

Epistle *February*



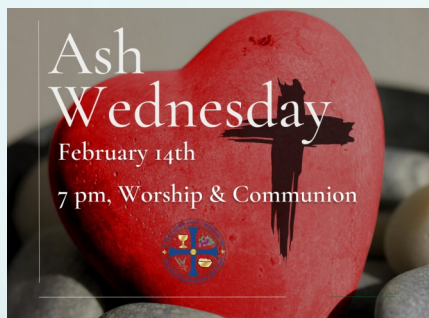
Saint Paul's Lutheran Evangelical Church
14 W. Pennsylvania Ave., Walkersville, MD 21793
301-845-4600 | www.saintpaulslutheranchurch.org
MONTHLY NEWSLETTER FEBRUARY 2024

Guided to the Cross

Lent is a season when we are guided to the cross. Throughout this holy time, we are drawn to Calvary to live in forgiveness, hope, love, peace, trust and perseverance. Each week, the services in this series, *Guided to the Cross* by Ed Arle, reveal how Christ and his cross serve as examples for us of how to live our lives for and through our crucified Lord and Savior.

We will also be continuing our soup and sandwich Wednesday tradition which will begin at 6pm worship to follow at 7pm. Ash Wednesday is February 14, 2024 this year; service will be at 7:00pm with our soup and sandwich fellowship beginning

the following week. Since the Lenten Schedule will be slightly different this year, with Pastor Phil Beck also being the Pastor at Bethel Lutheran Church, please see the Lenten Schedule in the weekly emails, bulletins and here in the Epistle. Pastor is again hosting *Lager for Lent*. This is a fellowship opportunity to come together and discuss various topics outside of the church setting. The 2024 Lenten Topic is *"What you want ask at Church but are afraid to."* Time and location will be Fridays during Lent, 5:00pm at Buffalo Wild Wings in the Market Square Shopping Center on Shoebird Street, beginning Friday, February 23, 2024.



February Birthdays

Pauline Flanagan	February 4th
Erica Wendt	February 5th
Mary Ann Ferguson	February 9th
Christianna Kutz	February 10th
Diane Fauble	February 11th
Trish Lutz	February 13th
Sarah Carroll-Clveiekoglu	February 14th
Betsy Galliher	February 16th
Diedre Kopp	February 18th
Gabrielle Zeller	February 20th
Nancy Cochran	February 22nd
Debra Plowman	February 23rd
Johanna Waters	February 23rd
Kathleen Edwards	February 25th
Sam Purswell	February 26th
Cynthia Zeller	February 26th
Barbara Cartwright	February 27th
Cameron Chesnik	February 28th

Souper Bowl 2024

Souper Bowl Can Drive!
Now through
Sunday, February 11th!

Bring in soup cans for the
Glade Valley Food Bank.

How many cans can
Saint Paul's score?



Friday, February 9th

5:00pm to 9:00pm, Parish Hall. Bring your family & friends for food and fun at our annual *Family Game Night!* Bring your favorite Snack, appetizer or dessert to share and your favorite board games! Please call the office to sign up 301-845-4600

Blood Drive

The Red Cross and St. Paul's continue to partner in 2024 to bring a blood drive into our community. Our first drive for the year is *March 22nd*, please consider making your appointment today, your donation is needed! Click this link to make your reservation!

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

Save the date.
SAVE LIVES.
Blood Drive

Lager for Lent

What questions are
you afraid to ask in
church?

Join us Fridays at 5PM during
Lent for fellowship and
conversation at Buffalo Wild
Wings

210 Shorebird St Frederick, MD



Starting February 23, 2024 @ 5pm

Pastor's Peace

“Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.” Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. Joel 2:12-13

Lent is a season when we are guided to the cross. Throughout this holy time, we are drawn to Calvary to live in forgiveness, hope, love, peace, trust and perseverance. Lent is a season where we are invited to experience careful introspection on our relationship with God and what it means to be in the shadow of the cross. We often hear the phrase “shadow of the cross” but I would prefer to see us in the “light of the cross.” While the cross in Jesus’ time was a cruel and evil mechanism of death, our journey through Lent reveals that the cross for us is a symbol of the triumph of Christ over Death. When we envision triumph, we often hear applause, cheers, and maybe even see fireworks which is what I believe should be the order of the day in Christ’s triumph for us. We probably don’t often think of the Easter celebration in that manner, but just suppose we did, how would our witness to God be more profound?

There are many things occurring in our world today which might detract from our journey, things that are disturbing and cause us to wonder where God really is during this turmoil. I often wonder the same thing as I consistently seek calm in the challenges our military and first responders face during their daily tasks taking them into harm’s way. I have found solace in my daily prayers, of which I have added a few that offer up my hope for each person’s safe return home to their families. Standing in the “light of the cross” I have been able



Pastor's Peace cont'd

to acknowledge the turmoil spreading throughout the world and to seek ways to welcome Christ deeper into my being which is not always easy. I believe my continual prayers have provided me with a roadmap to consolation even though there is evil lurking around the corner and even within some hearts. I would posit that when we take time to see the “light of the cross” in our daily lives, we are invited to share in something special, something beyond our own understanding. We are invited to become one with Christ who has promised to return and make things right in our world.

This is our hope as we are “Guided to the Cross” in this year’s Lenten journey. We are invited to confess our sins where we will find forgiveness in the power of the Cross. This Cross which stands as a sure sign of God’s Kingdom here and now bringing us together in the power of the love found in the Resurrection. When we are faced with hardship, we look to Christ on the cross who endured to the end so that we might carry on and find peace through the ultimate sacrifice. I invite you to envision the Cross in new ways this year, see the darkness which was overcome by the Light giving us hope and peace in our lives together.

“In this world you will have trouble. But take heart! I have overcome the world.” John 16:33
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

Year Round Stocking Stuffer Project

For years St. Paul's has taken on the stocking stuffer project benefitting The Glade Valley Toy Shoppe at Christmas time. Every year the list grows and the number of stockings needed gets higher.

Kay Wachter has devised a plan to help St. Paul's be ready this Christmas! *The Year Round Stocking Stuffer Project.* Each month the items of need will be announced and published in the weekly bulletins and emails.

There is a box wrapped with Christmas paper in the overflow area where you can drop off your donations each month. You always have the option for a financial donation as well. Please see Kay for more details.

FEBRUARY

Playing cards for the older kids and theme cards for the younger ones (i.e. Old Maid, Go Fish, etc.)



Easter Boxes

Do you have a college student or loved one in the military who would get great joy from getting an Easter basket?

be packed with candy-filled plastic Easter eggs and other items that will be enjoyed.

We are looking for addresses of loved ones from whom you would like to receive an Easter Box. These boxes will

Please send each recipient's name, address, and relationship to you to anyone on the Christian Ed Committee or email Lefoucart@gmail.com



Thank you so much for the lovely memorial service for Our mother, Sharon Kahler, and the repast following the service.

Your compassion, thoughtfulness, prayers, and kind words were such a comfort to my family during this difficult time. We are so appreciative of our St. Paul's family's generosity and their continued love and support for the Kahler family.

Sheila Kahler & Rodney Kahler

Caring for the Body of Christ

February 2024

Debra Horton, RN Retired

Aging is inevitable, but that doesn't stop us from trying to slow it down. And the easier the intervention, the better.

In a study published in the American Journal of Clinical Nutrition, researchers report that taking a multivitamin that you can buy at the pharmacy can slow cognitive decline associated with aging by as much as two years.

The trial is part of a series led by scientists at Harvard Medical School and Brigham and Women's Hospital that compared people 60 years or older taking Centrum Silver to those taking a placebo. It was funded by the National Institutes of Health and Mars Edge—a branch of the food company Mars, Inc.—and Haleon, the maker of Centrum, donated the vitamins. None of the sponsors or funders were involved in the design of the study or analysis of the results.

Two previous studies in the series had evaluated the participants over two to three years via phone or web interviews, and those results revealed that people taking a multivitamin daily scored higher on cognitive tests than those taking the placebo. In this latest study, which involved 573 people who were tested in person by the research team, the scientists saw the same benefit. Taken together, all three studies, which involved more than 5,000 volunteers, show that people taking a daily multivitamin for up to three years slowed cognitive brain aging by two years.

“These findings of consistent benefit of a multivitamin in three separate placebo-controlled studies are compelling and exciting,” says Dr. JoAnn Manson, professor of medicine at Harvard Medical School, chief of preventive medicine at Brigham and Women's Hospital, and co-director of the study, which was conducted with scientists at Columbia and Wake Forest University. “They could even be considered stunning.”

Manson says that each of the three studies showed slightly different magnitudes of benefit on different cognitive tests, which included memory skills such as recalling word lists both immediately and after a delay, naming animals and vegetables, and subtracting numbers backwards. All three trials showed particularly strong benefits for **memory**.



Caring for the Body of Christ, cont'd

The results are a first step toward better understanding how vitamins and nutrients—especially the 20 essential micronutrients included in most multivitamins—can keep brains healthy. But questions remain: for example, is multivitamin supplementing already adequate levels of these vitamins and nutrients in older people, or is it addressing deficiencies?

Manson says the research team has some health information on the participants' diets, which ranged from poor to good, and is planning to investigate that issue further. “We have some indication that people with lower diet quality showed greater benefit, but we need to delve into those questions in more detail,” she says. “It's possible that in study populations with lower diet quality, or lower educational levels and lower socioeconomic status, there would be greater benefit, because it's likely that there are more nutritional deficiencies in those groups.”

They will also be exploring whether specific vitamins or nutrients are more important for the brain as people age, such as vitamin B12, vitamin D, vitamin E, lutein, and zinc. Other studies have reported that people tend to absorb less vitamin B12 as they get older, for example, and synthesize less vitamin D through the skin. And while the study only followed people for up to three years, future trials could also look at whether longer term use of multivitamins could lead to even greater benefits for the brain. As encouraging as the results are, Manson says they don't suggest that a vitamin can substitute for a healthy diet and lifestyle. “By no means does this say that people can be complacent about their diet and just pop a pill. But it is possible that a multivitamin could have a complementary role to a healthy diet and lifestyle because it includes a comprehensive array of essential vitamins and minerals, and if someone does have a deficiency in any of them, it can be of benefit.”



Ash Wednesday

February 14, 2024 7:00PM, at St. Paul's

Lenten Wednesday Worship—7:00PM at St. Paul's with soup and sandwich preceding at 6PM

Sunday February 18, 2024 at 11:15AM -

Worship will be at Bethel with Pastor being out of town.

Holy Week

Wednesday - St Paul's 7:00PM (Soup and sandwich at 6pm) (A service of Healing and stripping of the altar)

Maundy Thursday - 7:00PM at Bethel with a meal Beforehand.

Good Friday - Noon at Bethel and 7:00PM at St. Paul's

Easter Sunday - 8:00AM Breakfast at St. Paul's, 9AM Worship at St. Paul's, 11:15AM Worship at Bethel



President—Patty Rimel

Vice-President—Sheila Kahler

Treasurer—Bill Cartwright

Secretary—Kate Stottlemeyer

Lauren McCloskey

Barbara Cartwright

Marsha Gupta

Jackie Waas

Ellen Bucheimer

Roxanne Smith

Upcoming Events

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|-------------------|---|
| February 4, 2024 | New Council Installation |
| February 9, 2024 | Annual Game Night |
| February 11, 2024 | Final Day for Souper Bowl Canned Food Drive |
| February 14, 2024 | Ash Wednesday, Service @ 7:00PM |
| February 23, 2024 | Lager for Lent @ 5:00PM |

