



Epistle July

MONTHLY NEWSLETTER OF SAINT PAUL'S EVANGELICAL LUTHERAN CHURCH

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SHARED MINISTRY

The Holy Spirit works in mysterious ways.

On June 18, 2023 the Congregations of Bethel Lutheran and St. Paul's Lutheran unanimously ratified the Covenant re-establishing shared ministry between the two congregations.

Beginning July 9, 2023 worship will begin at 9:00am at St. Paul's and at 11:15 am at Bethel.

Congratulations for this renewed partnership

WALKERSVILLE CARNIVAL

The Walkersville Volunteer Fire Company Carnival will be held this year from Monday, July 3RD to Saturday, July 8th. In the past members of St. Paul's have been faithful in providing help to the Fire company for this event and that has been greatly appreciated. Again, this year the Fire Company is requesting the help of St. Paul's for this event. Help is needed in the Food Building and various other places on the grounds. If you can help, just show up any night and help for whatever time fits in your schedule. The hours of the Carnival are roughly from 5:00pm until 10:00pm. Feel free to come anytime and stay as long as you wish. Thanks again for your continued support.

“Luther would ask who benefits from our liberty. For Luther, the answer is our neighbors, not ourselves.”

July Birthdays

- July 5th - Michael King
Barbara Sofinowski
- July 7th - Marion Ake
- July 12th - Kathleen St. Denis
- July 13th - Nicklas Pank
- July 15th - Kelly Anderson
Jay Burriss
- July 19th - Artie Fauble
- July 20th - Jean Kelley
Lauren McCloskey
- July 23rd - Sue Snyder
- July 28th - Mary Ann Conley
Betty Schubert
- July 31st - Brian Smith
Zachary Zeller

Back to School Outreach

St. Paul's has long supported the Back-to-School project, a program sponsored by Glade Valley Community Services. This is a community-wide effort to ensure that students start the school year off right with needed school supplies, as the cost of these supplies is prohibitive for some families. You may place your school supply donations in the box at the church through July 30th, when they will be delivered for distribution..

Be on the look out now to take advantage of summer sales and help local children get ready for school.



The following is a recommended list of requested items:

- Backpacks
- Safety scissors (don't forget the lefties!)
- Pencils (#2 made in USA)
- Pencil sharpeners
- Colored pencils
- Ballpoint Pens
- Highlighters
- Crayons (16 & 24 count)
- Dry erase markers (low odor)
- Zippered Pencil Pouches
- Loose Leaf Paper (wide & college ruled)
- Folders with brads (assorted colors)
- Composition notebooks (wide ruled)
- Glue sticks (fat & regular size)
- Index Cards
- 1" Notebook Binders
- Spiral notebooks (Single; multi-subject, wide and college ruled)

"Whatever you do, work at it with all your heart, as working for the Lord"

Colossians 3:23

"People who despise advice will find themselves in trouble; those who respect it will succeed"

-Proverbs 13:13

Summer VBS was shining Bright!

St. Paul's and The Walkersville United Methodist Church teamed up to 'Shine Jesus' Light' the last week of June for Stellar Vacation Bible School! We taught 18 kiddos from ages 2-11 and had so many wonderful volunteers! We learned bible stories that included the birth of Jesus, Zacchaeus, and Palm Sunday!

I would like to give a special Thank You to The Walkersville United Methodist Church for all their volunteers and help throughout the week and all our St. Paul's volunteers who continuously take up the call and help spread the word of Christ! It was a great week! Let's continue to 'Shine Jesus' Light' everyday!

"Just living is not enough" said the butterfly "One must have sunshine, freedom, and a little flower."
~ Hans Christian Anderson



Pastor's Peace

*"This was the LORD's doing;
It is marvelous in our eyes. This is the
day the LORD has made; We will rejoice
and be glad in it!" Psalm 118:23-24*

On June 18, 2023, the congregations of Bethel and St. Paul's met to ratify the Articles of Agreement in the Covenant we will be sharing together. Each congregation unanimously approved the Covenant which launches our shared ministry together. This Covenant will require some changes in the way we do things, one of which is changing our worship time together. It has been agreed that St. Paul's will begin worship at 9am while Bethel will change their time to 11:15am. This will begin on July 9, 2023, after I return from vacation. This change in time allows me to spend time with St. Paul's after worship and not have to hurry out to meet my obligations at Bethel. You probably already notice that Jeff has to do this on a weekly basis and will in effect, allow him some extra time to travel between congregations. Bethel Lutheran will be reimbursing St. Paul's for their portion of my salary which will lead to a gain in revenue to St. Paul's as well.

Another item that was approved at our special congregational meeting was making the way for Sue and me to take up residence in the parsonage once the Burriss Family moves on in their new endeavors. The Council has approved the Burriss to remain in the parsonage through the end of August 2023. Once the parsonage is vacated, there will be some renovations to the home which will include the replacement of some appliances. We don't anticipate moving into the parsonage until October or maybe later depending on circumstances. We are grateful St. Paul's has agreed to approve this arrangement as I believe it will enhance my opportunities here and at Bethel. Many of you know that we are endeavoring to build our retirement home in New York which will not commence until next summer with it taking about a year to complete. We are native New Yorkers and this is going home for both of us, moving back among childhood friends, and hopefully being closer to our son and his family. As a result of our moving into the parsonage, St. Paul's will realize another financial gain as the terms of my housing allowance will change.



Pastor's Peace cont'd

Over the next couple of months, the Council and I will be exploring our vision for St. Paul's and what things will look like going forward. It is time to turn our attentions on what St. Paul's focus will be in its ministries and how we can better serve our congregation and community. Nothing is off the table as we seek to fulfill our Mission Statement of "Through Christ, we joyfully feed the mind, body, and spirit of all." I am sure you all have ideas, expectations, and dreams for our church and I am asking that you candidly share those with me or any one of your council members. This is a chance for you to have a voice in the direction of our church and how we live out our mission statement.

We will be working together to continue our ministries at the Frederick Soup Kitchen and Victoria Park. We have excited leaders eager to invigorate these ministries going forward. We have been approached by a member to re-establish a charter with the local cub scout pack and they are committed to partnering with us in our outreach and to identify projects around our church to enhance our community and outreach. I am looking forward to the challenges ahead of us, that we continue our labors of love, and we move together as a force of Christ in our community. Share the peace of Christ, share the Good News that Christ is Risen, share your lives with everyone to promote and acknowledge the gifts you have been given. Be kind and be Christ in the world!

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13

Peace IS with you!

Peace Pastor Phil

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Caring for the Body of Christ! July 2023

Submitted by Deb Horton, RN retired

Happy to announce an In person program set for August 16 th at 1pm-3pm. Welcoming Savannah Roderick from Frederick Health speaking with us about Stroke Prevention, and Nanette Tummers, speaking about Functional Fitness and Health! Presentation in the Parish Hall! Hope to see you there.

How about some words about our hydration needs?

Summer heat and activity reminds us about the need to keep ourselves well hydrated. We are mostly water! Our body requires adequate water to function effectively and it is so easy to become dehydrated in the heat and humidity of our season and climate. Research shows us that we can lose fluid both actively through exercise, and also passively just for the functions of our lungs, kidneys, cellular actions such as producing energy, and keeping our cardiac system in balance.

Remember that there are many sources of fluids. Coffee, tea, fruit juice, sweetened beverages, fruits and vegetables all contain water. Of course, your individual health status and any health conditions you have need to be considered when choosing which are the best drinks for you. Remember that serving foods with higher fluid content can be another approach to increasing your hydration without drinking fluids. Jell-O's, soups, watermelon, cucumbers and many more contain a high percentage of water and are easily available.

Keeping a cold drink pitcher in the refrigerator may contribute to drinking more just because it's more convenient!

Or if you are like some folks, you may want to have a warm or hot drink instead of that cold one. As long as you are not otherwise overheated, it works just as well for providing that needed fluid!

If calories are not something you are trying to avoid, then milkshakes, smoothies and creamy coffee drinks may be your best choice!

Remember dehydration can creep up on us, and some studies have shown that up to 40% of seniors are chronically underhydrated! Dehydration can show up in easily identified ways, so be aware of these signs and act when you note them:

- Dry mouth
- Fatigue
- Dizziness
- Muscle cramps in limbs
- Headaches
- Feeling weak or unwell in general

Dehydration can lead to serious health problems! So drink up and enjoy!

Referenced through Daily Caring. Com, June 2022.

UPCOMING EVENTS

- ◆ 07/02/2023—Ministry Sunday
- ◆ 07/03—7/08 2023— Walkersville Carnival
- ◆ 07/04/2023— Independence Day
- ◆ 07/09/2023—Worship time change begins 9:00am
- ◆ 07/18/2022— Council 7pm

