

September 2023 | Monthly Newsletter of Saint Paul's Evangelical Lutheran Church

Epistle

14 W. Pennsylvania Ave., Walkersville, MD 21793 | 301-8465-4600 | www.saintpaulslutheranchurch.org



September Birthdays

Sept. 3	Elizabeth McGinnis
Sept. 4	Clarissa Walker
Sept. 5	Mark Stull
Sept. 10	Phil Smith Cindy Stull
Sept. 16	Lonnie Myer
Sept. 17	Justin Pank
Sept. 18	Sabrina Walker
Sept. 19	Robert Hoff
Sept. 21	Sheila Kahler Lilian McCloskey
Sept. 23	Tom Waters
Sept. 25	Rachel Jennings
Sept. 27	Bonnie Easterday
Sept. 28	Dottie Titmas
Sept. 29	Phyllis Dobson Jill Eyer

“God’s Work. Our Hands. 2023”

“This day is an opportunity to celebrate who we are as the Evangelical Lutheran Church in America – one church, freed in Christ to serve and love our neighbor.”

Service activities offer an opportunity for us to explore one of our most basic convictions as Lutherans: that all of life in Jesus Christ – every act of service, in every daily calling, in every corner of life – flows freely from a living, daring confidence in God’s grace.”

This year, Congregational Life ministry, will be packing and delivering “*Love Thy Neighbor Blessing Bags*”. As we prepare for “God’s Work. Our hands” Sunday, we are asking our

congregation to help us fill Nylon Backpacks with everyday basic hygiene necessities for the displaced and homeless in our community.

Please reach out anyone in the Congregational Life Ministry if you would like to donate items or if you would prefer to offer a donation. You can see an updated list in the weekly email or on the bulletin boards in church.

The final date for drop off and assembly is September 17th (to make it more convenient for folks). Items must be dropped off at Worship or at the Parish Hall by **September 17, 2023** for packing and delivery of backpacks.



Pastor's Peace

We are embarking on a new way to experience worship by doing a trial period in which we will utilize Setting Ten in our hymnal. This will change the order of worship a bit and allow us new ways to share the Good News. There will be a change in some of the music that is used, but that is mostly in the music and not the words. Most of the words utilized in Setting Ten are familiar to us all, the difference will be in the notes being played. Setting 10 provides music that may be more accessible for many congregations. All the liturgical texts are paraphrases in simple metric form and set to familiar hymn tunes. On August 27, 2023, Mr. Gentry introduced us to the different music that will be played and it seemed as though there were no issues with the congregation being able to adapt to this change. We will have another "practice session" on September 03, 2023, before we celebrate the new style of service on September 10, 2023.

I believe I have been called as your pastor to provide you with a meaningful worship experience and I believe this beckons me to initiate new things into our community. This concept was discussed at the Worship and Arts

Worship and Arts Ministry meeting some months ago and after much deliberation, it was decided to give Setting Ten a try. I believe this gives us a new and fresh way to worship God and to embrace a worship that does not feel stale or too comfortable. I try to celebrate worship in a way in which it is truly a celebration and we can make a joyful noise unto the Lord. It is not that our previous order of worship does not do this, yet I feel exploring new avenues to celebrate God keeps us mindful of why we worship and come together in fellowship. I understand that change can be difficult to embrace, yet with the assistance of Mr. Gentry, I believe the use of Setting Ten will be an easy transition and afford us a fresh way to "feed the body, mind, and spirit of all."

We anticipate the use of Setting Ten will lead us into Advent and the Christmas Season. It is important for the Worship and Arts Ministry to hear your comments and thoughts on this transition. I am also interested in getting your feedback on other innovative ideas for use in worship.

On August 27, 2023, we tried a new form of sermon in which we utilized congregational participation to work through who we believed Jesus was

On August 27, 2023, we tried a new form of sermon in which we utilized congregational participation to work through who we believed Jesus was and who we were in this journey. One of the responses to who we were, was that this person was a slacker. At first, I wasn't sure how to respond to that, but by worship in the park, I realized we are all slackers when it comes to sharing our faith with our community. Not that we don't share, but that there is more we could do to be Christ in our community. There is always more we can do, we just have to do it, and do it joyfully through Christ. I am prayerful we meet each other where we are and we are able to try new things, even when it takes us out of our respective comfort zones. Being community is supposed to challenge us, sometimes make us uncomfortable, yet in the end it is all about being in relationship with God through Jesus.

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." Isaiah 43:19

Peace IS with you!

Peace, Pastor Phil

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"Make a joyful shout to the LORD, all you lands! ² Serve the LORD with gladness; Come before His presence with singing. ³ Know that the LORD, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. ⁴ Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him and bless His name. ⁵ For the LORD is good; His mercy is everlasting, And His truth endures to all generations." Psalm 100

Caring for the Body of Christ

September 2023

Submitted by Deb Horton, RN Retired

September! The kick-off for fall, with back-to-school activities, fall sports like football and also

the beginning of the season of preparation for the winter! Staying healthy throughout the fall season involves some activities that support prevention of illness, including things like the usual: exercise, good nutrition, sleep hygiene, and of course good emotional health practices. Fall can lend itself to a change of exercise since we often have some cooler and less humid days. Activities such as hiking, biking, long walks, are fun and more comfortable than they often were during those hot days of summer. Also, with the return to school, more young people can increase their participation in organized sports. Even though the temperature outdoors may be a bit more friendly now, we still need to remember to hydrate! Drinking enough water helps with your complete body balance. Making sure you have kept up with your conditioning during the summer, and easing into your endurance will allow you to increase your enjoyment of fall activities, with less chance of injury.

Although our summer gardens will diminish with the shorter days and cooler temperatures, there are still lots of high points in the choices available for fall fruits and vegetables. Take time to try some new root vegetables, like turnips, parsnips and carrots, as well as those fall squash specialties. Acorn squash baked with apples and a little drizzle of honey is a sweet addition to any meal that also increases your fiber and micronutrient intake. And it is low in calories! Of course, here near the mountains we have many local orchards with a wonderful variety of apples! Try some new varieties, and enjoy a sweet and tasty applesauce, apple pie, apple strudel, or just bite into a sweet, tart, juicy apple and enjoy!

Some of us find that the earlier sunset means we can get to sleep more easily and at an earlier time. Sleep hygiene is still important, even with all the homework! Getting up with the later sunrise may take a little extra work, it may mean an earlier bedtime to get the right amount of sleep.

Good emotional health is a year-round focus, so fall will probably present us with some of the same challenges we have faced before. Keeping ourselves focused on kindness, caring for others and ourselves, keeping an open mind and heart and “welcoming the stranger” might be some of the areas that can be special intentions for moving into fall.

Some of our special practices for fall that encourage good health include obtaining recommended vaccines, and seeing the medical provider of your choice if you have symptoms of respiratory illnesses, fevers or gastrointestinal upsets especially if they seem to linger. Being together in larger groups indoors as we do more of in this season can promote the spread of viral illnesses. Using good respiratory hygiene, like covering coughs or sneezes, and washing hands frequently help all of us help each other.

Flu season generally begins in October, peaking in January, but variations do occur, so getting your and your children’s vaccine in September or October is usually recommended by our health care providers. Other vaccines are also available so talk to your provider to get what is best for you!



Enjoy a healthy fall, the seasonal colors, the pumpkins, the start of school and shorter days and longer, calm evenings.

“God’s Grace falls gently as a leaf from above and colors our world with peace”

REMINDER:



ATTENTION St. Paul's Lutheran Church members who assisted with the Walkersville Volunteer Fire Co. Carnival this year, you are invited to a complimentary picnic/crab feast on **Sunday, September 10th at 4 pm** in the Fire Company Social Hall. You may bring along an immediate family member as well.



christkindl

— M A R K E T —

.Even though it is August 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



Are you looking to spread God's word to the future of our church?

We are looking for volunteers to help out our Children's Faith Formation classes!

This volunteer position does not have to be for every Sunday. We will work up a schedule to see what days benefit for everyone.

Lessons and activities will be created and pre-made by the Christian Education Committee so there is **no prep work needed!**

The future of Saint Paul's depends on our youth and spreading the good word of Christ to the next generation.

Please consider becoming a partner in this important mission to spread God's love to our children.

Please contact Lauren McCloskey for more information. lefoucart@gmail.com



Fall 2023 Mountain Topics at Mar-Lu-Ridge

We will gather at 9 a.m., and end with lunch at 12 p.m. The fee of \$25 includes all supplies and the meal. Please RSVP: <https://form.jotform.com/220455890396060>

September 19: Quilting for Lutheran World Relief—Join us as we sew and assemble quilts for LWR. No experience necessary – we will teach you!

October 17: Dr. Guy Davis – Climate and Antarctica—Antarctica, the seventh continent, is one that few get a chance to visit. Guy Davis discusses his trips to Antarctica and the sub-Antarctic region. Penguins, whales, and seals abound amidst the ice and rocky shores. But global warming is occurring. How will it affect Antarctica and the rest of the world?

November 14: Rev. Madeline Tallman – Deep Roots: What Native Plants Can Teach us About Faith. Learning more about our natural world, our watershed, and native plants through the lens of faith.



Save the Date!

September 24, 2023

“Come the end of summer, we need “a renewal of energy” when it comes to spiritual matters. It’s hard to renew your energy on your own. But it’s much easier in a group. That’s why we set aside one special day at the end of the summer to “rally” - to “draw together for a common purpose” seeking the Holy Spirit’s power to “renew our energy” for worship, for digging into God’s Word, for praying, for serving, and for witnessing.” - *Pastor David Eibel*

More details coming soon!



UPCOMING EVENTS

09/03/2023 - Ministry Sunday

09/17/2023 - God’s Work Our Hands

09/24/2023 - Rally Day

10/28/2023 - Saint Paul’s Trunk or Treat