's Reminder: No 8AM service Congregation Retreat @ Camp Nawakwa	7 6-7PM Bible Study	8 6-8PM Girl Scouts	9 6PM Bells 7PM Chancel Choir	10 1:30PM Ruth's Harvest Packing	11 Photo Directory Pictures	12 Photo Directory Pictures
13 8:00AM Worship 9:00AM Sunday School 10:15AM Worship 6-7:30PM Confirmation @ St. John's  <i>Mother's Day</i>	14 6-7PM Bible Study 7PM Committee Meetings	15 6-8PM Girl Scouts	16 6PM Bells 7PM Chancel Choir <i>Epistle Info. Due</i>	17 1:30PM Ruth's Harvest Packing	18	19 Attic Clean Out
20 8:00AM Worship 9:00AM Sunday School 10:15AM Worship <i>Pentecost</i>	21 6-7PM Bible Study 7PM Council Meeting	22 6-8PM Girl Scouts	23 1:30PM Ruth's Harvest Packing 6PM Bells 7PM Chancel Choir <i>Food Pantry</i>	24 12:30-3PM Garden Club	25	26
27 8:00AM Worship 9:00AM Sunday School 10:15AM Worship <i>Holy Trinity</i>	28  Memorial DAY	29 6-8PM Girl Scouts <i>Summer Office Hours Begin 9-2PM</i>	30	31 1:30PM Ruth's Harvest Packing Synod Assembly (Day 1)		

The Epistle - ISSUE May 2018

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53 W. King Street, Littlestown, PA

Phone/Fax #: (717)359-4822

Email: office@stpaulslittlestown.org

Website: www.stpaulslittlestown.org

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

Worship: Sundays @ 8:00 a.m. & 10:15 a.m.

The Church Staff

Rev. Chris Thomas (pastor@stpaulslittlestown.org/(517)202-9388)

Abbi Bucher - Parish Secretary: office@stpaulslittlestown.org

Michele Colvin - Treasurer: treasurer@stpaulslittlestown.org

Barb Schwartz - Financial Secretary: donations@stpaulslittlestown.org

Susan Haines - Sexton: sexton@stpaulslittlestown.org

Ben Messinger - Choir Director: music@stpaulslittlestown.org

Ann Hartman - Assistant Pianist

Congregational Council

Charlie Abruzzo, Kimberly Airing, Rich Burnette, Janet Cutsail, Mary Hall,

Charlie Mauck, Ben Messinger, Casey Miller & Candy Rule

Church Committee Chairs

Christian Education: Jan Sweigart

Christian Family: Kimberly Airing

Christian Witness: Charlie Mauck

Communications: Kimberly Airing

Finance: Don Snyder

IT: Jeff Plattenburg

Memorials: Sue Strevig

Parish Nursing: Janet Cutsail

Records: Mark Sweigart

Property: Tracy Schwartz

Service Ministry: Diana Spamer

Worship & Music: Sue Strevig