

FRIENDLY NEWSCASTER

AUGUST 2011
Volume 1, Issue 8

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Announcements

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Just Some Thoughts

I am writing this the morning after—the morning after the last night of Vacation Bible School. What a wonderful experience!

The parents and some grandparents of the VBS children were there as well as the kids and leaders, and the whole building seemed to be a hive of activity, a buzz of busy-ness with a hum of laughter and joy. As I stood with others watching the farmer and the games activities, a few of us wished for just a small percentage of the energy we saw before us. Especially as we watched those pre-schoolers playing Red Light, Green Light. Whew!!

Isn't church fun!! And this morning I am thinking—wouldn't it be great for church to be fun all the time. Oh, I don't mean such extensively planned activities that would wear everyone out sooner or later. But I was wishing we could capture the energy—for surely the Spirit was alive and well in children and adults alike.

Wouldn't it be grand to feel that energy each time we enter into worship—whether it be an excited energy or the energy found in the quiet calm of being still? And so I resolved to be more open to that spirit to seek it out—to find it in the music, the liturgy and indeed the community of gathered folks every Sunday morning. For surely --"the Spirit is in this place."

Yours in Christ,
Pastor Pat Mullen

**AUGUST
SPECIAL DAYS:**

Birthdays

- 2 Austin Chinault*
- 2 Chuck Gingerich
- 3 Juanita Bupp
- 3 Gary Miller
- 7 David Klinedinst
- 10 Kayla Bankert
- 10 Elizabeth Chubb
- 13 Norma Foye*
- 14 Robin Gentzler
- 14 Eric Kern
- 19 Kenneth Church
- 19 Shannon Kern
- 23 William Clancy
- 24 Maryann Brenneman
- 25 Dennis Weidler
- 26 Billy Welsby (son)
- 26 Beckie Rineholt
- 27 Yvonne Sauble

***over eighty**

Austin Chinault
1415 Breezeview Dr
York Pa 17404

Norma Foye
1030 Forrest Rd
York Pa 17408

Baptismal Birthdays

- 8 Bryce Thoman
- 20 John Lau Sr
- 24 John Lau Jr
- 30 Nathan Bollinger



Wedding Anniversaries

- 1 Kurt & Kathy Linsey
- 5 Bob & Tina Loesch
- 9 Dennis & Jean Weidler
- 19 Terry & Lucinda Gruver
- 24 Mark & Kathy Sterrett
- 28 Mark & Darcey Hull



Please remember the following in your prayers:

Members

Bob & Deb Henry
Mabelle Horick
John Slenker

Members & Friends in assisted living and nursing homes

Janet Booz
Gerry Gentzler
Grace Gladfelter
Mildred Gobrecht
John and Rachel Lau
Anna Smith
Jeannie Wallick
June Whitecomb

Members of the military and their families

Eric Brown
Chris Glass (Husband of Sarah Glass)
Matthew Mitzel
Jake Pate (civilian)
David Stricker Jr.
Benjamin White

Friends

Jo Feeser
Noah Wischhusen

Offerings:

Worship offering during August is designated to Our Daily Bread in York.
Thank you!

The summer months are flying by, and at one point or another, we will all experience seasonal overload. You know what I mean – you have to go to all the picnics, attend all the kids' ball games, take the kids to the pool, tend those gardens, can/freeze that fresh produce – the list could go on forever! Whatever happened to sitting on the front porch with a glass of iced tea or lemonade, watching the paint dry, or the grass grow? Before we know it, we've become "human doings" instead of human beings, and our stress level has reached the point of making our fun activities feel more like chores.

Typically stress develops when the demands of your life exceed your ability to cope with them. Like our fingerprints, stress is unique to each and every one of us. Research in the field of Neuro-Theology has demonstrated that people who meditate or pray, actually change their brain chemistry in a way that promotes better health and well-being – not surprising if we remember that God has promised to be near us, especially when we pray. Other benefits of an active prayer life include relaxation, increased ability to focus, and a sense of peace. Most of us know God's Ten Commandments; I would like to offer up another Ten Commandments – of managing stress:

Thou shalt control thy environment by controlling who and what is surrounding you. Take better control of the way you are spending your time and energy so you can handle stress more effectively.

Thou shalt control thy environment by controlling who and what is surrounding you. In this way, you can either get rid of stress or get support for yourself.

Thou shalt love thyself by giving yourself positive feedback. Remember, you are a unique individual who is doing the best you can.

Thou shalt reward thyself by planning leisure activities into your life. It really helps to have something to look forward to.

Thou shalt relax thyself by taking your mind off your stress and concentrating on breathing and positive thoughts. Dreaming counts, along with meditation, prayer, listening to relaxing music, communicating with friends and loved ones, etc.

Thou shalt rest thyself as regularly as possible. Sleep for 7-8 hours a night. Take breaks. There is only so much your mind can absorb at one time. It needs time to process and integrate information. A general rule-of-thumb – take a ten-minute break every two hours. Rest your eyes, as well as your mind.

Thou shalt be aware of thyself. Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, cold/flu, excessive tiredness, etc. Remember, these can be signs of potentially more serious disorders (i.e. ulcers, hypertension, heart disease).

Thou shalt feed thyself/thou shalt not poison thy body. Eat a balanced diet. Avoid high calorie foods that are high in fats and sugars. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some to concentrate. A ten-minute walk has been proven to be a better tranquilizer than some prescription drugs.

Enjoy thyself! It has been shown that happier people tend to live longer, have fewer physical problems, and are more productive. Look for humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.

Thou shalt pray the serenity prayer – and mean it! "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

If stress is getting the better of you and you fear its long-term effects, don't be afraid or ashamed to seek help in breaking through old stress behavior patterns. Your physical health may depend on it!

Have a safe, happy, and enjoyable end to your summer!

Debbie Best, RN, BSW, MHA

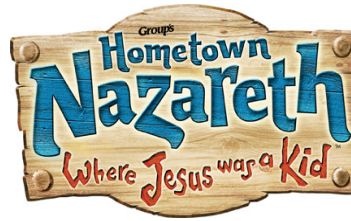
Pastor Dennis began his sabbatical Monday June 20. This is a time when he is free from all obligations to St. Paul's congregation. There may be times when you will see him out in public and you are asked to refrain from discussing church matters. You certainly may ask how he is doing and exchange small talk, but no one should contact him for any pastoral needs.

During this time, you may call the church office, church secretary or Sally Kern to make your request. Pastor Pat Mullen will provide the coverage for all pastoral needs from now until Pastor Dennis's return to the office on August 22. Pastor Mullen's phone number is 717-938-4433. Her email address is revmullen@aol.com. You are able to contact her directly.

Check this out

Summer Worship continues through the month of August. Worship time will be 9:15 am. There is no Sunday School offered until September 4.

Summer Highs: Our first Sunday for the fall will be featuring the "Summer Highs" of our congregation. Everyone is invited/encouraged to share pictures and stories from their adventures over the past year. You'll be sure to see some pictures from the Group Workcamp to Youngstown, vacations to Disney, as well as other special happenings. Be sure to have yours included by e-mailing items to Chip by Aug. 28th at chip08@aol.com. The more the merrier!!!



Vacation Bible School .

Our community Bible School week just wrapped up and what a week it was!! The evening weather was terrific, the church was crowded with "kids" of all ages as the tribes wandered throughout the church campus discovering things that Jesus would have encountered in his hometown. One comment was passed along and is well to share right away. In part it read "... *thank you for a great Bible School. The benefit was well worth the effort for the children and families of the community. This ministry builds strength in each congregation and is a wonderful form of evangelism.*" Wonderful words indeed!!

There is still opportunity to share your gifts and talents this summer during **special music**. A sign up sheet is on the bulletin board outside of the church office.

SKY GROUP Workcamp review: The workcampers will highlight their recent trip to Youngstown, Ohio during a gathering on Sunday August 7th at 4:00 in the Social Hall

Dirty windows? Give the Streak Free Micro Fiber cloths a shot. I don't usually make these kinds of recommendations (or clean windows) but they really worked well on my truck windows!! Purchase a pack to support our church financially and to get yourself some clean windows with a bit of effort. Chip.

Church grounds thank you's! Be sure to check out the latest additions to our church grounds. We have recently received the gift of two benches. A "green" bench made from recycled materials has been donated by Giant Food Stores and has been placed in the recreation area. The second bench, a donation from Tana Chinault Daughton, has been added to our emerging butterfly garden. We have also added two new pieces of equipment to our "recreation area" beside the shed. A tetherball and surf rider were purchased and installed with special gifts money. Additional mulch makes the area safer for our youngest set.

Thanks to trustees Chip Hoover and Terry Miller for their work on these projects. Stewardship Committee

Church Building Upgrades: Various projects continue to maintain/improve the church building. Windows in Sunday School wing doors, new lighting fixtures in the bathrooms, new vanity tops in the Social Hall bathrooms, new LED emergency lighting units, new strobe/horn fire alarms replacing the "older" bells, paint projects, and sound system updates. Most of the expenses of these projects has been covered through the Special Gifts Fund.

St. Paul's receives requests for assistance when families incur hardships. These requests may be received when individuals have become unemployed, when fire or other disasters have destroyed homes or when illness has made it impossible to continue working on a regular basis. The Consistory has approved establishing an Emergency Assistance Fund. This fund is not part of our annual budget, but members can make donations through offering envelopes at anytime by just making a notation of the amount and designating it to the Emergency Assistance Fund or by using the envelopes designated for Special Offerings in the pew racks.

The Officers of Consistory will be preparing guidelines for use of funds in the account and will evaluate requests to determine whether or not help will be provided. A form will be available for members of the congregation to make requests. All requests will be kept confidential. Money will not be given directly to individuals, but checks will be written and made payable to utilities, social services or other such organizations. Gift cards to grocery stores will be another option for helping when appropriate.

You may, at anytime, begin contributing to the fund through offering envelopes. If you have any questions regarding this fund, please speak with a Consistory member.

School Kits. During the month of August we are collecting items for children to start school. The need for these kits is great. Church World Service School Kits give children in impoverished schools, refugee camps, or other difficult settings some of the basic tools for learning. We need the following items: blunt metal scissors (rounded tip), 70-count spiral notebooks or notebooks totaling 200-210 pages. (No loose-leaf or filler paper), 12" ruler, hand-held pencil sharpener, large eraser, new pencils with erasers, boxes of 24 crayons (only 24), in a 12" x 14" to 14" x 17" finishes size cotton or lightweight canvas bag with cloth hands.

Grocery cards may be purchased following worship each week. This program is an easy way for us to increase funds for our budgetary needs. See Maryann Brenneman or Joyce Kain if you have questions about how to get started.

During our summer months, our Sunday School teachers get a needed break. Not forgetting our youngest members, though, the Christian Education Committee has scheduled a **Children's Worship** program August 7 and 21, during our 9:15 AM worship time.

Nancy's church **office hours:** Monday, Wednesday, Thursday: 9:00 a.m. – 11:30 a.m.

Bulletin information must be in on Wednesday as they are printed on Thursday.

Remember our **Food Pantry** cart over the summer months. As children are out of school, needs increase. In addition to food items, paper and cleaning products are also accepted.

August LAY HELPERS

Head Usher: Linda Herman

Greeters:

7 Mark Sterrett
14 Jim & Joyce Kain
21 Kyle & Skylar Chinault
28 Mike & Cathy Bollinger

Nursery:

7 Jen Fritz
14 Jess Hoffman
21 Darcey & Jena Hull
28 Theresa & Lindsay Beck

Acolyte:

7 Ryan Bankert
14 Ashlyn Fritz
21 Kayla Gentzler
28 Braden Gobrecht

Lay Reader:

7 Sally Kern
14 Mike Senft
21 Sue Miller
28 Jim Wherley