

Epistle

AUGUST 2023 NEWSLETTER OF SAINT PAUL'S EVANGELICAL LUTHERAN CHURCH

19 W. PENNSYLVANIA AVE., WALKERSVILLE, MARYLAND

301-845-4600 | WWW.SAINTPAULSLUTHERANCHURCH.ORG

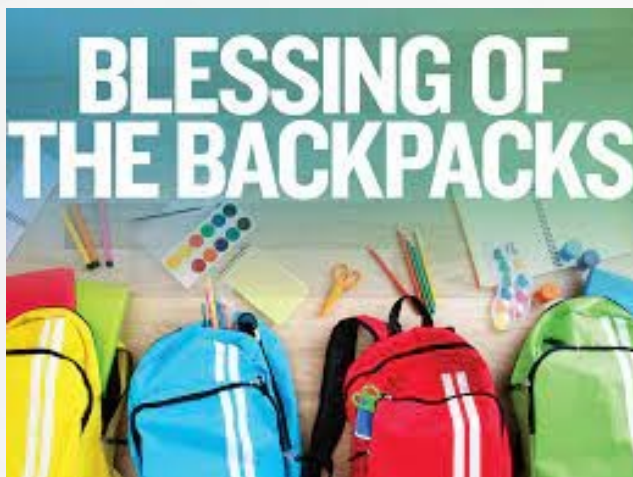


BACK TO SCHOOL TIME ALREADY!

Sunday, August 20th is Blessing of the Backpacks!

Kids of all ages returning to school this fall are invited to attend the Sunday service on August 20th for a special blessing.

"Thank you to all of the members of St. Paul's who supported the Glade Valley Back To School collection during July. My trunk is full and ready to be delivered, making so many families happy this fall. We will collect again next year to support this local cause. —*Susan Hayes*"



August Birthdays

August 8th - Lukas Pank

August 10th - Amy Koch

August 14th - Kate Stottlemeyer

August 15th - Erica Chesnik

August 16th - Rebekah King

August 19th - Riley Bruning

Ellen Hatgi

Sue-Etta Long

August 20th - Phyllis Dayhoff

August 21st - Thomas Kelley

August 22nd - Jay Leins

August 27th - Jackie Waas

August 28th - Trish Valcarcel

August Call for Stephen Ministers

Stephen Ministry provides one-on-one compassionate listening presence to those experiencing difficult life situations. To do this Stephen Ministers trust God to provide the healing connection. Has someone said to you "Thanks for listening" or "You are a good listener?" Please consider exploring the opportunity to serve as a Stephen Minister for

St Pauls. Contact the church office to receive more information.

1 Peter 4:10-11 "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. If anyone speaks they should do so as one who speaks the very words of God. If anyone serves, they should do so with strength God provides so

that in all things God may be praised through Jesus Christ. To Him be the glory and the power for ever and ever. Amen."



**STEPHEN
MINISTRY**

"We rise by lifting others."

—Robert Ingersoll

*And the second s
like unto it, Thou
shalt love thy
neighbor as thyself.*

—Romans 8:30

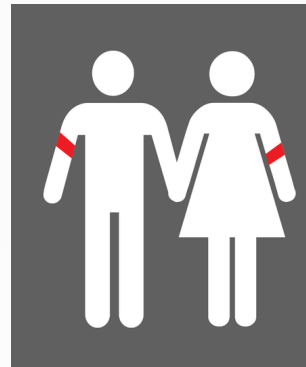
CHRISTKINDLE MARKET 2023

****Save the Date****

Even though it is July we are beginning preparations for the 6th annual Christkindlmarket. It will happen on **Saturday, December 2nd** from 10am-3pm. Once again, the Walkersville Historical Society will be the event host. St. Paul's will have vendors, food and host the Wreath contest similar to last year. Look for more information on those items as we get closer to the date.

We will be looking for donations of gently used Christmas items for "Mrs. Claus' attic." These are items that are affordable for children or individuals without a lot of funds to buy as gifts or decoration. So, keep on the lookout if you hit up the local yard sales. If anyone has a good idea for a craft to do as a small group that we can add to the sale let us know. We will be looking for volunteers to help with the different areas so make sure you mark it on your calendars.

Co-chairs are Amy Mildenstein and Trish Valcarcel with an assist from Russ Mildenstein



**American
Red Cross**

Help save a life.

Schedule your
blood donation
appointment today.

Friday, August 25, 2023

It's almost time for the summer blood drive and the need for donors is critical. If you are able to donate please consider signing up for your appointment with the link below and/or share this post to spread the word. Thank You!!

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=St%20Pauls%20Lutheran%20Walkersville>

Pastor's Peace

"Be hospitable to one another without grumbling. ¹⁰ As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God." **1 Peter 4:9-10**

We are certainly beginning to experience the normal heat of the summer in Maryland and along with it, the summer doldrums of giving and serving our congregation. The recent Treasurer's Report shows that we have had an increase in giving, yet that has not been able to keep up with the expenses we have had on our plate. A variety of things have increased in cost that have been greatly impacting our finances to include making repairs to the air conditioning in the Church, fuel costs, needing to repair the air conditioning in the Parish Hall, as well as needing to discern the ways and means by which we serve in our church. St. Paul's will experience financial benefit from our shared ministry with Bethel Lutheran Church and we still anticipate a gift this Fall to cover most, if not all of our heating and fuel costs. Additionally, we will realize a benefit from the Employee Retention Tax Credit (ERTC) and those funds are anticipated sometime this Fall.

Though finances are a big part of how we are able to "Through Christ, feed the body, mind, and soul of All," we still rely on our members serving Christ in other ways as well. Soon, Daniel will begin his journey in collegiate studies away from our community. Daniel has been integral as the chairperson of our Media and Tech Committee, as well as serving most weeks as our "tech person" running the Mevo cameras and the sound system which sometimes requires trouble shooting issues while worship is in progress. Our technology has been a blessing to this congregation and to people who might not otherwise be able to worship with us in person. Technology has allowed us to share a wedding to family members in India, funeral services to family members across the country, and feeding the

mind and soul of believers in a variety of ways. Being a servant of Christ means searching your heart to discern ways in which the church can be served by your talent, time, and a willingness to try new things. We are in search of someone who is willing to learn and willing to devote about an hour and a half on Sunday mornings to assist in spreading the Good News to our siblings in Christ.

There was a recommendation we seek to hire someone to fill this position, yet in order to be fiscally responsible, this may not be a viable option. Last year we ended the year in a deficit and we did not approve a raise for our staff at our annual meeting. I understand that many of you have devoted and still do, much of your time and talent to serving Christ at St. Paul's, many of you are tired and are seeking to come to worship for the worship experience and to hear the Good News. Yet, there is also a responsibility for us to serve God in all things we do, seeking different ways in which said service glorifies God.

I don't like or care for having to come before the congregation and plead for funds or for you to get involved, sometimes that is done through preaching, but I really would rather not get in front of the congregation on a weekly basis to say we need this or that. I would rather you, as a congregation search your hearts and reach out to seek where it is you can serve, whether it be as a faith formation teacher, a council member, a ministry committee member, or wherever it is you feel you can serve. Every little bit helps and when there are many hands the burden is light.

I would also like to hear your thoughts and vision for what you would like as bible study as we might find it difficult to continue this on Sunday morning though we might be able to hold a shorter class between services. I would be willing to entertain this prospect but would like to hear from you as to your thoughts. Thank you

"So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver" **2 Corinthians 9:7**

Peace IS with you!

Peace, Pastor Phil

Email: pastor@saintpaulslutheranchurch.org Cell phone: 202-497-0584

QUILT MINISTRY



At Worship on Sunday, August 13, we will bless about 60 quilts. These quilts are destined for Children of Incarcerated Parents, Heartly House, and the refugee family St. Paul's is helping to sponsor. Thanks to seamstresses Phyllis Dobson, Roxanne Smith, and Pat Fellows and to all who helped knot.

Quilt Ministry, an offshoot of Congregational Life, is dedicated to making quilts for local charities. We specialize in quilts for children. These children, many displaced from home and some without a proper bed, have so little. They need a blanket to sleep under and something of their own to hold. These quilts provide warmth to the body and comfort to the soul, thereby fulfilling St. Paul's Mission Statement: Through Christ, we joyfully feed the body, mind, and soul of all.

To date in 2023, we have distributed 77 quilts, mainly to four organizations:

1. Sleep In Heavenly Peace (a.k.a. No kid sleeps on the floor")
2. Children of Incarcerated Parents
3. Heartly House
4. Faith House

We would like to lengthen that list. If you know of any reasonably local (for pick-up/delivery) organizations or families that are down on their luck that might be interested in children's quilts, please contact Kate Stottlemeyer or the Church Office. No child should go to sleep cold.

We thank you for your generous support and welcome your help in the future. How can you help?

1. Prayers--We can do nothing without God's blessing and aid.
2. Sewing--No cutting or designing involved. All you need is a sewing machine and thread (any color(s)--it won't show). See Kate for details.
3. Knotting--It's easy! If you can tie a knot, you can knot a quilt. Check the Bulletin for dates (usually monthly).
4. Donations of fabric (scraps are okay) and low-loft quilt batting.
5. Donations of cash for purchasing supplies (especially batting). Clearly label your donation "quilts".

We appreciate your continued support.

“Your Talent is God’s Gift to you. What you do with it is your gift back to God.

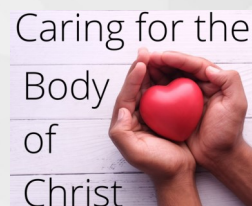
— Leo Buscaglia

St. Mark's in Wolfsville will be sponsoring a bus trip to the Museum of the Bible in Washington D.C. on **Saturday, September 16th**. The cost for the trip is \$89.00 per person; the ticket price covers the bus trip and the ticket price for the Museum. We will be traveling with Kline Tours. The bus will be leaving from St. Mark's at 7:00 am with an approximate arrival time of 9:00 am at the Museum. To reserve seats and pay for the trip please contact Pastor Eric Moser at 301-293-2301 or ericm132@gmail.com. Checks should be made out to "Kline Tours" or cash is fine, payment is due by Sunday, August 20th.



Caring for the Body of Christ August 2023

Submitted by Deb Horton, RN Retired



Taking Care of Ourselves!

Self-Care routines help us remember that our lives are gifts that we have received from God. These gifts are to be enjoyed and celebrated. Your life is to be enjoyed and celebrated. It is not something that we just go through the motions for. Life is to be lived in the moment and for the future. It is to be lived abundantly.

“I have come that you may have life and have it to the full”. (John 10:10)

“Pursue righteousness, godliness, faith, love, endurance and gentleness.” (1 Timothy 6:11, NIV)

These qualities should flow abundantly from within us. I believe that is quite difficult to portray these qualities if we haven't practiced such on ourselves. Within our abundant living, we are called to *“clothe ourselves with compassion, kindness, humility, gentleness and patience” (Colossians 3:12, NIV)*.

For instance, practicing self-compassion and self-kindness would help us recognize our emotions and accept our humanness (our imperfect nature). Once we become self-aware of these things, we are then able to show more compassion and kindness to people who find it difficult to accept their emotions and imperfections. And those struggling with self-hatred and perfectionism may become drawn to us because they want to learn how to treat themselves with kindness and compassion.

Self-Care Routines Improve our physical and mental health—One huge aspect of self-care is the commitment to take care of our bodies. This would mean being able to listen to our bodies and respond appropriately. So, this could mean grooming, exercising and stretching our bodies and getting at least 6-8 hours of uninterrupted sleep. Making the time to engage in relaxing activities such as listening to music or meditating on God's Word will have a positive effect on your mood. Activities that relax your mind help reduce the symptoms of anxiety and stress, thereby enhancing our mental well-being. Making mental self-care a priority may help reduce the risk of developing mental health issues.

Ways to make self-care a reality.....

Goals: Think of some end goals for the self-care ideas you have had. Alongside each self-care idea, write a goal. The goal needs to be realistic, specific, measurable, and achievable.

Time: Think about the amount of time you would like to dedicate to achieving your self-care goals. For instance, if your goal is getting 8 hours of sleep daily, you would determine the time you want to go to bed and how long you will practice this to make it a habit. If you choose to learn a new skill, allocate time each week for this new practice.

Activities: It is a good idea to start with simple self-care ideas and then progress to time-consuming ones as you grow the discipline for self-care. You could start with eating healthily and getting sufficient sleep before progressing to mindful breathing exercises.

Daily Self-Care improves our self-esteem- Engaging in relaxing activities and focusing on our needs can have a positive impact on how we look at ourselves. When we treat ourselves with compassion and gentleness and forgive ourselves for past mistakes, we become kinder to ourselves and we begin seeing ourselves in a positive light.

Taking care of ourselves improves the quality of our relationships— When we make a conscious decision to nurture our needs and take care of ourselves, we become much healthier and can share our happiness and self-worth. The happier we become, the more we give to the relationships that we have. A happy person can share love freely and joyfully with children, spouse, family, friends, colleagues, and even strangers.

Practicing daily self-care helps us become our best selves, and allows us to live the life God has given us in celebration and joy!

Treasurer's Report
INCOME & EXPENSES FOR JUNE 2023

CURRENT FUND		PROPERTY RENOVATION LOAN FUND	
06/04 Offering	\$ 3,627.51	06/04 Offering	\$ 470.00
06/11 Offering	\$ 1,517.31	06/11 Offering	\$ 465.00
06/18 Offering	\$ 2,100.91	06/18 Offering	\$ 295.00
06/25 Offering	<u>\$ 2,467.91</u>	06/25 Offering	<u>\$ 365.00</u>
Total Offerings	\$ 9,713.64	Total Offerings	\$ 1,595.00
Expenses	<u>\$ (20,535.27)</u>	Loan Payment	<u>\$ (1,522.71)</u>
Subtotal	\$ (10,821.63)	Surplus for 6/30/2023	\$ 72.29
Other Income:			
Rental Income	\$ 887.50		
Misc Income	<u>\$ 14.75</u>		
Deficit for 6/30/2023	\$ (9,919.38)		

YEAR-TO-DATE INFORMATION FROM 01/01/23 TO 6/30/2023

CURRENT FUND		PROPERTY RENOVATION LOAN FUND	
Weekly Offerings	\$ 67,250.09	Offerings	\$ 10,685.00
Lent	\$ 859.00	Loan Fee	\$ (400.00)
Easter	\$ 150.00	Interest	\$ 0.61
Interest/Dividend	\$ 1,155.00	Total Income	\$ 10,285.61
Rental	\$ 9,562.50		
Thrivent Choice Dollars	\$ 1,516.53	Loan Payments	<u>\$ (9,136.26)</u>
Amazon Smile Program	\$ 276.90		
Misc	<u>\$ 14.75</u>		
Total Income	\$ 80,783.77		
Less Operating Expenses	<u>\$ (106,642.20)</u>	Property Renov Loan Fund	
Current Fund		Surplus thru 6/30/2023	\$ 1,149.35
Deficit thru 6/30/2023	\$ (25,858.43)	Balances owed on:	
		Mortgage as of 6/2023	\$ 140,321.25

Frederick County Spotlight, Scams

“People are getting scammed every single day, even here in Frederick, County. Follow this link [County Spotlight: Scams - YouTube](#) from the Frederick County Sheriff’s Department on Scams. See some helpful tips below on how to protect yourself and your family. Copies will be in the church as well.

Tips to Protect Your Money

- Use Direct Deposit for your checks so others don't have to cash them for you.
- Get on the National Do Not Call Registry. Call 888-382-1222 or visit www.donotcall.gov
- Be aware of scams! If it sounds too good to be true, it probably is.
- Cancel any credit or debit card that you do not use.
- Never give out your Social Security Number unless it's to someone you trust.
- Shred bank statements, solicitations, and financial records. Some financial records should be kept long-term like tax and loan documents. Keep these in a secure lock box.



If you suspect someone you know has been financially exploited please contact:

Frederick County Senior Services Division
Long-Term Care Ombudsman Program
301-600-1234

Adult Protective Services
301-600-2635

www.frederickcountymd.gov

Need Immediate Assistance?

Call 911

Frederick County Sheriff's Office
Victim Services Unit
301-600-2164

Frederick City Police
Victim Services Unit
301-600-1356



Protect Your Money

Don't Become a Victim of Financial Exploitation



What Is Financial Exploitation?

Elder financial exploitation is the illegal or improper use of an older adult's funds, property, or resources by another individual. This exploitation can take many forms, including scams, abuse by trusted individuals such as family members or friends, and predatory products and services marketed specifically to older adults.

Examples of Financial Exploitation

- Making unauthorized withdrawals from financial accounts.
- Charging excessive fees for rent or caregiver services.
- Forging signatures on checks or other financial documents.
- Committing mail, person-to-person, internet, or telephone fraud scams.
- Tricking someone with memory impairment into giving away money.

What Can You Do to Protect Yourself?

- Simplify your finances, so that there are fewer accounts to oversee or regularly review.
- Authorize each of your financial institutions to contact 1-2 trusted individuals (such as an adult child or one's agent designated in a durable power of attorney), in case of suspicious financial activity.
- Draft your financial power of attorney (POA) document in a way that reduces the risk of abuse by appointing a trusted individual.



Ask for help

Financial matters can be confusing. You can ask for help from:

- an employee of a financial institution
- an attorney
- a trusted family member
- Adult Protective Services or contact your local Long-Term Care Ombudsman.

Stay Connected

Social isolation increases your risk of becoming a victim of abuse. Find out about and participate in community programs like those offered at your local senior center.

“¹⁷For nothing is hid that shall not be made manifest, nor anything secret that shall not be known and come to light. “

—Luke 8:17

UPCOMING EVENTS

- August 3 - Executive Council 7pm
- August 6 - Ministry Sunday
- August 13 - Blessing of the Quilts
- August 16 - Caring for the Body of Christ 1:00pm
- August 20 - Blessing of the Backpacks
- August 21 - ELCA Stewardship Discernment 7:00pm
- August 25 - Blood Drive
- August 27 - Annual Church Picnic, Worship in the Park 11:00am
- Sept. 10 - God’s Work our Hands
- Sept. 24 - Rally Day

