

THE EPISTLE

February
2010

The Newsletter of the People of St. Paul

St. Paul Mission Statement

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

The Season of Lent

Do the years move faster and faster, or does Lent just sneak up on us? It seems like we just finished the Christmas season and here we are getting ready for Lent which begins on February 17 with our Ash Wednesday services at 11:00 AM and 7:00 PM. These services will include the Imposition of Ashes and Holy Communion.

Perhaps it is good to remind all of us that the very word “Lent” comes from an Old English word for spring, and the purpose of repentance is the renewal of our lives through the renewal of our baptismal identities – individually, but also as a community. Lent is still a time of simplicity, and it is an opportunity to “empty out” as we set aside our alleluias and embrace a plainer, more contemplative tone to our worship.

Our Lenten midweek series this year will give us an opportunity to explore Martin

Luther’s Catechism. Early in its history the Lenten season became a time of education in the basics of Christian faith for new converts seeking baptism at the Easter vigil. Martin Luther encourages preaching on the catechisms, especially during Lent. So this year it will provide us an opportunity to revisit some of the basic teachings of the Christian community. Our topics this year will include Confession, the Ten Commandments, the Apostles’ Creed, the Lord’s Prayer, Holy Baptism, and Holy Communion.

We invite you to join us each Wednesday night for our Midweek services of Evening Prayer at 7:00 PM. If you have any questions concerning our Lenten season, please feel free to talk to Pastor Linda or me.

Blessings,
Pastor Jim Gable

Dear Sisters and Brothers in Christ,

A blessed Epiphany to you! First of all, Cliff and I would like to thank you for your Christmas greetings, prayers, and well wishes for this New Year. It may be February, but our appreciation is timeless. Many thanks for thinking of us not only during the holiday season but throughout the year.

Speaking of the New Year, did you make any resolutions for 2010? Dieting, quitting bad habits, and increasing exercise always seem to top the list for many of us.

This year, I encourage you to add something to your spiritual discipline. It just so happens that Lent is right around the corner. Ash Wednesday falls on February 17 this year. Please join this faith community as we gather together in worship on Sundays and Wednesdays in Lent. Why not take this wonderful opportunity during this holy season to offer yourself in service to the church and/or to others in need? How about doing acts of kindness? Of course, let's

not forget to make time each day for prayer. It is so important to spend quality time with God.

It is also helpful to remember that the word "Lent" comes from an Old English word for "spring." It can be a time of renewal, as we repent of our sins and grow in our relationship with God and one another. It can be a time for starting anew and building upon our faith formation that began at baptism when we were baptized into Christ's death and resurrection. It can be a time to reconnect with the church and the ministries of this congregation. I pray that each of us would make the most of this special time!

May this Lenten season be a time of spiritual renewal and "aha" moments with God, as we seek to be God's faithful people and serve the church with committed hearts and minds. From ashes to feasting... our journey will soon begin and our destination awaits us.

Yours in Christ's Service,
Pastor Linda Hanus

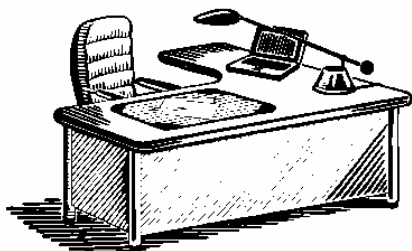
Ash Wednesday and Lenten Services

Ash Wednesday services will be on February 17 at 11:00 AM and 7:00 PM with Holy Communion and Imposition of Ashes at both services.

Midweek Lenten services will be on Wednesdays, February 24 - March 24 at 7:00 PM in the Nave. We will be using Holden Evening Prayer.

New Church Office Hours

The church office hours will now be **9:00AM – 3:00PM** on Mondays through Fridays.



Epistle Update

Barb Paynter and Hilary Hoffman would like to thank the members of St. Paul for their support during the time they served as Epistle editors over the past 5 years.

This venture for Barb and Hilary will now be coming to an end. Susan, our new administrative assistant, will be taking over as the Epistle editor beginning in March. Submissions for the Epistle can be emailed to her at office@stpaulstnitz.org or placed in the folder marked "Epistle" outside of the office.

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St. Paul Staff...

Welcome!!!

St. Paul would like to welcome Susan Faulkner and Kimberly Swinko to our staff at St. Paul. Susan is our new administrative assistant and Kimberly is our new financial assistant.



Introducing our New Staff Members

Susan Faulkner graduated from Warwick High School in 1980 and worked for Dr. Paul Stoner here in Lititz for 14 years after graduating. She has lived in Schaefferstown for 20 years and has 2 sons, Alex 18 and Adam 8. She also has a stepson, Noah (26) and his wife Jen, and a stepdaughter Kiersten (25) and her husband Matt. She enjoys many types of crafts and participates in craft shows. She actually had her own shop which she closed this past fall. She is very happy to be a part of the staff at St. Paul and looks forward to continuing to meet members of the congregation. Everyone has been so welcoming and kind, and she appreciates your patience during this transition.

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A Special Thank You

Thank you to all those who helped in the office during our very challenging time of transition. Each person made a big difference. Without the help offered by many members, the work would not have gotten done. And there was a lot of work! What a great team of volunteers we are blessed to have here at St. Paul! This was a wonderful example of stewardship in action!

Kim Swinko resides in Ephrata with her two sons, Brandon and Todd. They attend Ephrata High School in 12th and 9th grade. They have been living in the Ephrata area for 13 years. She is also a group fitness instructor at the Ephrata Recreation Center. She worked as a senior accounting manager for a steel manufacturing company in Ephrata and as a financial services representative for MetLife. She wants to thank everyone at St. Paul for their welcoming and kindness as she gets adjusted in this new position. She says she is so blessed to be a member of this team. Currently, her hours at the church are Mondays 8AM-4PM and Thursdays 8AM-3PM. In the event you need her at another time, please feel free to leave a note on the desk, and she will respond to your request when she returns.

Upcoming Events...

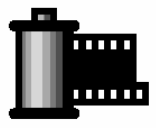
Contemporary Worship Dates:
February 14 and 28 at 10:45AM



Valentine Social



You are invited to a Valentine's Day Social hosted by the newly formed Singles group of St. Paul to be held on the evening of February 14th. Please bring either an appetizer or dessert to share. Look for the sign-up sheet in the narthex!




Pictorial Directory

In preparation for the 125th anniversary of St. Paul, we are preparing a new pictorial directory. Individual and family portraits will be scheduled from April 13-17. We hope to include all of the members of St. Paul in this publication to celebrate 125 years of discipleship. Please plan to sign up for your portrait time on a Sunday morning, February 28, March 7, 14, or 21, or you can sign up online. Online sign up directions will be in the March bulletins and Epistle. If you have any questions, please contact Barb Paynter at baepaynter@gmail.com or 569-6675.



World Day of Prayer Service

It won't be long until the next World Day of Prayer Service will be held. This service is being held at St. James Catholic Church, 505 Woodcrest Avenue in Lititz, on March 5, 2010 at 7:00 PM. Pastor Linda will give the message on "Be still and know that I am God." So be sure to mark your calendar now as a reminder to attend this community service on prayer.


Kidz Choirs


*Joyful Noise meets on Sundays
from 8:45-9:10 AM.*
*Kings Kids meets on Sundays
from 9:10-9:30 AM.*

Come hear us sing.....
 King's Kids & Joyful Noise
 Sunday, February 14 at 10:45 AM

Save the Dates:

April 24 & 25 - Youth Weekend for all those young at heart. (No id required!)
Look for all of the details
in your
March Epistle!



Congregational Council...

January Meeting Minutes

Pastor Gable led opening devotions based on Ephesians 6: God has given all Christians armor to protect us when we choose to wear it.

Highlights of the financial report and the congregational meeting included:

- * Cash flow deficit was eliminated
- * All bills for 2009 have been paid
- * Our estimated cash balance is currently \$27,600
- * \$25,000 was paid to benevolence in December
- * The line of credit is at \$5,000 for the roof and social hall balance
- * The window replacement project and heating computer module project are being scheduled
- * January bills have been paid
- * The spending freeze has been lifted, but we must work within the set budget
- * Finance Committee is working on setting a dollar amount that must get pre-approval before spending and the process for getting the pre-approval

MINISTRY TEAM UPDATES:

Personnel: Susan Faulkner has been hired as the administrative assistant. Kim Swinko has been hired as the financial assistant. Paperwork will be submitted for Susan and Kim's background checks to be completed. Thank you to the personnel committee for their work in

filling these positions.

Council: A review of our goals:

Fellowship – sign-up sheets from the Fellowship Fair were passed out to contact possible leaders for each of the prospective small groups.

Stewardship – The Stewardship Committee has met. Dave Althouse is the committee chair.

Communication – The new office hours will be Monday – Friday 9AM – 3PM.

Property: The window replacement project is projected to occur around the third week of February. Jim Millhouse presented the idea of using the open land behind the church as a gardening area and will take this idea to the Men in Missions group for further consideration.

Mission Life Team: Stephen Deal will be visiting St. Paul on February 2.

Family Life Team: The youth attended Winterfest. The senior high lock-in is coming up. The Souper Bowl of Caring will be on January 31. A work trip is being organized for July.

OTHER COMMUNICATION:

A letter was received from Warwick Released Time and the Lititz Borough thanking us for our financial contributions.

Portable kiosks with corkboard and table areas will be completed in 6 weeks.

Stephen Ministry...

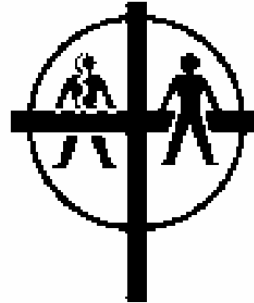
Stephen Ministries - 35 years and counting!!

For the next few months, St. Paul's Epistle will contain a five-year history segment about Stephen Ministry. The first of these will start at the very beginning. We hope you enjoy these segments.

1975-1980

November 3, 1975, marked the official beginning of Stephen Ministries (originally Pastoral Care Team Ministries). From January to March of that year, Dr. Kenneth C. Haugk trained nine lay people at St. Stephen's Lutheran Church in St. Louis to help him provide pastoral care, and they urged him to bring Stephen Ministry to other churches, too. From 1975 to 1978, Dr. Haugk and several seminarians traveled to congregations to train Stephen Ministers.

In 1978, the first LTC (Leadership Training Class) took place in Collinsville, Illinois: 14 participants around a single table. Interest grew and so did LTC attendance. The Stephen Ministries center outgrew the Haugk's spare bedroom and took over the basement. It soon moved into a two-room store front office.



St. Paul Stephen Ministries Update

Every Saturday morning except one from January to May and anywhere from eight to twelve people are the components of a Stephen Ministry class now in session here at St. Paul

There are seven class participants: five from Mt. Calvary, one from First Methodist in Lancaster and one from St. Paul, Louise Shreiner. Please keep all the participants in your prayers as they continue their SM training.

We can do no great things--only small things with great love. Mother Theresa, (1910-1997), Founder of Missionaries of Charity

Mission Life...

Message from Missions

On Tuesday, February 2nd, Stephen Deal, our missionary to Costa Rica, will be visiting Lititz! He is visiting the churches who sponsor him and that includes St. Paul, Lititz and Brickerville United Lutheran. We along with Brickerville United Lutheran will be welcoming Stephen by hosting a gathering to be held in the lounge at St. Paul on **February 2nd at 7:00 PM.** Please plan on attending and giving Stephen a warm Lancaster County welcome. He will be acquainting us with the mission work he and his family do in Costa Rica. Hope to see you there!

Right now we are all immersed in the tragedy that our neighbor Haiti is enduring with its most recent heartbreaking, catastrophic earthquake. We all want to help the recovery in some way and by writing a check made out to St. Paul and designating it to the ELCA Disaster Response we can do just that. Simply include it in the Sunday offering sometime in the next few months.

If you attended the Family Service on Christmas Eve, you were able to see our refugee family portray the Holy Family. They did a great job, all the way down to baby Margaret as our baby Jesus. The family continues to do well, and they appreciate everything that the members of St. Paul have done in the way of welcoming little Margaret. But, both John and Mang would dearly love to have jobs. John just passed his driver's test and he's eager to join the work force. The job search has been frustrating because they are both more than ready to work. So if anybody has any ideas, they would be most appreciative. It's coming up to their one year anniversary of being in Lititz, and the lack of a job continues to be a frustration.

Christmas seems like a fresh memory, yet Lent is on its way. I hope it's still not too late to wish everyone a very blessed New Year, a year that will be filled with many opportunities to connect with missions both in Lititz, Haiti, Costa Rica, Tanzania, and everywhere!



Epistle Reminder *Change:*

All articles for the March Epistle should be submitted no later than the **February 15th** deadline. E-mail submissions should be sent to office@stpaulilititz.org OR articles can be placed in the folder marked "Epistle" outside the church office. Thank you!

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A Message about Retirement...

(W)holy, (W)holy, (W)holy *Health, Healing and Wholeness Article*

“The Lord spoke to Moses, saying, ‘This applies to the Levites: from twenty-five years old and upward they shall begin to do duty in the service of the tent of meeting; and from the age of fifty years, they shall retire from the duty of the service and serve no more. They may assist their brothers in the tent of meeting in carrying out their duties’.”
(Numbers 8:23-26a, NRSV)

One might assume that in the case of the Levites, forced retirement was meant to foster younger leadership – young men could begin to serve while still under the guidance of the temple elders. Or perhaps, it was due to the physical requirements of hauling the tabernacle and its furnishings through the wilderness. Regardless, God seemed to know that a healthy retirement requires some sort of advanced planning.

How well one adjusts to this new phase of life depends on a number of factors. Dr. George Valliant, professor of psychiatry at Harvard Medical School likens it to being in 4th grade - “cooperative play, helping others, having friends, and learning are all important. Problem is that by this age, we’ve forgotten how to play.” There may be much more than a grain of truth to his statement, because it appears that those who strongly identify with their occupation, often have some difficulty adjusting to life without a time clock.

Taking time to cultivate a network of friends

outside of work relationships, can be immensely helpful in getting through the initial retirement adjustment phase. If you are one of those who used his/her job as an escape from family issues, this time may be particularly stressful. Spend time with your spouse, but don’t overwhelm them by expecting him/her to meet all your social needs – this is an adjustment for him/her as well. Meet friends for coffee, join a Bible study, organize a regular round of golf – allow yourself to have fun! Is there an activity that you’ve always wanted to try, but never had the time? Engage the creative side of your brain – it can lead to re-discovery of who you are! Have you always had a desire to play the piano, or learn to paint? Do it now!

During retirement, physical activity is more important than ever. Consider participating in a formal fitness program – golfing, dancing, swimming – or walking 20-30 minutes at least 3-5 times-a-week – any and all will go a long way toward establishing or maintaining healthy behaviors. Strength training exercises [weights or resistance] several times a week, have been recognized for their value in decreasing stress, improving balance, and increasing endurance and flexibility. Good dietary habits: limiting fats, sugar, and salt, in conjunction with drinking at least 8 glasses of water per day, and getting regular sleep, all contribute to living a full and productive life.

Plan your time and set some personal goals. What do you want to accomplish on a typical day? It is human nature to waste time when you have lots of it! Get more involved in your community: volunteer at your local hospital, the local chapter of the Red Cross,



**St. Paul Community Nursery School Open House
and Registration for 2010-2011**

Please join us to explore the school and classrooms.
Meet the wonderful and dedicated staff.
And just catch a glimpse of what adventures your preschooler will be in for....

**Monday February 22, 2010
6:30-8:00 PM**

Also, please check our website: stpaulcommunitynurseryschool.com

(...continued from previous page)

Big Brothers/Big Sisters, help establish or maintain a community garden, spend time weekly at a soup kitchen, or delivering Meals-on-Wheels. Do you have a special gift or talent? Use it to teach others! Do you enjoy working with numbers/business – help your fellow retirees with tax preparation, or offer to serve as treasurer of a club or organization to which you belong. Help raise funds for a favorite charity or community group. Find out what it is that you enjoy doing, and do it!

Get to know yourself spiritually. Consider attending a guided retreat. Engage the services of a spiritual director. Study scripture. Sign up for seminary courses either locally or on-line. Explore a variety of prayer forms. Learn more about God as you simultaneously learn more about yourself.

Psychologist Abraham Maslow theorized that we progress through different phases of

development as we age. For the healthy adult in later stages of life, one's goal becomes reaching our full potential as an individual, or self-actualization. This involves letting go of old routines to make way for the next phase of life. It involves continual learning. Retirement is a great adventure – time to take a fresh look – to reassess in body, mind, and spirit. In the words of Robert Fulghum, "Live a balanced life. Learn some and think some and draw some and paint and sing and dance and play and work everyday... And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together." (Source: All I Really Need to Know I Learned in Kindergarten) Blessings to you as you pursue this wonderful, new phase of life!

*Debbie Best, Program Coordinator
Diakon Family Life Services, Training &
Consultation*

Sunday School...

AUGSBURG

- Feb. 7 "Hope for Healing"
Steve Shaub
Feb. 14 "Declaring Allegiance"
George Nickel
Feb. 21 "Mountaintop Experiences"
Sue Fry
Feb. 28 "Extravagant Love"
Frank Wood

CONFIRMATION

- Feb. 7 NO CLASS
Feb. 14 Samuel and Saul
Feb. 21 Birth of Jesus
Feb. 28 Jesus Calls the Disciples

The Rite of Confirmation service for our 8th graders will be on Sunday, May 2 at the 10:45 service. A short reception will follow in the social hall for the families and friends of our students. More information to follow.

Susquehanna University Lutheran Youth Day Retreat

Reminder: The retreat to Susquehanna University Lutheran Youth Day for all students in 7th – 12th grades will be on Saturday, April 10. Watch for the sign-up sheet on the bulletin board for further details.

Ministers

The People of St. Paul

Pastor

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

Associate Pastor

Rev. Linda C. Hanus
lhonus@stpaulnitz.org

Director of Traditional Church Music

Ken Krause

Director of Contemporary Church Music

Melodie Fair ~ fairs@ptd.net

Parish Secretary

Susan Faulkner ~ office@stpaulnitz.org

Financial Secretary

Kim Swinko ~ office@stpaulnitz.org

Christian Ed./Youth Director

Lori Nikoloff ~ lnikoloff@stpaulnitz.org

Custodians

Ray Letteer
Jim Templeton

Congregation Council Members

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

Stephen Leaders

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Pastor Jim Gable	Julia Silsdorf
Kathy Trayer	

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