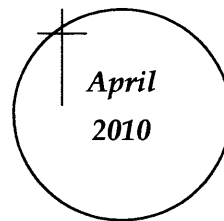


THE EPISTLE

The Newsletter of the People of St. Paul



St. Paul Mission Statement

“As disciples in Christ’s church, we gather to worship, to grown in faith, and to serve our community and our world.”

I was reading my March/April 2010 edition of Lutheran Partners, a magazine for rostered leaders of our church and the theme for this issue was *Ministry with and among Young Adults*. Then I read the first article from William Decker, the editor, and he begins “ I have some sad news. The magazine was part of significant budget reductions at the church-wide office last November. Therefore, this is your last issue, both in print and online.”

Basically, the entire last issue is helping us focus on sharing the gospel with young adults—young men and women between the ages of 18 and the early 30’s. At St Paul church it doesn’t take you long to realize that we have not done a great job of reaching and integrating this group into our congregation.

What is this age group looking for, what struggles are they dealing with? Are they even turning to the Church for answers? My concern is that this 18-30’s group is filling up their lives with so many, many “things”, that

they have no idea that their lives are wanting. Do they just want the newest technological gimmick or the hottest Christian rock? Perhaps the Church has made a huge mistake by doing the same old thing, repeating old formulas, reusing ministries that we think this age group needs.

This age group also seems so busy with a myriad of activities that church attendance is not always high on their list of “things to do.” Young people who want to be disciples are going to use their gifts as God has shown them. The Church and this congregation must be a place where this age group feels wanted, needed, and as a congregation will make room for them.

St Paul church must offer opportunities for meaningful ministry and outreach as we all witness to our community and our world.

A Blessed Easter to you all,

Pastor Jim Gable

Dear Sisters and Brothers in Christ,

“THE 411 ON EASTER”

It's not about lilies,
It's not about bunnies.
It's not about candy, though chocolate is yummy.
It's not about bonnets or outfits or brunch.
By now, I believe you may just have a hunch...

That Easter is special, unlike any other,
A day to worship, a day to rejoice,
A day to raise “Alleluia” from the grave with each voice.
For Christ Jesus our Lord was resurrected this day,
After dying a cruel death, for our sin he did pay.
Our risen King is triumphant, new life is his gift.
To those who were baptized into his life, death and raising,
To God, the Almighty we all should be praising.

Abundant Life, resurrection and eternal life is our hope.
These promises of God's grace surely help us to cope.
For when life's journey is hard and we are facing despair,
We can see the empty cross and tomb, knowing Jesus is not there.
He is alive in our midst, bringing peace, love and glee,
Go share this “Good News” with all those you see.

(LCH, 2010)

I invite you to attend Holy Week Services at St. Paul.

Easter blessings,
Pastor Linda Hanus



Holy Week Services



Passion/Palm Sunday—

8:00 a.m. and 10:45 a.m.

Procession with Palms and The Passion of our Lord Jesus Christ according to Luke.

Maundy Thursday—

11:00 a.m. and 7:00 p.m. Holy Communion at both. Foot washing and the Stripping of the Altar at 7:00 p.m. only.

Good Friday--

Noon Community Service here at St. Paul and Tenebrae Service at 7:00 p.m.

Easter Vigil—

Saturday, 7:00 p.m. at Brickerville United Lutheran Church (an LCO event)

The Resurrection of Our Lord-

6:30 a.m. Sunrise Service at Machpelah Cemetery

8:00 a.m. and 10:45 a.m. Festival Holy Communion Service

LAY SCHOOL OF THEOLOGY

2010 Summer Theological Offerings: Find time for RENEWAL, inspiring STUDY, entertainment, and great CONVERSATION.

The Lay School of Theology at Gettysburg Seminary is offering two sessions of study:

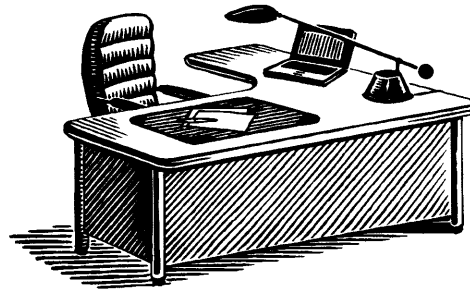
June 20-26: Faith In, With and Under the Cutting Edge

July 25-31: A Dynamic Contemplative Life: Prayer, Sin and Freedom

Each week offers resident or commuter, full program, 3 day program or single days.

They offer Early Bird Registration.

Stop in or call the St. Paul office for registration information.



Stewardship Ministry Team

The Stewardship Ministry Team has begun the process of setting goals to help us focus our tasks as we lead St. Paul through the process of renewal and reaffirmation of our faith in Jesus Christ, and our work as a church. We are using the book, *Ask, Thank, Tell: Improving Stewardship Ministry in Your Congregation* by Charles R. Lane as our guide, and began by discussing our reactions to the book, and brainstorming our own visions for St. Paul. Our team's mission is to find ways for the congregation to feel comfortable ASKING each other to share our gifts, THANKING God and each other for the gifts we receive, and TELLING others about our relationship with Jesus Christ and with each other. This will not happen through the work of just a few members of the Stewardship Ministry Team, but will require the participation of each disciple at St. Paul.

Several goals were identified at our last meeting that relate to the ASKING part of our work together, and we wanted to share these with the congregation as we continue the process of goal setting in the areas of THANKING and TELLING.

1. Creating a discipleship vs. membership attitude
2. Promoting stewardship values and cheerful giving
3. Encouraging small group development to facilitate relationships and outreach

As we continue to set stewardship goals and move toward the "work" needed to see these goals become reality, we will be asking for your prayers, your minds, and your hands to help us. Together we will continue to challenge each other, share the good news of the resurrection with others, and thank God for his many blessings. Through our thoughts and deeds we can continue the mission that "As disciples in Christ's church, we gather to worship, to grow in faith, and to serve our community and our world."



BRIDGE OF HOPE®
LANCASTER &
CHESTER COUNTIES

Garden Luncheon

Bringing new life to single homeless mothers and their children

SATURDAY, April 17, 2010

11:00 AM — 1:30 PM

Eden Resort Inn, Lancaster



SPEAKER: Denise Cowie

Former columnist of "My Backyard" for the
Philadelphia Inquirer. Recent coordinator of the
Greater Philadelphia Gardens

**TOPIC: Extraordinary
Gardeners**

The Art of Cultivating People and Plants

SILENT AUCTION

Over 90 gardening & other items

FOR MORE INFORMATION

www.BridgeofHopeLCC.org
717-394-7406

A Message from Missions



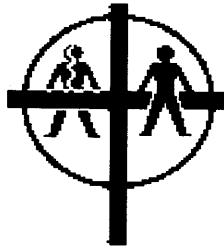
It's been a year since the Lian family came from Malaysia to the USA and made their home in Lititz. The members and friends from the LCO congregations have been so generous and have done so much to welcome the Lians into our midst and by the same token, the Lian family has done so much for us in welcoming us into their family, their culture and their native country, Myanmar. Happily, John has secured a job with Tyson in New Holland. Don Stauffer has been transporting John to and from New Holland thus far, but could use some help in this endeavor. If you are able to give him a hand, please contact Don. (626-4109). Meanwhile, the family continues to thrive and is becoming more and more independent.

On Tuesday, February 2nd, our missionary to Costa Rica, Stephen Deal, spoke to a group of interested people from both our congregation and Brickerville United Lutheran, about his work in Central America. Stephen started his talk by asking us what our involvement was in mission and while we responded, he wrote a rather significant list of activities on the blackboard that covered one entire side. I think we were all happy to see how far our efforts reach out from our community to global mission. Stephen thanked us for our support in his work and shared his ministry with us via a very compelling power point presentation. Although his family had to get back to Costa Rica for the beginning of school, it was wonderful to make a personal connection with Stephen.

May Easter blessings be yours!

Susan Yeager

Stephen Ministry



Stephen Ministries—35 years and counting!!

1986-1990

In 1986 the rapidly growing organization moved into the four-building campus on Dale Avenue—an office building flanked by two small houses, with a warehouse across the street. Rapid growth and the demand for Stephen Leader training led to our offering a sixth annual LTC (Leader Training Conference) beginning in 1987. Publication of Antagonists in the Church in 1988 marked a move into new areas of ministry resources.

Creating Good Out of Chaos

“There is no situation so chaotic that God cannot, from that situation, create something that is surprisingly good. He did it at creation. He did it at the cross. He is doing it today.” Handley C. G. Moule (1841-1920) Anglican bishop and author.

Stephen Ministry Class Update

After an Easter break, classes will continue for every Saturday morning through April and May. Thank you for your prayers for our class participants; and we hope that you will continue to keep us in your thoughts and prayers.

St. Paul Community Nursery

Is Spring Fever setting in?

Please join us for a night out.

St. Paul Community Nursery School's
Isaac's Night Fundraiser

April 7, 2010

4 p.m.—9 p.m.

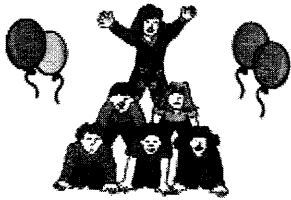
Eat in to share a meal with family and
friends.

Or Take out and enjoy a night free of
cooking and dirty dishes.

Please look for the St. Paul Table and
pick up a flyer to benefit the Preschool.

Money raised will be used for St.
Paul's annual School Carnival.

We hope to see you there!



WELCA

Circle Meetings

St. Paul Circle at Luther Acres

Meets 1st Wednesday of the month at
1:15 p.m.

In the Luther Acres Activity Room

Ruth Circle

Meets 1st Sunday of the month at 9:30
a.m. in the Church Library

Please note for April, the 1st Sunday is
Easter, so Ruth Circle will be meeting
April 11

Topic of Study for April:

Trust-Does God Keep Promises?

Theme Verse: Romans 11:29

Presenter: Susan Yeager

A Gift to Glorify God

The Endowment Fund of our church is an effective and efficient way to respond to God's love by giving a lasting gift for the ongoing work of God's church at home and abroad. Gifts, large or small, to the fund are appreciated.

The Endowment Committee is encouraging you to consider a gift this year to the *Glory of God in honor of/or in memory of your Mother* on Mother's Day, May 9th. Please complete the form below and return it with your contribution to the church office no later than Sunday, May 2nd. You may also place the form in an envelope, mark it "Endowment Fund," and drop it in the offering plate or mail it to the church office. Checks should be made payable to "St. Paul Lutheran Church."

A list of contributors (name only) to the fund will be printed in the bulletin Sunday, May 9th unless anonymity is requested.

(Please Print Clearly)

Amount enclosed _____

Given to the Glory of God in Honor of _____

Given to the Glory of God in Memory of _____

Given by: _____

Phone: _____

Youth Mission Trip
Lake Station, IN
(near Chicago)
July 11-17, 2010

In September 2008, severe storms caused unprecedented flooding in northwest Indiana. 22,000 families were affected with hundreds still displaced.

LutheranHANDS is partnering with the Lakeshore Area Regional Recovery of Indiana to provide assistance to neighborhoods struggling to rebuild.

In July, LutheranHANDS will be bringing 200 folks from the Lower Susquehanna Synod to answer God's call to serve.

Our youth and adult leaders are part of that crew!

We would like to ask you to consider helping us.

We are looking for pledges to be made to sponsor our trip.

Fill out the form below

with an amount of your choice and put it in the offering plate or mail it to St. Paul-ATTN. Lori Nikoloff.

We do not need any money now.

We will contact you in late May for your pledge money.

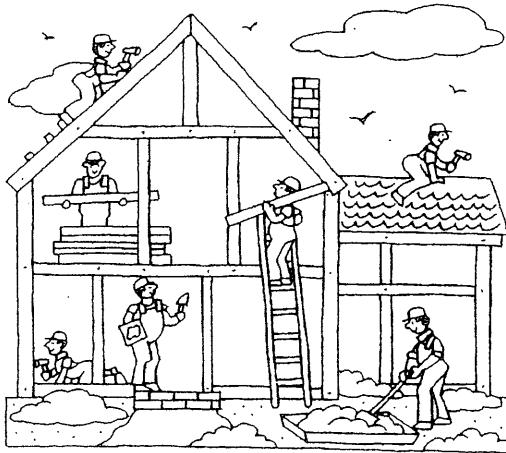
As always, we appreciate your support of our youth programs.

Thank you.

Name _____

Amount pledged \$ _____

Phone number _____



"YOUTH" WEEKEND 2010

With Guest Artist and St. Paul Friend,

Shawn Smith

April 24 & 25, 2010

SATURDAY, APRIL 24



6:30pm – 9:00pm

Dogs-n-Songs

*Activities, hot dogs, 'smores, and spiritual singin' 'round the campfire with Brother Shawn Smith
All are welcome to join us for the evening of good eats and good fun!*

9:00pm-11:00pm

Young folks in grades 3 and up are invited to stick around for more activities, snacks, and togetherness.

Overnight – Jr./Sr. High Lock-In

Bring your friends!

SUNDAY, APRIL 25

Breakfast

Overnight guests are treated to made-to-order waffle buffet (yummy!)

10:00am Worship

Youth-led worship service begins with Songs of Extreme Praise at 9:45am. There is only 1 worship service today and no Sunday School. Brother Shawn Smith will be giving the message. A special offering will be taken to benefit Shawn's ministry.

11:30(ish)am

Following worship, join us in the narthex for some "retail therapy" and check out Shawn's goods from Guatemala as well as his musical goodies. Little sandwiches and snacks will also be provided to make your shopping more fun!

**"YOUTH" WEEKEND ENCOURAGES EVERYONE OF EVERYAGE TO COME TO CHURCH
AND RENEW THEIR SPIRIT WITH SONG AND FELLOWSHIP!**

Special thanks to the Friends Fellowship Sunday School Class, Mrs. Cathy Stine, and the Adult Choir for providing our great eats this weekend!!!

Friends of Luther Acres

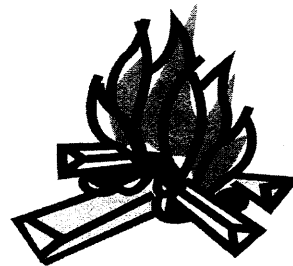
Beginning on March 28 and continuing through April, you are invited to become a Friend of Luther Acres by making a donation to the JUST IMAGINE IF...Campaign. The campaign goal for this year is \$12,000. These donations will be used toward the purchase of multi-media, computers and multi-sensory equipment. The new activities program utilizing these purchases will provide entertainment, help with communication with family members, and promote life-long learning for our senior residents. The residents have expressed interest in using computers for genealogy, viewing digital photos, playing games and having access to email. You can make a donation before and after church at the display in the narthex or make a gift directly by sending a check payable to "LutherCare" with a memo line of "Friends of Luther Acres". Mail this gift c/o Keri Bloom, 600 E. Main St., Lititz, PA 17543. Please consider making a generous gift and becoming a Friend.

Lutheran Camping Activities

- April 5—Early Camp (Discount)
Registration Deadline
- April 18—Summer Camp Open House
- April 17—Work Day
- May 7—Senators Baseball Game
- May 15—Garden & Tea Party

For more information on the Programs and Events, go to:

www.lutherancamping.org/events

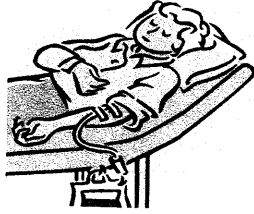


Be A Blood Donor ...

***Give The Gift
Of Life!***

**Announcing The
Next St. Paul**

Blood Drive



Thursday, May 13

**2:30 PM to 7:00 PM
In Our Social Hall**

A sign up sheet will be located in the narthex from April 18 through May 9. Sign up for a time that suits your schedule. This is the first of three blood drives scheduled for our social hall for 2010. It is held as a convenience to our members and other donors in the Lititz area. ***We need more St. Paul members to join us in this important outreach to others!***

If you have any questions about your eligibility as a blood donor, call the blood bank at 544-0170. Be sure to report any medications you take or have taken recently (even aspirin or Tylenol), any recent illnesses, or any shots or needle sticks, including ear piercing, in the past year. ***Flu shots or the inhaled flu vaccine eliminate you for 7 days.***

Other questions or concerns can be directed to St. Paul's blood drive coordinator:

Don Campbell 626-8078

You can donate ... if you are healthy, 17-65 years old, weigh at least 110 lbs. and have not donated in the past 56 days.

The blood donation process takes less than an hour, including registration. Confidential questions about your health history will be asked by trained staff. They will check your temperature, iron level, blood pressure and pulse.

The actual donation takes only 7 to 10 minutes during which approximately a pint of blood will be collected. **This pint of blood has the potential to save up to 3 lives** and is used locally by LGH to treat accident victims and those with other life-threatening situations.

Refreshments are then available before your blood pressure is rechecked and you can resume your normal activities.

New Donors Are Needed!

There are a number of St. Paul members who regularly support our blood drives and their efforts are deeply appreciated.

However, we constantly need NEW DONORS to come forward and join us in this important gift to others.

While medications and health issues eliminate some of our members,

**MANY OF YOU ARE ELIGIBLE
BLOOD DONORS!**

Mark your calendar, look for the signup sheet in the narthex and

"Give The Gift Of Life"
On May 13th

Just Imagine If...



Friends of Luther Acres are volunteers who support and advocate for the residents of Luther Acres Senior Living Community. *Friends*, celebrating 30 years of ministry, donate their time, talent and monies to enrich the lives of our seniors. The “*Just Imagine If...*” campaign will support the residents in Luther Acres Manor.

Just Imagine If... technology using multimedia, computers and multi-sensory equipment integrated into an Activities Program for our seniors. New programming providing entertainment and enjoyment; enhancing communication with family; and promoting lifelong learning. Multi-media centers stimulating and nurturing resident's spirits.

Just imagine if... computers with touch screen monitors and big button keyboards specially designed for use with seniors buzzing with excitement! Residents have expressed interest in using computers for genealogy, viewing digital photos, playing games and having access to email.

Just imagine if... through the use of Webcams and Skype, residents talking, laughing and visiting with families across the miles.

We invite you to be a Friend of Luther Acres today by making a donation to our *Just Imagine If...* campaign. Through our goal of \$12,000, we will begin our journey to *Just Imagine If...* You may participate through your congregation or make a gift directly by sending a check payable to “LutherCare” with a memo line of “Friends of Luther Acres”. Please mail your gift c/o Keri Bloom, 600 E Main Street, Lititz, PA 17543. Thank you for being a *Friend*.

 **LUTHER ACRES**
A LutherCare Community

There will be a table in the narthex every Sunday in April.

Artisans of St. Paul

“Talent Galore”, that was the theme on March 16 at the second meeting of the Artisans of St. Paul. Each member was there to show and tell about his or her craft or art. The First St. Paul “Holiday Bazaar” is also in its planning stage. We are still looking for interested persons. Look for updates as the year moves on. Please call Joe Doster for more information. 560-3739.

The Artisans of St. Paul will be holding its first Craft Night on Tuesday, May 4 in the lounge. This months craft will be paper bead making with Joyce Groff. Please call Joyce for more information. 627-1901.

LCO

Lutheran Community Outreach—LCO would like you to mark your calendars. On Saturday, May 1, LCO will sponsor the 1st Annual Hugs and Kisses Benefit walk/bike/run on the Mount Gretna rail trail at 1 p.m. The walk will begin in Colebrook beside the Twin Kiss and head toward Mount Gretna on the trail. All proceeds from this year’s event will go to benefit the families of Bill Strauss (BULC) and Troy Snader (St. Paul/Lititz). Going forward, plans call for LCO to designate beneficiaries each year from among our member churches. Participants are asked to acquire sponsors or make a \$10 donation the day of the event. All checks can be made payable to LCO. Sponsor sheets will be distributed to all LCO churches in early February. LCO thanks you in advance for your support on behalf of these member families.

(W)holy, (W)holy, (W)holy

Health, Healing and Wholeness Article

April 2010

“Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.” (Genesis 18:8, NRSV)

Some Biblical scholars believe that the *curd* with which Abraham fed his heavenly visitors, might actually have been a form of what we now call yogurt (NLV). Indeed the word yogurt comes from the Turkish for “thick milk”. Both curds and yogurt come from milk, however, there is a slight difference in the way each is produced. Yogurt is produced by introducing certain types of edible, helpful bacteria [probiotics] to milk and allowing fermentation to occur (breaking down the sugar lactose). Curds, on the other hand, are produced by the curdling of milk with an enzyme called ‘rennet’ or by adding an edible acid, such as lemon juice or vinegar, to the milk. These acids cause milk proteins to tangle into solid masses, or curds. Milk and milk products – from a variety of sources [goat, cow, camel] played a vital role in the daily lives of the Hebrew people, and are mentioned numerous times throughout the Bible.

Perhaps you have seen ads on TV or in magazines for a “new” type of yogurt which promises “to be scientifically proven to help with slow intestinal transit when eaten daily for two weeks as part of a balanced diet and healthy lifestyle” [it relieves constipation], thanks to the introduction of something called *Bifidus regularis*. *Bifidus* *wha-is?* *Bifidus regularis* is a probiotic – helpful bacteria that when added to food (in this case, yogurt) and ingested, helps to maintain the natural balance of organisms in the intestines. Helpful bacteria are “vital to proper development of the immune system, to protection against microorganisms that could cause disease, and to the digestion and absorption of food and nutrients.” (www.nccam.nih.gov – *Get the Facts: An Introduction to Probiotics*). Foods containing probiotics include yogurt, miso, tempeh, and some soy beverages. The National Center for Complementary and Alternative Medicines (NCCAMM) reports that sales of probiotics in the US nearly tripled from 1994-2003.

(Continued on page 16)

(continued from page 15)

For years, doctors have encouraged the use of regular yogurt as a means to correct diarrhea that is linked to antibiotic use (antibiotics tend to eliminate both good and bad bacteria in places such as the digestive track). A decrease in beneficial bacteria can also lead to other infections within the urinary track, and trigger yeast infections in women. Scientific studies of probiotics continue. The NCCAM indicates that there is "some encouraging evidence" that specific probiotic forms may be useful in:

treating other types of diarrhea, especially rotavirus (the plague of daycares)

treating irritable bowel syndrome (IBS)

reducing recurrence of bladder cancer

shortening how long an intestinal infection lasts when caused by a bacterium called *Clostridium difficile* or *C.diff* (a particularly nasty bacteria that causes intestinal infection in some long-term-care settings)

preventing and managing atopic dermatitis (eczema) in children. (*Get the facts ...*)

So... does it really work? More information is needed, in particular in probiotic use by small children, the elderly, pregnant or nursing mothers, or by folks who have a compromised immune system. But there is promise. Tufts University School of Public Health and Tropical Medicine is studying the possibility of certain probiotics being used to treat diarrhea in undernourished children of third world countries.

Side effects of use are typically mild, but can include allergy, gas or bloating, and there is always the potential for adverse interaction with prescription and over-the-counter medications. The bottom line is this, **always consult your health care provider before you plan to use any form of dietary supplement, including probiotics.**

Blessings!

Debbie Best, Family Life Services, Diakon Lutheran Social Ministries

YOUTH MISSION TRIP

There will be a Chicken Barbecue to benefit the trip to Indiana in July 2010. It will take place at Stauffer's of Kissel Hill on Saturday, May 8. Watch for ticket sales and more information coming soon.

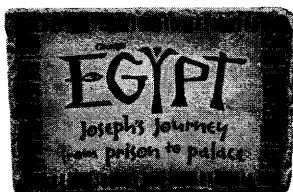
VBS 2010

Coming soon! What was it like to live in Bible times?

How did they make mummies?

What happened to Joseph (the guy with the colorful coat)?

Find the answers to these questions and more in:



ST. PAUL SINGLES GROUP

The newly formed St. Paul Singles group invites all singles from twenty-five and up to gather for fun and fellowship on April 23rd at Fiorentino's (at the Airport) on Airport Road, Lititz, starting at 7 p.m. Reservations aren't required, but helpful. A room is reserved and food or beverage choices are up to you. Call Kathy at 468-7582 for more information. Friends are Welcome.



Contemporary Worship dates in April

Sunday, April 11 at 10:45 a.m. and Youth Sunday, April 25 at 10 a.m.

(Note, there is only one service on Sunday April 25)

Sunday School...

AUGSBURG

- April 4 EASTER no classes
- April 11 "Love Within the Community"
Janice Hackman
- April 18 "Connecting in Community"
Nancy Weiss
- April 25 "Inclusion in Community"
Steve Shaub
- May 2 "A Faithful Community"
George Nickel

CONFIRMATION

- April 4 NO CLASS
- April 11 "How to Share Your Faith"
"Law and Gospel"
- April 18 Final Review
- May 2 Rite of Confirmation

Rite of Confirmation—Eighth graders will be confirmed at the 10:45 a.m. service that morning. There will be a short reception after the service in the social hall for the students and their families. Please plan to attend for gifts and pictures.

Ministers

The People of St. Paul

Pastor

Rev. James R. Gable, Jr. jgable@stpaulnititz.org

Associate Pastor

Rev. Linda C. Hanus
lhonus@stpaulnititz.org

Director of Traditional Church Music

Ken Krause
KMKrause@aol.com

Director of Contemporary Church Music

Melodie Fair ~ fairs@ptd.net

Parish Secretary

Susan Faulkner ~ sfaulkner@stpaulnititz.org

Financial Secretary

Kim Swinko ~ kswinko@stpaulnititz.org

Christian Ed./Youth Director

Lori Nikoloff ~ lnikoloff@stpaulnititz.org

Custodians

Ray Letteer
Jim Templeton

Congregation Council Members

Nancy Miller	Jason Hoffman
Barb Paynter	Craig Stetler
Cindy Wingenroth	Joe Doster
Kathy Ross	Jim Millhouse
Chris Nikoloff	Laura Kiskaddon
Tom Trayer	

Stephen Leaders

Dave Althouse	Nancy Weiss
Pastor Jim Gable	Julia Silsdorf
Kathy Trayer	

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Nursery School

Denise Bedger, Director 625-3641

Christian Child Care Center

Gail Price, Director 627-0900