

PAUL'S PARISH NEWS



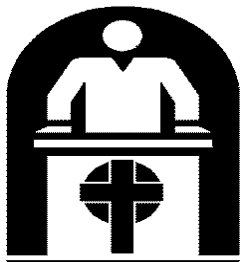
SAINT PAUL'S EVANGELICAL LUTHERAN CHURCH
Breinigsville, PA

FEBRUARY 2023



St. Paul's Evangelical Lutheran Church
8227 Hamilton Boulevard
Breinigsville, PA 18031
Telephone: 610-398-7000

PAUL'S PARISH NEWS is published by St. Paul's Evangelical Lutheran Church



Dear Members and Friends,

Ash Wednesday is February 22nd. The season of Lent begins. It is a 40 day journey to the cross. We will follow as Jesus enters Jerusalem, celebrates the Passover with his disciples, prays in Gethsemane and suffers betrayal and arrest. We will see him condemned to death – for us. Lent is a season of repentance, as we acknowledge that it

was our sins Jesus carried in his own body to the cross.

Lent is a 40 day journey of worship, prayer and study, a time to grow in faith as we consider the cost of our salvation. We meet together to praise our Savior, confess our sins and receive his forgiveness. We pray and study God's Word, encouraging and building up one another in faith.

At the end of 40 years in the desert, the people of Israel stood at the border of the Promised Land. At the end of 40 days in the wilderness, Jesus stood triumphant over Satan's temptations. At the end of these 40 days of Lent, after following Jesus' path to the cross, we will stand with joy before his empty tomb.

Come join us on Sundays and our special Lenten services.

In the Savior's name,

Pastor Miller

UPCOMING EVENT FROM THE EVANGELISM/FELLOWSHIP COMMITTEE

February 12, 2023 – Annual Congregational meeting (reports from staff and committees). Pot-luck luncheon with a special feature of chocolate desserts. Bring your favorite chocolate desserts to share. Ummm goood!!!



CHURCH OFFICE



The church office will be closed on Monday, January 20th in observance of President's Day.

ASH WEDNESDAY

Ash Wednesday is February 22nd this year. We will have Ash Wednesday services at 10:30 a.m. and 7:00 p.m.

The first day of Lent is Ash Wednesday named for the practice of imposing ashes. Ashes symbolize several aspects of our human experience. First, ashes remind us of God's condemnation of sin, as God said to Adam, "Dust you are and to dust you shall return." Second ashes suggest cleaning and renewal. Ashes were used anciently in the absence of soap, and on Ash Wednesday ashes are a penitential substitute for water as a reminder of our Baptism. Third, ashes remind us of the shortness of human life, for one day the words "We commit his/her body to the ground; earth to earth, ashes to ashes, dust to dust" will be said over our bodies. Fourth, ashes are a symbol of repentance, as expressed in Luke 10:13 and the hymn "Savior, When in Dust to Thee."



NO LONGER HAVE A LAND LINE? HAVE A NEW CELL PHONE # OR EMAIL?

From time to time, the church office needs to be in touch with members of the congregation - either by phone or by email. In conversations with several members over the past month, we learned that they no longer have a land line (home phone).



If you have gotten rid of your land line, changed your cell phone number or changed your email address, please let Cindy know so she can update the church records. You can call the church office at 610-398-7000, or put a note on Cindy's desk on Sunday morning when you are at church. Thank you – very much appreciate it!

ST. PAUL'S 2023 BASKET SOCIAL

The Basket Social Committee is planning a second Basket Social on September 23, 2023 from 10:00AM to 4:00PM. A basket social is a silent auction, where numbered tickets are purchased and dropped into a container aside of their basket (or gift card) of choice. A winning ticket is then drawn from each container at the end of the day of the event.

Look for our display in March, when we will start our basket drive - seeking donations of gift baskets from members of the congregation. You can donate empty baskets, made up baskets, or items to put in a basket. New or nearly new items are preferred.

Like last year, we are planning to have several “special” baskets (of higher value than regular baskets), gift cards for local restaurants/businesses, and a big-ticket grand prize. We also will have a paper products tower – where people bring food items to donate in exchange for tickets to win the paper products. The beneficiary is the Allentown Area Ecumenical Food Bank.

This year we will include a 50/50 drawing to benefit a selected charity. We are looking at donating these proceeds to Caring Hearts - a Slatington-based organization dedicated to giving help and hope to the homeless, veterans, and less fortunate throughout the Lehigh Valley. In a 50/50 drawing – half of the proceeds go to the winning ticket holder and half goes to the charitable organization. And, as was done in 2022, we will tithe ten percent of event proceeds.

Members of the 2023 Basket Social Committee are Carol Derr-Breinig, Melanie Dimovitz, Anita Eisenhard, Peggy Kern, Amanda Mesko, Pastor Miller, Becky Theodore, and Steph Wagaman. We could use some help - please consider joining us!

SNOW/CANCELLATION INFORMATION



Winter advisory...Please be sure to check St. Paul's website, www.stpaulsbville.org or WFMZ storm center to see if any church service or event is cancelled due to snow or ice.

PRAYER SHAWL NEWS – TWIDDLE SLEEVE PROJECT

For those of you who are working on, or planning to work on Twiddle sleeves – there are blue folders on the table in the Narthex containing various patterns. There are separate folders for knitting and for crocheting, so make sure you take the right one. Also, a reminder that there are Twiddle Sleeve Yarn Kits in the storage closet. Feel free to open bags to peruse colors, and pick a kit with colors you like.

Steph Wagaman
Peggy Kern

WHAT'S IN IT FOR ME?

Communion takes on new meaning for me when Jesus calls himself the bread of life. The day after feeding the 5,000, Jesus explains, "Whoever eats my flesh and drinks my blood has eternal life" (John 6:54, NIV). Many people stop following him after that, finding the teaching too difficult. Maybe Jesus is challenging people who claim to be his disciples but are in it just for the miracles.

When I hear the Words of Institution, I ask myself if I'm a "What's in it for me?" follower. Do I expect Jesus to merely impress me with answered prayers? Or do I trust him completely and serve him wholeheartedly? Am I like Peter, who, when asked whether I'll leave too, replies, "Lord, to whom shall we go? You have the words of eternal life" (v. 68).

—Julie Lee

SIGN-UP SHEETS FOR BULLETIN & ALTAR FLOWER SPONSORSHIPS ARE AVAILABLE FOR YOU

We are in need of bulletin sponsorships for 2023. Bulletin sponsorships will be for both services. The price is \$20.00. Call the church office to pick a date to sponsor or check the bulletin board for available dates. Fill out the **white** slip with your name, date you are sponsoring and the wording and place it in the folder under the signup sheet.

Altar Flower Sponsorships are: one vase is \$22.00 or both vases are \$44.00. If you are sponsoring both vases, **PLEASE** sign your name to **BOTH LINES**. Fill out the **blue** slip with your name, date you are sponsoring and the wording and place it in the folder under the signup sheet. Call the church office to pick a date to sponsor or check the bulletin board for available dates.

USHERS/WORSHIP ASSISTANTS ARE NEEDED

We are in need of people to help with the 10:30 a.m. worship service. For the service, worship is the same as before Covid 19 – i.e. hymns are sung, offering is collected in the pew, and communion is taken at the altar. You will be handing out the bulletin, helping to collect offering, and directing the congregation to the altar and handing them a communion cup. If you would be willing and interested in helping, please contact Steph Wagaman at 610-395-0355 or stepbillwagaman@rcn.com or call the church office at 610-398-7000.

PRAYER SHAWLS AVAILABLE



Prayer Shawl Ministry

If you would like a prayer shawl, or know of someone who is struggling and could use a prayer shawl – please see Peggy Kern or Steph Wagaman.

PARISH NURSING NOTES

“Risks of Shoveling Snow”

February 2023

Peggy Saylor, RN

Even though we have been blessed by above average temperatures so far this year, sooner or later, we will probably have some snow fall. As February is America’s Heart Month, a time when individuals can focus on their cardiovascular health, I thought I would address how shoveling snow is a regular trigger of heart attacks.

It is common for us to underestimate how strenuous shoveling a heavy snowfall can be. Research has shown that shoveling snow can be equivalent to being at “peak exercise” level during a stress test. Combine the factors of cold temperatures which cause the blood vessels to constrict making it harder for the heart to pump blood through the body raising your blood pressure to the sheer physical effort of shoveling snow and you may have the “perfect storm” for a heart attack.

A professor of internal medicine at Michigan’s Oakland University William Beaumont School of Medicine found that after only two minutes of snow shoveling, participants in a research study had their heart rates exceed 85% of maximal heart rate which is equivalent to the heart rate of someone doing intense aerobic exercise. Add this to someone who may have existing cardiovascular risks such as a sedentary lifestyle, obesity, smoking, diabetes, existing cardiac disease or high blood pressure and the risk intensifies. Some studies even show that using a snow blower can also increase the risk of a heart attack due to the fact that pushing the blower raises your blood pressure.

If you find yourself falling into one of the above categories, try to find someone to shovel your snow for you. If you cannot avoid shoveling or using a snow blower, take the following precautions:

- Dress in warm layers
- Stretch before beginning
- Only shovel powdery snow
- Stay hydrated
- Lift with your legs and not your back
- Take frequent breaks and do not overexert yourself

- Do not have a heavy meal, smoke or drink alcohol prior to shoveling

In addition, be aware of the common symptoms of a heart attack:

- Mild to severe pain in the chest, neck shoulders, left arm or back
- Shortness of breath
- Nausea
- Breaking out in a sweat
- Rapid heartbeat
- Lightheadedness

Also keep in mind that symptoms can differ in women. While chest pain is the most common symptom in both genders, women are more likely to also experience the other symptoms such as shortness of breath, nausea and back or jaw pain.

On a personal note, my older brother just passed away suddenly and unexpectedly in October. He was “only” 75 years old but lived in Alaska where the temperatures are very cold and had just finished discarding a whole pick-up truck full of heavy lumber. I can only surmise that the strenuous activity in cold temperatures caused his fatal heart attack. So....please be careful when faced with the first measurable snowfall of this winter!

FROM DEATH TO NEW LIFE

After the inventor of the Frisbee died in 2002, family members honored his final wish: to have some of his ashes molded into a flying disk! The point, according to toy legend “Steady Ed” Headrick, was for his loved ones to have fun playing with him even after he had passed. “He lived for Frisbee,” said his widow, and now he lives on in one.

Thankfully, the ashes used on Ash Wednesday aren’t cremains. But they do have special significance. They’re often made by burning branches from the previous year’s Palm Sunday celebration. By tying together seasons, the practice of receiving ashes reminds us of cycles: sin, repentance and forgiveness, plus life, death and resurrection — Jesus’ as well as our own.

WOMEN OF THE EVANGELICAL LUTHERAN CHURCH OF AMERICA

Our monthly meeting was on January 11th where we discussed:

- *The Flame*, is in the process of being compiled and should be published in early February.
- Spring Fling and Service Event is scheduled for April 28, 29 at Kirby House. Registration details forthcoming.
- NEPA W-ELCA Convention is scheduled for June 24 at St. Paul's, Breinigsville.
- 12th annual Triennial – September 21-24 in Phoenix; more details forthcoming.
- Fall Justice Event – October 14, TBD.

Our monthly bible study was the first session of four parts: *The Ten Commandments: Reviving the Soul*, session one, *Dancing the Decalogue* (Commandments 1 and 2) by Christa von Zychlin. God's law is a great gift – one to celebrate with joy. The study gave special attention to Psalm 119 which is the longest psalm and goes through each letter of the Hebrew alphabet. God's word and teaching are an invitation to live the good life.

Mark your calendar and join us on February 8th at 9:30 a.m.

LOOKING FOR HELP ON AN OUTREACH PROJECT

Judy and I are considering joining an outreach project that involves making sleeping mats out of plastic bags – for donation to the homeless. The mats are crocheted out of plastic bags that are cut into strips, tied together, and then wound into a ball - called "plarn." Even if you can't crochet, you can help by creating the plarn for us to crochet. We can train you on the process, and it is a great way to get rid of plastic bags! If you are interested in helping out, see us at church or contact us –

Judy: disneyjudym@gmail.com or 610 914-7782;

Steph: stepbillwagaman@rcn.com or 610 395-0355.

Judy Noll
Steph Wagaman

ARE YOU BEING CALLED TO SERVE???

If you are called to serve, embrace the opportunities and the responsibility that come with that calling, because it will make a profound difference in your own life and in the lives of others. LEAD FROM WITHIN: The call to serve can come anytime, anywhere.

Our church is looking for one person to serve on the *St. Paul's Cemetery Association*. The board is comprised of 3 people from each church, and we currently only have 2 to represent our church.

The board meets quarterly and currently meets here at St. Paul's. Meetings for 2023 are scheduled for April 18, July 19, and October 18 [third Wednesday of the month] and start at 6:30; generally last about an hour. If anything comes up that needs to be addressed, there might be a meeting called.

Current board members are Sharon Bortz and Cal Fetherolf. Bob Nickisher and Bruce Wagaman have also been involved on the board in the past.

I ask that you put it to prayer and see if you are being called to serve!!!!

LET'S GO BANANAS!

When the baseball team in Savannah, Georgia, got new owners in 2016, it also received a new name and identity — the Bananas! Adding pep to what often seemed a long, boring game, Jesse and Emily Cole offered a creative new experience, full of entertainment and spectacle. Players wear all-yellow uniforms (sometimes kilts), and the mascot is a banana named Split. Cheering on the team are the Banana Nanas senior-citizen dancers and the Man-Nanas Dad Bod Cheering Squad. The entire organization sets out to bring hospitality and joy, sending people home thinking, “This was the best experience of my life!”

What if Christians, individually and as a community, fully embraced *our* new name and identity, sharing radical hospitality and profound joy with everyone? Jesus has bought us from our former owner, sin, and given us a new name: Beloved of God. This identity may seem silly to some, just as the Savannah Bananas raised eyebrows initially. But before long, the delighted fans were *going* bananas for them!

With the same wild abandon and big-hearted outreach, the church — with its much-greater message — can spread love and goodwill, and have fun doing it!

LENTEN SIGNALS

Why should we observe Lent? This 40-day season of repentance and reflection that begins on Ash Wednesday has three important purposes. Lent helps us STOP, LOOK and LISTEN.



We observe Lent because it tells us to STOP and rest awhile — and to stop sinning. Lent tells us to LOOK inward for an honest self-examination, to look upward to see the cross of Jesus with healing and love, and to look forward to the hope of the Resurrection. And we observe Lent because it tells us to LISTEN — to the voice of God, the words of Christ and the movement of the Holy Spirit.

STOP, LOOK and LISTEN! These commands that are so crucial for travel safety are also important for our journey through Lent.

GOING OUT OF OUR WAY

In mid-2022, Mediterranean Shipping Company, a world leader in container transport, voluntarily changed its routes, on the advice of scientists, to protect large populations of blue whales off the Sri Lankan coast. Going out of its way 15 nautical miles has led to a whopping 95% drop in whale strikes.

Jesus counseled people to go out of their way for one another, especially for the vulnerable: “If anyone would sue you and take your tunic, let him have your cloak as well. And if anyone forces you to go one mile, go with him two miles.” Further, “whoever gives one of these little ones even a cup of cold water ... will by no means lose his reward” (Matthew 5:40-41; 10:42, ESV).

Paul likewise urged his listeners to voluntarily give up eating meat, even if they didn’t believe in and weren’t challenged by the idols to which it had been sacrificed, for the sake of new believers with weaker faith (Romans 14).

Faith calls us to go out of our way for the sake of others; sometimes a wealthy corporation opts to do the same. God’s hand is at work in both, protecting vulnerable humans and nonhumans alike.

PRAYER CHAIN COMMITTEE



A note to let you know that if anyone is in need of additional prayers for someone in your family or someone you know, please call Judy Walker at #610-351-6040 or cell #610-573-7117. She will start the prayer chain by calling the people who serve on that committee. They in turn will keep extra prayers going for that person. All we need is a name of someone in need of prayer; a reason does not have to be given as to why you want the extra prayers.

If you would like to become a member of this committee, just let me know. I am contacting the Prayer Chain Committee electronically using text messages and email from my cell phone. If you do not have a cell phone or computer, we can still contact you by phone. So if you want to be of service to those who need extra prayers, just contact me using the numbers above or see me at Church. This only takes a brief amount of time and there are no meetings to attend! We all need extra prayers and they do not take a lot of time but are of great comfort.

HOSPITALIZED?

Parish Code for hospitalized parishioners is 321. Please give this code when you are admitted to the hospital so the pastor can be made aware that you are a patient and can administer the pastoral care you require while you are hospitalized.

Please take note, that if you are admitted on a Thursday night, Friday, Saturday, or Sunday, the pastor will not be aware that you are hospitalized until Monday mid-morning, since the church does not have office hours on Friday, and the hospital pastoral care office is not available on Saturday or Sunday.

This means, if you would like the Pastor to know you are hospitalized on the weekend, please call the church office or the Pastor.



We have opened the church, and we will still be sending cards to the members of the congregation. If you know of someone who is ill or hospitalized, please let the office know. We will send a card signed from the congregation.



5 Dick Steltz	14 Mary Schneider
8 Zack Dimovitz	15 Amanda Mesko
9 Rosalie Gallagher	17 Cindy Mount
9 George Sanchez	18 Denise Trainor
9 Avery Thompson	21 Skip Eisenhard
10 Tom Kellogg	21 Cindy Krasnansky
10 Carey Miller	24 Mark Maslany
12 Lacey Edwards	29 Alan Brumbach
12 Lillian Sicher	

SOUPER BOWL!!!

It is that time of year again when two National Football teams will compete in the Super Bowl to claim the title of CHAMPIONS on February 12! At the time of this writing, we do not know who will be in the Super Bowl (but this author's favorite color is green!). But it is also SOUPER BOWL Sunday. It is a time when we ask for donations of a dollar and/or a non-perishable food item to be given to the Allentown Food Bank.



We will set up a container for each team that competes in the Super Bowl and you will vote by your contribution for the team you want to win. So, come, vote, and be generous!

LENTEN OFFERING ENVELOPES

Enclosed in the newsletter is a Lenten envelope. There are also more envelopes available on the table in the Narthex.





Lent

RETURN TO THE LORD
your God,
FOR HE IS
gracious and
MERCIFUL.

JOEL 2:13

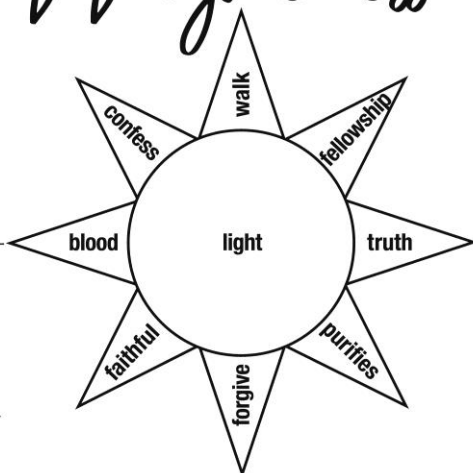


The light of forgiveness

The Lord is full of mercy and light. What happens when we confess our sins to God?

Directions:

Use the coded shapes to fill in the blanks and complete 1 John 1:7-9, NIV.



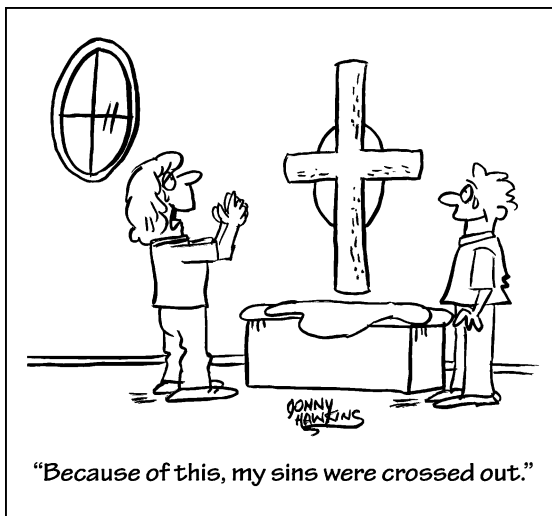
But if we _____ in the _____, as he is in the _____,
 we have _____ with one another, and the _____
 of Jesus, his Son, _____ us from all sin. If we claim to be
 without sin, we deceive ourselves and the _____ is not in us.
 If we _____ our sins, he is _____ and just and will
 _____ us our sins and purify us from all unrighteousness.

1 JOHN 1:7-9, NIV

Answer: walk, light, light, fellowship, blood, confess, faithful, forgive, truth, purifies, truth, confess, faithful, forgive

**DEADLINE FOR THE NEXT
NEWSLETTER IS
FEBRUARY 12, 2023**

**PLEASE HAVE YOUR
ARTICLES SUBMITTED TO
THE CHURCH OFFICE
BY THIS DATE.**



CHURCH OFFICE: 610-398-7000

HOSPITAL CODE: #321

HANDICAPPED ACCESSIBLE






EMAIL: office@stpaulsbbville.org

Website: www.stpaulsbbville.org

STAFF

Pastor..... The Rev. Carey L. Miller
Organist/Choir Director Ms. Judy Noll
Handbell Director..... Mr. Richard Steltz
Parish Secretary Mrs. Cindy Krasnansky

February 2023 St. Paul's Lutheran Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> March 2023 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div>			1 6:00 p.m.-Girl Scouts	2 9:30 a.m.-TOPS 6:15 p.m.-Joyful Ringers 7:30 p.m.-Choir  GROUNDHOG DAY	3 10:00 a.m.-NEPA Meeting	4
5 5TH SUNDAY AFTER EPIPHANY 9:00 a.m.-Morning Bells 9:15 a.m.-Sunday School 10:30 a.m.-Worship	6 9:30 a.m.-Bible Study 1:00 p.m.-Worship & Music Committee	7	8 9:30 a.m.-W-ELCA 7:00 p.m.-Council	9 9:30 a.m.-TOPS 6:15 p.m.-Joyful Ringers 7:15 p.m.-Evangelism Committee 7:30 p.m.-Choir	10	11 1:00 p.m.-5:00 p.m.-Social Hall Reserved
12 6TH SUNDAY AFTER EPIPHANY 9:00 a.m.-Morning Bells 9:15 a.m.-Sunday School 10:30 a.m.-Worship 11:30 a.m.-Annual Meeting Pot-Luck Lunch & Chocolate Desserts NEWSLETTER DEADLINE  Lincoln's Birthday	13 9:30 a.m.-Bible Study	14  <i>Valentine's Day</i>	15	16 9:30 a.m.-TOPS 6:15 p.m.-Joyful Ringers 7:30 p.m.-Choir	17	18
19 TRANSFIGURATION OF OUR LORD 9:00 a.m.-Morning Bells 9:15 a.m.-Sunday School 10:30 a.m.-Worship	20 CHURCH OFFICE CLOSED  Presidents' Day	21 6:30 p.m.-Haafsville Board Meeting	22 ASH WEDNESDAY 10:30 a.m.-Worship 7:00 pm.-Worship Washington's Birthday 	23 9:30 a.m.-TOPS 6:15 p.m.-Joyful Ringers 7:30 p.m.-Choir	24	25
26 FIRST SUNDAY IN LENT 9:00 a.m.-Morning Bells 9:15 a.m.-Sunday School 10:30 a.m.-Worship	27 9:30 a.m.-Bible Study	28				

WORSHIP ASSISTANTS

February 2023

If you cannot fulfill an assigned duty, please call the church office at 610-398-7000
or the Council Person of the Month - Bruce Wagaman 610-504-7589

Sunday, February 5, 2023

9:00AM

(Masks Required)

No Assistants

10:30AM

(Masks Optional)

Carl Seibert, Judy Walker

Altar Guild: Esther Seibert

Communion Asst: Anita Eisenhard

Communion Bread: Madeline MacMechan

Greeter: Carol Derr-Breinig

Lay Asst: Sharon Bortz

Reader: Bob Nickisher

Sunday, February 19, 2023

9:00AM

(Masks Required)

No Assistants

10:30AM

(Masks Optional)

Lacey Edwards, Amy Williams

Altar Guild: Amy Williams

Communion Asst: Bob Bruchak

Communion Bread: Alice Bastian

Greeter: Lacey Edwards

Lay Asst: Daisy Pearson

Reader: Jennifer Bentsen

Sunday, February 12, 2023

9:00AM

(Masks Required)

No Assistants

10:30AM

(Masks Optional)

Bob Bruchak, Andrew Bruchak

Altar Guild: Jennifer Bentsen

Communion Asst: Pamela Craig

Communion Bread: Bob Bruchak

Greeters: Carl & Esther Seibert

Lay Asst: Rosemary Lehman

Reader: Nancy Miller

Ash Wednesday, February 22, 2023

10:30 AM

(Masks Optional)

No ushers

Altar Guild: *(none)*

Comm. Asst: *(none)*

Comm. Bread: Pastor Miller

Greeter: Cindy Krasnansky

Lay Asst: Sharon Bortz

Reader: Judy Noll

7:00PM

(Masks Optional)

Sharon Bortz, Rosemary Lehman

Altar Guild: Rosemary Lehman

Comm. Asst: Daisy Pearson

Comm. Bread: Pat Spencer

Greeter: Bruce Wagaman

Lay Asst: Sandi Wagaman

Reader: Daisy Pearson

Sunday, February 26, 2023

9:00AM

(Masks Required)

No Assistants

10:30AM

(Masks Optional)

Jennifer Bentsen, Cal Fetherolf

Altar Guild: Jennifer Bentsen

Communion Asst: Peggy Saylor

Communion Bread: Carol Derr-Breinig

Greeter: Peggy Saylor

Lay Asst: Sharon Bortz

Reader: Cal Fetherolf



SYNOD NEWS

NORTHEASTERN PENNSYLVANIA SYNOD, ELCA



FriEDEN'S: An Amazing Garden Story

A few weeks after the lockdown in the spring of 2020, I called a neighbor in town who had a garden in her front yard. It's Shartlesville, and the PA Dutch are used to their yards looking *just so,* so I knew this was a brave woman who loved gardening vegetables more than public opinion. I also knew she didn't have room for pumpkins in her small yard, so I called and proposed we plant some viney crops up on our church property. She agreed and even had the seeds, gardening skills, and ideas, so after consultation with council, the garden was born. We sent our crop to the neighboring UCC congregation's food pantry, and with the excess had physically- distant free produce giveaways.

In 2021, we expanded the garden by half, to about 50 by 75 feet. We watered each plant via a recycled gallon milk jug with a pinprick in the bottom. The plants were happy, but our backs were not. It took 45 minutes to an hour to water all the jugs, which we did nearly every day because the garden is in full sun. The black plastic we used for weed suppression became a slip-and-slide while we irrigated.

In 2022, we were able to install a drip irrigation system that did not require filling milk jugs and weed suppression fabric that was not slippery. The fabric required using a blow torch to make holes for planting but will be able to be used for multiple years. The irrigation only required turning on the spigot and letting it run for several hours, which was a true God-send because we had some unexpected health issues on the garden team that limited our volunteer force! It was an extraordinarily dry summer, so the grant came just in time.

This past summer we had 21 people volunteer in the garden, took produce to 5 food pantries or senior centers, including Cafe Esperanza in Reading, and welcomed 29 people into the garden at a joint VBS. Not only are we feeding our neighbors with free, fresh, pesticide-free produce, but we are also getting to know our neighbors, developing new connections in the congregation among volunteers, teaching children about food insecurity and the joy of gardening, and passing on agricultural wisdom.

Submitted by Pastor Inge Williams

SYNOD
ASSEMBLY



2023

GOING
BEYOND
DEATH
TO LIFE

JUNE
1-3

What's happening at Kalahari?

- Plenaries full of important decisions like the next Vice President of the Synod and the next Secretary.
- Small group breakouts with important and timely topics like small rural ministry, growing young, anti-racism, innovative worship, and more...
- Vibrant worship featuring Agape (David Scherer) and spoken word poet, Joe Davis.
- Free time activities and gatherings.
- And an incredible guest preacher for our festival worship (announcement coming soon.)

*We're hard at work planning
this incredible event!*



SO, LET'S GET BACK TOGETHER,
RECHARGE, WORSHIP, AND ENGAGE IN
THE BUSINESS OF CHRIST'S CHURCH.

The Rev. Nelson Quinones, Dean
The Rev. Jean L. Huber, Assoc. of the Bishop

610-653-5858
610-704-5133

Elizabeth Leibenguth, Mission District Chair
Mrs. Linda Smith, Newsletter Editor

484-550-0057
610-437-9927

March, 2023 LMD NL news will be due Feb. 13, 2023. E-Mail any information to me at lmd.newslettereditor@gmail.com.

Community Free Dinners – St. John's Lutheran Church, 1028 Church Street, Fogelsville. Dinners will continue the 3rd Friday, every other month (except November, when it will be held on the 2nd Friday) from 5-7 PM. Dinners are served "to-go", while supplies last. All are welcome.

The Clothes Closet is open: We only have one person trying to help a lot of people at one time. **Another person is needed to help people shop.** The hours are **Thursday mornings 9:30-11:30.** We want to keep this vital ministry to the community going. For more information, please contact Leslie Talago, Parish Administrator at St. Luke's Lutheran Church at [610-434-3943](tel:610-434-3943) or email LETalago@StLukesLuth.org. Thank you to all who help contribute things!!

CROP Thank You

Thank you for helping our 2022 Greater Allentown CROP Hunger Walk raise

\$31,822.55 (as of 1/13/23) to help our neighbors in need locally and around the globe!

As a result of your faithful efforts, the Allentown Area Ecumenical Food Bank and

Lehigh Conference of Churches Kitchen will each receive over \$3900 for their vital ministries,

and our food insecure neighbors who have survived floods, drought, war, and other disasters are receiving life-giving assistance.

Let's continue to increase awareness of the need and encourage family, friends, and others to join us in helping our food insecure neighbors with **ONLINE**

GIFTS at <https://www.crophungerwalk.org/allentownpa>

Alternatively, **CHECKS FOR "CWS/CROP"** may be sent ASAP to Linda Held, Allentown CROP Hunger Walk Treasurer, 3441 Devonshire Road, Allentown, PA 18103.

BIRTHDAY or ANNIVERSARY GIFT IDEA: In honor of loved ones, give the gift of life to neighbors in need with a **GIFT TO "CWS/CROP"** at <https://www.crophungerwalk.org/allentownpa>

Debi Olphin, CROP Hunger Walk Coordinator for **Asbury United Methodist Church in Allentown**, shared this inspiring report and the attached photo:

Asbury Church is very mission minded. The United Methodist Women and a group called Asbury In Missions (AIM) are constant supporters

of the CROP Hunger Walk. **AIM has a monthly Mission brunch** with a donation request. They also collect **spare change** at the end of each church service to donate to mission groups all year long.

My biggest tip is to keep an **ongoing list** of names and contact information year to year: family, friends, church family, bank, and employers. (I graciously ask for more every year.)

Start promoting early, requesting donations, and recruiting walkers. Keep walkers informed and engaged leading up to the day of the walk.

Set up your **CWS online page**. **Email** all contacts in your address book. Post to **Facebook** if you have an account. Give yourself time so you can **follow up** a few times with your request to people you haven't heard back from yet.

CWS gives so much **educational information** on their website. Share tidbits with your requests.

I send a **"thank you"** as soon as I receive a donation with info about what that donation means, no matter what the amount, e.g., \$50 provides one month's food for a family of five through a refugee program or provides a first-aid kit for an entire village.

Fundraisers can be held **anytime** of the year for the CROP Hunger Walk.

Since COVID, the day before the walk, my husband and I plan a day for a **drive-by food bank collection** at church for the Allentown Ecumenical Food Bank. We have collected hundreds of pounds of food each time. Even my husband's coworkers contribute each year. It's contagious once you get started. **Just ask!**

Thank you, Asbury UMC, for your life-giving ministry and for sharing some great ideas about how to increase awareness and enthusiasm for the CROP Hunger Walk and other ministries to help our food insecure neighbors near and far!



*ASH Wednesday
February 22, 2023*

Dear Lehigh Mission District Antisemitism on our Doorsteps

The ripple of antisemitism against the Jewish community has reached the Lehigh Valley area. However, before we can address this topic, we need to confess that Dr. Martin Luther was antisemitic.

What does this mean? Dr. Martin Luther perpetuated lies, biases, and prejudices about the Jewish community that led to the persecution of Jews in Germany through his writings.

One of Luther's books was titled, "On the Jews and their Lies" -- ironic since it was Luther perpetuating lies about the Jewish community in Germany. The Protestant reformer wrote other books, pamphlets, and preached sermons that expressed his hate against the Jewish community.

Historian and Martin Luther biographer, Dr. Lyndal Roper, writes, "Luther's vicious anti-Semitism has been one of the most fraught subjects in the history of Lutheranism, because it has been difficult for scholars after the Holocaust to recognize and accept its nature and extent." (Martin Luther: Renegade and Prophet, 2016. Pg 413.)

What does this mean? Luther was antisemitic towards God's Chosen People. Many Lutherans seem to have an entitled ignorance when it comes to addressing Luther's antisemitism and its history in Lutheranism.

Lutherans should not give carte blanche to Luther's antisemitism. Our Lutheran confession needs to continue to denounce Luther's antisemitic writings as wrong and evil both then and today.

I took the Joint Catechetical Classes from St. John's UCC and St. John's Lutheran Church to a Jewish temple. We met our host of the evening, Martina Obenski, for a discussion on similarities and differences between Christians and Jews, followed by a Shabbat service. There we were worshipping the same God, acknowledging the same Jesus, and hearing the same Scriptures.

However, antisemitic threats from a man in New Jersey sent a ripple through our host synagogue, Congregation Keneseth Israel in Allentown, and forced them to take safety measures. A plain clothed police officer monitored the entrance to the synagogue during our visit.

There we were wearing a kippah, looking like tourists, and being unaware of the Jewish community being threatened. Our Christian entitled ignorance overlooked this palpable difference that traumatizes the Jewish community.

Por qué? Why do Christians overlook the effects of antisemitism? Because we don't know what it means to feel threatened. We don't know what it means to have an undercover officer at the doors of our churches for protection. We don't worry what others may say about our Christian faith because we are the dominant religion.

At the end of the Shabbat service, we left behind the kippah and returned to the safety of our home. Our Jewish siblings don't have that privilege when they go to worship, when they go home or to work or to school. There is a clear difference between Christians and Jews.

An important similarity in the Torah and the New Testament is a teaching of Moses and Jesus who taught, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the greatest and first commandment." The second commandment is like it: "You shall love your neighbor as yourself. On these two commandments hang all the Law and the Prophets."

What does this mean? The passion found in our heart calls us to deepen our affection with God. The soul's call is to awaken our consciousness to see God around us. The mind calls us to reflect our thoughts on the ultimate concern. That is God.

Jesus wraps the heart, soul, and mind together with the highest form of love called agape. We are to take the intensity of our heart, soul, and mind and show our neighbor unconditional love.

Moses and Jesus taught us to love the Lord your God and love your neighbor as yourself.

The Rev. Nelson Quiñones,
Lehigh Mission District Dean

OPERATION SUNSHINE

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Phone: 610-435-9155

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Paula & Dick Skelly Co-Trip Coordinators

Operation Sunshine is a non-profit fellowship opportunity within our Mission District, run solely by volunteers.

Mar 15 (Wed.) – Dutch Apple Dinner Theatre – SISTER ACT: Based on the musical comedy movie, *Sister Act* tells the hilarious story of Deloris Van Cartier, a disco diva, whose life takes a surprising turn when she witnesses a murder and the cops hide her in the last place anyone would think to look – a convent! Under the suspicious watch of Mother Superior, Deloris helps the secluded sisters find their voices as she unexpectedly rediscovers her own. A sparkling tribute to the universal power of friendship, *Sister Act* is reason to rejoice!

Bus leaves St. Timothy's at 10:00 - Return approx. 5:15 PM

Cost \$117 - Payment Deadline: Thurs., Feb. 16, 2023

April 27 (Thur.) – Paper Mill Playhouse – MURDER ON THE ORIENT

EXPRESS: The exotic Orient Express is about to go off the rails! With a train full of suspects and an alibi for each one, it's the perfect mystery for detective Hercule Poirot, n'est ce pas? Adapted from Agatha Christie's masterpiece. Private Buffet Luncheon at The Stage Tavern in Mountainside featuring main courses of House-Made Cheese Ravioli, Chicken Piccata and Herb Roasted Pork Loin with Mushroom Gravy. All this served buffet style with soup and salad, some sides and assortment of desserts.

Bus leaves St. Timothy's at 9:30 AM - Return approx. 5:00 PM

Cost \$130 - Payment Deadline: Thurs. Mar. 9, 2023

MULTI-DAY TRIPS

April 20 to April 23, 2023 (Thru - Sun) – PARADE OF NATIONS AND

VIRGINIA INTERNATIONAL TATTOO: This trip includes a 3-course dinner on The Spirit of Norfolk Dinner Cruise, Reserved seats for the 70th Annual Parade of Nations, a performance of the Virginia International Tattoo Show (the term "Tattoo" here is a ceremonial performance of military music by massed bands from around the world including acrobats, choral groups, and precision military drill teams), and much more. **Call the office to receive a full itinerary and pricing. Final payment is due by March 1, 2023**

September 17 to September 23, 2023 (Sun.-Sat.) – CHICAGO WITH AN 2 OVERNIGHTS IN CLEVELAND

Join Operation Sunshine to visit one of the great cities of the US, Chicago, IL. This fun-filled trip is packed with activity. On our way out to Chicago, we will stop for an overnight in Cleveland where we will visit the Rock and Roll Hall of Fame. In Chicago, we will have a guided bus tour of the city, a visit to the Navy Pier is also in our itinerary. We will visit Chicago's famous "Skydeck," the Shedd Aquarium, the Lincoln Park Observatory, a cruise on Lake Michigan and More! Our overnight in Cleveland on the return trip will include a bus tour of the city. **Call the office to receive a full itinerary and pricing. Final payment is due by July 31, 2023.**