

FRIENDLY NEWSCASTER

JULY 2011
Volume 1, Issue 7

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Thank you

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Just Some Thoughts

Pastor Dennis asked me to share a few words, while I am with you, about an on going program of Penn Central Conference called "Road to Vitality"(RTV). This is a program started a little over three years ago by your Conference staff and consultant Rev. Paul Nickerson. I am currently serving on the Conference Vitality Team and am a team coach for St. John's UCC, Mifflinburg.

As you are all painfully aware many congregations are struggling—struggling with lost membership, reduced participation and myriad economic woes. And these problems are not arising only in the UCC but are prevalent thru out all mainline denominations---Methodist, Presbyterian, etc. BUT many folks while being realistic about the declines feel that 'God is still speaking... to the churches if we but listen.

So what is RTV, you might ask ? Strangely enough it is almost easier to tell you what it is not—than what it is. It is not a magic bullet to renew a church that has declined for years in a simple few months. Though that would be great. It is not a recipe for health—step 1, step 2 etc. Though that would be great, too. And that is what we secretly all want isn't it?

RTV is a complex program that plays out differently in each congregation. First this program is not for churches who are at the end of their rope and have tied a knot trying to hang on. Rather it is for healthy churches who are ready to move on and to be re-energized and are seeking new direction from God.

RTV is two pronged, an inner prong and an outward prong. The inner prong is about personal spirituality, deepening one's faith through study and prayer. And it is also an inward look at the congregation—Who are we? Who have we been? What is our mission? Who are we called to be?

The second prong is the evangelism focus. Looking outside the walls of the church in order to meet the needs of others. It is about defining a mission field and actively working that field by inviting others and staging community events. It is about welcoming the stranger and looking at the needs of others more than the needs of the present congregation.

The Road to Vitality is just that a road—a road with hills and bumps both ups and downs—a road where you meet other travelers –a road that leads to new purpose and renewal. But just like any road worth traveling it is not always easy. But what can be learned and achieved along the way is truly marvelous.

As we bump along on our journey together these next few week I'll try to mention more about vital congregations and help you celebrate what makes this congregation so very special.

Yours in Christ,
Pastor Pat Mullen

JULY SPECIAL DAYS:

Birthdays

- 1 Mary Ellen Fritz
- 2 Jake Pate
- 2 Susan Fisher
- 3 Tim Bankert
- 8 Evan Sterrett
- 9 Joyce Hilker
- 10 Jennifer Fritz
- 10 Kathy Sterrett
- 10 John Lau Jr
- 12 Jean Weidler
- 18 Michelle Bankert
- 18 John Lau Sr*
- 22 Stewart Klinedinst
- 22 William Bankert
- 25 Nevin Gentzler
- 27 John Slenker
- 29 Robert Loesch
- 30 Abraham Bupp III
- 31 Scott Emig

Help John Lau celebrate his birthday by sending a card to:
John Lau
425 Westminster Ave
Creekside 1116
Hanover Pa 17331



Baptismal Birthdays

- 3 Darlene Hoover
- 4 Darren Gobrecht
- 21 Rachel Lau
- 25 Zoe Stover

Wedding Anniversaries

- 1 Blaine & Sharon Smith
- 9 Stewart & Judy Klinedinst
- 10 Joseph & Joyce Hartley
- 12 Clair & Mary Ellen Fritz
- 15 Michael & Barbara Senft
- 16 Larry & Marcie Riddle
- 18 Bill & Diane Altland
- 19 James & Joyce Kain



Please remember the following in your prayers:

Members

Bob & Deb Henry
Greyson Stough
Thatcher Stough
Mabelle Horick
Joyce Dubbs

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
Family of Mike Zeigler, Sr.
Family of Charles Chubb
Noah Wischhusen

Offerings:

Worship offering during is designated to Opportunity International. Opportunity International is a program using microfinance to solve poverty. Small loans help people earn an income and afford food, water and shelter.

Thank you!

Congratulations to Jena Hull on her selection to the York Adams Division III Softball First Team All-Star Team for 2011.

Congratulations to Mark Hull on his being named Coach of the Year in Division II.

The people took their dough before it was leavened, with their kneading bowls wrapped up in their cloaks on their shoulders. They baked unleavened cakes of the dough that they had brought out of Egypt; it was not leavened because they were driven out of Egypt and could not wait, nor had they prepared any provisions for themselves. (Exodus 12:34, 39)

I suppose one could say that this is the first example of ‘eating on the run, or eating on the fly’ as some would say. The American Dietetic Association reports that roughly 75% of all office workers eat lunch at their desks two to three times a week. Why? For some it may be because there is only a 30-minute time slot in which to have lunch, so bringing food from home or grabbing something “to go” from the local deli, mini-market, or work-place cafeteria allow us to multi-task by continuing to work, while eating at the same time. Or it may be because in corporate America, eating on the job has become a necessity for those who feel a time crunch and are stressed. According to Prevention Magazine, the average “lunch hour” has shrunk to 36 minutes. In offices across America it isn’t uncommon for folks to eat both breakfast *and* lunch at their desk. Let’s face it, these mobile repasts typically consist of foods that are higher in fat and calories – muffins, donuts, Danish, or bagels with cream cheese, not to mention fast-food “breakfast sandwiches” - and have little nutritional value.

So what is the problem? We’re adults – we do what we have to do to get the job done, right? There are actually multiple issues. First, studies have shown that eating and working at the same time leaves the worker feeling less full after lunch than those who focused on what they were eating. This often leads to snacking by mid-afternoon in an attempt to counter an energy slump. In addition, those who ate while working were often unable to recall exactly what they ate. Unconscious eating may cause us to gobble down larger amounts of food without giving it a second thought.

Finally, there is the problem of bacteria on the surface of the desk, telephone, computer mouse and keyboard. Charles Gerba, PhD, a professor of environmental micro-biology at the University of Arizona in Tucson states, “People turn their desks into bacteria cafeterias because they eat at them, but never clean them. The phone is the dirtiest, the desktop is next, and the mouse and computer follow.”

If eating at your desk is your only option, here are a few tips to make it a safer and more enjoyable experience:

- Watch what you eat. Pick foods that are lower in fat and calories, moderate in size so you don’t become too full and unable to comfortably work later. Don’t allow yourself to get into a food rut – eating the same things day-after-day.
- Consider taking 15-20 minutes just to stop all work, focus on your food, and leave the remaining 10-15 minutes for a walk outside or throughout the building.
- Avoid take-out; pack your lunch so you have more control over calories and nutrition, not to mention cost. Many people spend from \$5 to \$10 per day on take-outs.
- Disinfect your desk – at least once per day. Wet paper towels are not enough – they only give bacteria a free ride to another surface in the office. Avoid touching those surfaces while you eat; you just wind up contaminating your food over and over again.
- Use a placemat. Give yourself a little extra protection after the wipe-down.
- Eat with a friend; you’ll find you will be more productive and creative when you’ve had the opportunity to interact with colleagues.

Choose one improvement and practice it for a month. That’s about how long it takes for a new behavior to become a new and better habit.

Debbie Best, RN, BSW, MHA



F. Leon Douglas, Jr. and Roxanne M. Miller united with St. Paul's on Sunday June 19, 2011 during the morning worship

service. We welcome them to our congregation and extend to each of them the hand of Christian Fellowship.

Roxanne is no stranger to our congregation as her son, Steven Miller, and his family have been long-time members here. She has joined with us by transfer from St. Paul's UCC of Dallastown where she was baptized and confirmed. She is employed by AAA of Southern PA.

Leon is a professional musician and was baptized at Trinity Emmanuel Lutheran Church in York, confirmed at Otterbein United Methodist Church in Spry. Again, welcome to both Roxanne and Leon. By the way, they are planning a wedding for later this summer. Congratulations!!



REVOLUTION!!! Join in on the fun for a night out at Sovereign Stadium in York, PA as the York Revolution take on Somerset. St.

Paul's will have a block of tickets for the August 6th game. Fireworks follow the Saturday game.

Pastor Dennis will begin 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 I would

ask that you 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 me 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.

Please join me in wishing Dennis a safe, restful sabbatical.

Consistory President, Sally Kern

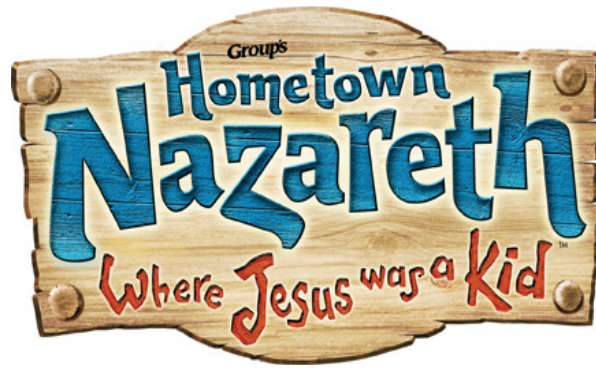
Penn Central Conference Information

Annual Meeting Videos

Check out videos of our special guests at the 2011 Penn Central Conference annual meeting. Check back as others will continue to be added. To view go to the Penn Central website, www.pccucc.org and click on annual meeting videos under RECENT NEWS.

Hartman Center Summer Camp

It's not too late to register kids and adults for summer camp at Hartman Center. Spots are open in many camps that continue through August 6. Scholarship money is available by contacting Bruce Druckenmiller at Hartman Center. bruce@hartmancenter.com or 717-667-2431.



SEE YOU AT

Vacation Bible School

St. Paul's UCC, Stoverstown
July 24-28 from 6:30-8:30 PM
A VBS program for the *whole family*
or from age 3 through 6th grade

Registration forms available at

www.stpaulsstoverstown.org

in the narthex at church or call 225-6357

There are many ways to volunteer to help:

- *Lend items to help create "Nazareth" (canopies, large baskets or pottery, large artificial plants,...)*
- *Help decorate*
- *Be a tribe leader (guide groups from station to station each night)*
- *Be a shopkeeper (pick a night to lead tribes in a Bible time activity)*
- *Be an assistant for the shopkeepers or games leader*
- *Participate in a skit on one of the nights*
- *Help at registration or with the closing meal*
- **BRING SOMEONE TO VBS**
- *Pray that this time of learning about Jesus would help us all grow in faith and share that faith with others*

If you would like to help, sign up at the display at church or contact Joy Gobrecht
(225-0540, joy101198@aol.com)

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

Youth and adult chaperones are off to Youngstown for a week (June 26 – July 1) of **Group Workcamp** activities. There will be lots of follow-up stories and pictures from this trip.

Check this out

Summer Worship schedule begins July 3 and continues through the month of August. Worship time will be 9:15 am. There is no Sunday School offered until September.

TIME, TALENT, TREASURE

Remember our **Time, Talent and Treasure** program. To see a listing of what's available, check out our web site (www.stpaulsstoverstown.org and click the link to Time and Talent ... or use this direct link -- http://stpaulsstoverstown.org/MAIN_PAGES/atimeandtalent.htm). Highest bidder will be the winner. Sealed bids will be accepted til July 31st and may be placed in the bags on the table in the narthex or mailed to the church prior to the deadline. All proceeds benefit our budget's Faith Challenge. Darlene Hoover will be able to answer any questions about the process.

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.

New Windsor trip a success. Five persons enjoyed an informative tour of the HUGE distribution facility that handles Church World Service items and many more materials that are sent across our country and the world whenever disaster strikes. We delivered 85 hygiene kits that were put together on Easter Sunday. Looking ahead: the Stewardship Committee has plans for our congregation to put together School Kits in the months of August/September.

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.

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 two **Children's Worship** programs in July and August, during our 9:15 AM worship time.

The annual **church picnic** will be held Sunday July 31st at Codorus State Park at 12 noon. Hamburgers, hot dogs, and drinks will be provided. A sign-up sheet is in the church narthex.

JULY LAY HELPERS

Head Usher: Chip Hoover

Greeters:

3 Skip and Connie Clancy
10 Fay and Linda Herman
17 Jackie Senft and
Mary Ellen Fritz
24 Rick Beck family
31 Terry and Nancy Miller

Acolyte:

3 Shelby Beck
10 Skylar Chinault
17 Kira Hull
24 Kayce Gentzler

Lay Reader:

3 John Weidler
10 Jane Bankert
17 Mark Sterrett
24 Nancy Miller
31 Joyce Kain

Check out the certificate on the next page. Our whole church offering earlier in the spring was designated to Heifer International.

Our Sonshine Singers have also recently sent funds to purchase a goat.