# November 2023 | Monthly Newsletter Saint Paul's Evangelical Lutheran Church

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# Epistle



### **November Birthdays**

| November 5  | Bonnie Leins<br>Jim Titmas<br>Tori Valcarcel |
|-------------|--|
| November 6  | Michael Plowman                              |
| November 7  | Kristen Jack                                 |
| November 9  | Kelly Myer                                   |
| November 10 | Merle Anderson                               |
| November 16 | Florence Schell<br>Samuel Zeller             |
| November 22 | Nicholas Kahler                              |
| November 26 | Cathy Kutz<br>Travis Waters                  |
| November 30 | Patricia Fellows                             |

"It's not how much we give but how much love we put into giving," — Mother Teresa



Please come join us for our All Saints Sunday Service on November 5th at 9:00am.

APPRECIATION

All Saints Sunday resonates with the conviction that in Christ every saint is a sinner and every sinner a saint. Lutherans especially remember on this feast that it is God's grace that makes us saints. We find lasting rest only in the mercy of God. At St. Paul's we follow a tradition of honoring all the saints who have passed away since last All Saints Day. We will light a candle and ring the bell for each person named.

#### Join Saint Paul's as we honor our Veterans **November 12, 2023**

On November 12, 2023 we will be recognizing our Military Members. If you have served, are serving or if you would like to honor a Service Member Please send the name, year(s) served, Branch, whether they are deceased, have served or is currently serving to the Parish Office by **November 8, 2023.** 



#### American Red Cross

The Red Cross and St. Paul's are teaming up for the last blood drive of 2023 on Friday, November 3<sup>rd</sup>. Donors can sign up for an appointment through our website, or using this link: https://www.redcrossblood.org/give.html/drive-results? zipSponsor=St%20Pauls%20Lutheran%20Walkersville Please help spread the word by sharing our recruiting posts on Facebook and Instagram. And if you are able to volunteer to check in donors as they arrive the day of the drive, please contact the office to sign Thank you for supporting this vital up. ministry!



#### Free COVID-19 Rapid Test Reminder

As of Monday, September 25, every U.S. household can again <u>place an order</u> to receive four free COVID-19 rapid tests, which are delivered directly to your home. COVID rapid tests can help you know if you have COVID-19 when you have symptoms, have been exposed, or are going to meet up with others. <u>https://www.covid.gov/tests</u>



Annual Stocking Stuffing: Tentatively Sunday, December 3<sup>rd</sup> at 10:30am in the Social Hall.

All are invited to join the children's faith formation classes as we fill this year's stockings to be distributed through the Glade Valley Community Services Toy Shoppe.

If you are not able to volunteer your time and would like to contribute financially please make note on your online donation or give it directly to the program coordinator, Kay Wachter.

We would also appreciate any donations of prewrapped candy for ages 4 and up, bibs, washcloths, body wash, small toys, small books, individual packs of tissues, small stuffed animals, toothbrushes, toothpaste, teething toys or baby socks.

Special thanks to Shirley Eshelman for sewing the stockings. And thank you to the congregation to for their continual support of this community outreach!

Don't forget to set your clocks back one hour on Saturday night, November 4<sup>th</sup>, 2023



# FRIENDSGIVING At Victoria Park

St. Paul's has another opportunity to live out our mission statement, "Through Christ, we joyfully feed the body, mind, and spirit of all," by providing and serving Thanksgiving dinner to the residents of Victoria Park.

We will be encouraging residents to join us the day after Thanksgiving (Friday, 11/24) from 11:30 am – 1:30 pm for a shared meal. The residents are extremely grateful for the continued support of the members of St. Paul's who lovingly and joyfully share their time and talents!

Please see the link below to sign up for food and/or volunteering to serve. Donated items can be dropped off at the Parish Hall at 11:00 am on 11/24 or pickup arrangements can be made. https://www.perfectpotluck.com/HBUR2414

If you have any questions, please contact Amy Mildenstein at mrussamy@aol.com or Lori King at lb69king@yahoo.com.

# **PASTOR'S PEACE**

Last month I spoke about the ways in which we, at St. Paul's share our generosity with others and the thought continues this month as we look forward to Thanksgiving and Advent. In this day and age, it is often difficult to share thanksgiving with one another with all that is going on in the world and is even now more pronounced in the conflicts in the Middle East. We find ourselves burdened with despair, anger, grief, and uncertainty as these events play out on the world stage but also as they hit home to those of us who have relatives in that region. For me and Sue, this will become even more concerning as our son begins a deployment in that region early next month. We are still finding ways to give thanks for the things in our lives to include our first granddaughter, the transition to living in the parsonage, and for the support of this congregation. There are many things in which we can give thanks and it is incumbent upon us to realize those opportunities and live them out to the fullest.

Being generous with our hearts and giving thanks for the blessings we have received from God are key to the growth of our community and for the health of our members. Being generous does not always mean having to fund something with money, it often can be realized when we take notice of those around us who may not be doing well in a variety of ways. Sometimes a simple kind word is all it takes for someone else to experience joy and perhaps lift them out of whatever may be troubling them. Engaging our fellow children of God on a caring level can not only bring peace to the one who is hurting, but may provide us with a way to move forward in our own lives. In this time when we are struggling to discern what way this crazy world is going to take us, it is imperative to see someone else and not focus on ourselves. This way we share Christ in the world and are welcomed as a generous heart.

This month you will hear a variety of speakers and even one sermon which will be slightly different than most I have preached. A couple of months ago, I preached a sermon in which the Nave was opened up for spontaneous conversation. We will do this again on November 19, 2023, as we explore your reasons for being generous to the church and to our community. We will hear from one of the organizations we support and how we, as a congregation, impact the lives of so many who are less fortunate than us. We have supported the Tun family in their journey towards citizenship in the US, with many of the congregations in the Frederick Conference stepping up to make this journey a bit less stressful. Many of our members have participated in this endeavor by giving of their time, their resources, and their finances. This truly shares a generous heart. We are thankful for our Lord, Jesus Christ who was given to us as the most precious gift of our Loving God. We are thankful for the sacrifice made for us for the forgiveness of sin and entrance into eternal life with Christ by our side. I am thankful for the opportunities that continue to develop at St. Paul's and look forward to our continued path towards a generous heart.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." *Philippians 4:6-7* 

Should you have any questions or concerns, I am glad to speak with you at any time.

Peace Pastor Phil

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

> "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

> - 1 Thessalonians 5:16-18

"Not all of us can do great things. But we can do small things with great love." —Mother Teresa

As Christians, we are called to love God and love others. One of those ways we express love is by our generosity. The majority of the time when we hear that word we automatically think "money." True, being generous with our finances is a piece of the pie and we can see that plainly in scripture. But you don't have to be rich to be generous. It's not about the amount you give, it's about the willingness to give as much as you can.

Generosity in its most natural state is just "giving." It's giving of yourself, whether it's your time, sharing your talents and gifts, money, work, etc...

So, many times we try to "hold" onto these things for ourselves or for ones who we think are worthy to give to. Or sometimes we only show generosity when it benefits us in return. That's actually not being generous at all, for the true generous heart is to give and not to expect anything in return and not seeking personal gain. "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work." 2 Corinthians 9:6-8

Generosity in the Bible is actually a function of the fruit of the Spirit; it is hidden in the Greek word for *goodness*.

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. – Galatians 5:22-25

Let's challenge ourselves to continue the practice of living out generosity in our lives. Ask yourself how can I give and be a benefit to my spouse, my family, my friends, to my church, my co-workers, to my neighbors, etc? And ask the Lord to show you and give you ideas on how to express that generosity. Sometimes it's something simple. A big smile, other times it's serving, a kind note, or it's a \$20 dollar bill. Let Him guide you and be willing to give of yourself. You will be amazed at how you can help those around you.

#### St. Paul's Generosity Statement:

We believe in sharing our lives with the lives of others through our time, talents, and possessions.

<u>We commit</u> ourselves to freely opening our hearts in service to our neighbor utilizing our gifts to the glory of God.

<u>We invite</u> everyone to share the Grace we have experienced through the Holy Spirit knowing God gave.

#### Mark your Calendar Generosity Sunday, November 12, 2023

If you have any questions or would like to share your Faith story, please reach out to the Generosity Ministry Team.





We are beginning preparations for the 6<sup>th</sup> annual Christkindlmarket. It will happen on Saturday December 2<sup>nd</sup> 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. Please see the flyer on the church bulletin boards for more information.

Vendors wanted. The Christkindlmarket committee is taking applications for vendors at this year's festivities. If you are interested go to the committee website for all the information and application process. https://www.walkersvillechristkindlmarket.com/

# Temple Talk

**Sunday, November 19, 2023,** will be Temple Talk Sunday at St. Paul's. Sheri Sher will be here to present a Temple Talk on the organization known as Children of Incarcerated Parents, one of the organizations our benevolence supports.

We will also be trying out another interactive sermon in which we will explore the following questions:

- -What does generosity mean to you?
- -Why do you give to the church?
- -What mission/project activity is most important to you? Why?
- -Will you tell a story of a time or situation where someone was generous to you?
- -How has the church and/or mission work changed you?
- -How has your generosity impacted St. Paul's?

Please come with an open mind and loving heart to share your experiences with your neighbor.

It is not happiness that makes us grateful, but gratefulness that makes us happy. – Gratefulness.org

Help us decorate for Christmas by purchasing a Poinsettia!

Red are available for \$10.00 each. You can sign up on line at: <u>https://forms.gle/o63FE7QbApssKuyw5</u> or in person at the Parish Office, with a check or cash.

The deadline for ordering is Sunday, December 17th.



## **Quilt Blessing**

At Worship on Sunday, November 12, we will bless over 50 quilts. Ten will go to Pastor's friend at the NICU of St. Francis Medical Center in Monroe, Louisiana for parents' use. The remainder will go to Sleep in Heavenly Peace, the organization that builds beds for children who would otherwise have none. Thanks to seamstresses Phyllis Dobson and Roxanne Smith, and to all who helped knot.



Quilt Ministry, an offshoot of Congregational Life Ministry, 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 145 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 who might be down on their luck--that might be interested in children's quilts, please contact Kate Stottlemyer 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 required. 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 your shoe, 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.

I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. —Psalm 13:14



#### Call to Stephen Ministry

Stephen Ministry provides one-on-one compassionate listening presence to anyone who is experiencing a difficult life situation. Stephen Ministers understand the importance of confidentiality in establishing and maintaining the trust of their care receivers. This understanding comes from 51 hours of training which involves group discussion and role play. The new Stephen ministry training hosted by Brookhill Methodist Church is postponed until January 2024. Do others describe you as a good listener? If so, please consider offering this gift to God who can direct your gift to help and comfort others. To get started, contact Pastor Phil or leave your contact information at the church office.



#### **Turkey Tree & GVCS Food Bank**

If you would like to support the Glade Valley Food Bank during the holiday season, take a tag off of the Turkey Tree in the front of the overflow area. Place monetary donations in the brown envelope and place it in the offering plate. If you would rather give a monetary donation on-line, you can go to the website and drop down to the "fundraiser" line item and add Turkey Tree. St. Paul's will send all money collected to help the Food Bank in their efforts to help those in need during the holidays. If you would like to contribute other items to be delivered, they are in need of cereal, peanut butter, spaghetti sauce, canned fruit, boxed crackers, baked beans, canned pasta, canned tuna and mac 'n' cheese.

#### **Ushers/Greeters Needed!**

We are in need of volunteers to serve as Ushers and Greeters at Services.

**Ushers** smile, sign in members and take names of visitors; report names of visitors to Pastor before Service; pass the plate during Offertory;



direct people and serve wine during Communion; and, in the absence of Greeters, offer bulletins and a cheerful greeting.

**Greeters** offer bulletins and an enthusiastic greeting (hugs optional) to all, especially visitors.

Ideally, we want two of each for each Service. To serve, please contact Kate Stottlemyer or the Church Office.

# From Your Attic to the North Pole!

She needs your help. Venture into your attic, basement, garage, closets, etc. in search of indoor/outdoor decorations, Re-giftable items, white elephant gifts, items not matching your décor, Christmas or otherwise--in good repair. Bring them (boxed, please) to the Library area of St. Paul's on Sundays between now and Thanksgiving.

Mrs. Claus will do the rest. Thank you



Caring for the Body of Christ November 2023 Submitted by Deb Horton, RN, Retired

# **Staying Safe during the Holidays**

November! Time to prepare for the winter and the upcoming Holiday Season. It is a special time of year for many of us, and an important time to remember some safety measures for our homes, selves and families.

Staying safe and healthy throughout the preparation for holidays and colder weather just requires a bit of extra focus and planning. Although we generally don't have our coldest weather here until January, February and March, it is good to have our homes prepared for it earlier, rather than waiting for the snow and ice to arrive!

While winterizing our homes is good basic practice, it is especially important to keep safety in mind as well. Using space heaters can support keeping warm inside, but it is good to keep in mind the following:

- -Always check that cords and connections for your space heaters are intact and functional,
- -Plug them into receptacles that are properly rated for the power needs,
- -Do not use extension cords.
- -Keep the heater units away from contact with furniture and draperies.
- -Make sure they are stable on the base and will not tip.

Outside safety for the winter may require improving access to steps, adding handrails and lighting changes to increase visibility. When the ice does show up, we want to have a plan in place to distribute ice melt (hopefully environmentally friendly), shovel away snow accumulations and keep the walkways clear and clean. Sometimes this means arranging for a helping hand with family, friends and neighbors!

Decorating homes for the Christmas holiday can be extravagant or subdued, there are no mandatory requirements! But as we add extra decorations to our spaces, just keep in mind that the changing décor can be a tripping hazard, especially for our elder selves and relatives! Vision may not be as clear as we would like and making quick adjustments for changes in furniture placement, extras such as decorative trees and other additions can be a challenge! Keeping clear routes through the living areas will help everyone and reduce the chance of spending time in an Urgent Care during the holidays, since no one wants that to happen.

Cooking up some specialties for the holiday season also comes with some opportunities for hazards. Making sure your turkey frying plan includes careful monitoring of oil temperatures, a clear area for the activity, and keeping pets and children away from the cooker all will help make that a safer process. Even the turkey in the oven needs to be monitored, and those turkey pans can be heavy! Making sure you are using good oven mitts, meat thermometers and putting the leftovers in the refrigerator timely will also help make it a happy day.

Enjoy the winter holiday season and stay safe and healthy!

# Upcoming Events:

November 3 - Blood Drive November 5 - All Saints Sunday November 12 - Generosity Sunday Blessing of the Quilts Veterans Day Recognition November 19 - Temple Talk Interactive Sermon November 23 - Thanksgiving Day November 24 - Friendsgiving @ Victoria Park December 2 - Christkindl Mart