

# FRIENDLY NEWSCASTER

February 2012  
Volume 2, Issue 2

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Creek Thank You

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Dear Friends,

Lent begins soon. Lent is a word from the Old English word, "lencten", which has to do with spring time.

On our Christian calendar Lent refers to any of the forty weekdays stretching from Ash Wednesday to Easter Sunday. Lent is an ancient Christian tradition; it is observed as a period of prayers, fasting, penitence. You have undoubtedly heard the phrase, "giving up something for Lent". That phrase reflects the sacrificial aspect of our journey alongside Jesus, as we follow his journey to the cross during this season.

I would like us to reflect on another aspect of our faith life for this 2012 Lenten season. I ask us to consider "taking on" some new spiritual practice or some new missional practice during these upcoming days and weeks.

Perhaps our reading of scriptures or our devotion to prayers has been inconsistent or slipping over the past few seasons. Why not take on the challenge of setting aside fifteen to twenty minutes daily in order to reapply ourselves to meditations on the scriptures or to prayers? We include in this newsletter the Lectionary readings which will be emphasized throughout the earliest Sundays of this Lenten season. It can be the way for strengthening our spiritual journey as individuals and as a whole body of people at St. Paul's.

We may consider a special missional emphasis. I know I can hardly visit the grocery store these days without prayerfully thinking of those who are stretched to the limit of their resources in these tougher economic times. At the same time I recall our "Shopping Cart" ministry that supports the West York Church of The Brethren Food Pantry. If you visit the grocery regularly, why not pick up, regularly, those additional two or three items which will tide our needy neighbors over? Or, we may want to prayerfully plan to assist young people who are, right now, making plans to travel to powerful events this summer. Financial assistance for our youth attending the National Youth Event at Purdue Indiana will be necessary. Brandon Wherley will be participating in a "Leadership Now" event with Lancaster Seminary folks, traveling to Ireland. Our Special Gifts Fund has been a great support for all the young people who have taken part in Leadership Now. I remind you that anyone may contribute to the Special Gifts Fund in honor of or in memory of someone or in recognition of some project on any day of the year.

Opportunities for enlisting ourselves in Jesus' work abound. They are many and varied. As the Lenten season opens and begins to stretch out before us, let us also stretch and strengthen our spiritual lives on behalf of the one who has shown us the highest measure of love and devotion.

Glad To Be With You On This Journey,  
Pastor Dennis



# FEBRUARY SPECIAL DAYS:

## Birthdays

1 Devon Gentzler  
4 Stefan Hartman  
5 Donald Burkey  
7 Theresa Beck  
8 Ryan Henry  
10 Garrett Bollinger  
10 Sharon Smith  
12 Haley Syester  
13 Timothy Jacoby  
13 Sandra Welliver  
18 Leisha Dubbs  
18 Michele Wherley  
21 Jonathan Weidler  
24 Greyson Stough  
24 Shelby Beck  
24 Bobbie Pope  
25 Susan Syester  
26 Jayne Harman  
27 Joyce Hartley  
28 Reid Kern  
28 Luke Miller

## Baptismal Birthdays

16 Kayla Gentzler  
27 Jennifer Miller



## Wedding Anniversaries

12 William & Connie Clancy  
12 Donald & Beverly Burkey  
21 Gregory & Allyson Kern

**Please remember the following in your prayers:**

### Members

Arlene Chinault  
Bob & Deb Henry  
Mabelle Horick  
Blaine & Sharon Smith

### Members & Friends in assisted living and nursing homes

Janet Booz  
Gerry Gentzler  
Grace Gladfelter  
John and Rachel Lau  
Lester Miller  
Jeannie Wallick  
June Whitecomb

### Members of the military and their families

Eric Brown  
Chris Glass (Husband of Sarah Glass)  
Matthew Mitzel  
Tim Nelson  
David Stricker Jr.  
Benjamin White

### Friends

Jo Feeser  
Noah Wischhusen  
Jackson Salemme

**It's time to dig out your favorite recipe and enter it in the St. Paul's bake-off.** On **Feb. 19** (following the 10:15 church service) the youth are sponsoring a bake-off. Contestants will pay **\$5.00** to enter their recipe and the congregation will vote by inserting pennies, quarters, dollars, or more, for their favorite item after tasting them all. The winner will win a prize. So dust off your recipe boxes, bring your taste buds and come join in the fun. Hope to see you there.

## **February Offerings:**

Sunday School: Habitat For Humanity  
Worship: Lehman Center

**Grocery cards** may be purchased following worship each week. Giant, Weis and Kennies cards are available in amounts varying from \$10.00 to \$100.00. Remember the church receives 5% on every card toward our Faith Challenge. See Maryann Brenneman or Joyce Kain if you have questions about how to get started or to make a purchase.

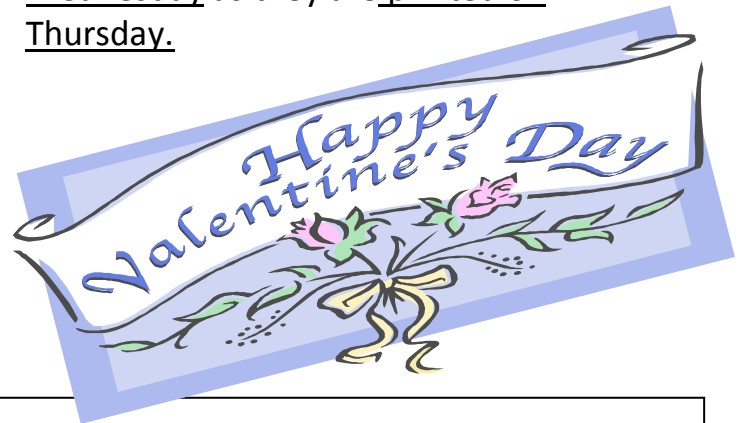
Remember to continue to help fill our **Food Pantry** cart. In addition to food items, paper and cleaning products are also accepted.

Please continue collecting Labels for Education and Box Tops for Education. We have been supporting this fundraiser on behalf of Hoffman Homes for Youth. This year they received \$1,430 from Box Tops for Education.

**Nurse Notes** – be sure to review the Nurse Notes pages that accompany the newsletter mailing. Caring for your cat, recycling your cell, chewing your food, and signs of heart attacks are presented.

**Our Children's Choirs and Sunday School Classes** will be presenting the musical "Just Like You and Me" during worship on Sunday Feb. 19. The following comes from author Susan Souther Burt: "It is my prayer that as you present Just Like You and Me, singers and listeners alike will know of God's great love for them and of their value to God. As Christians, we serve as our Lord's hands, feet, and voice. Today, as in times past, God uses ordinary people – just like you and me – to do extraordinary things."

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.



## **CONSISTORY NEWS:**

Officers of Consistory for 2012 are:

President – Sally Kern  
Vice-President – Steve Miller  
Secretary – Jim Kain

Other members are Bill Bankert, John Brenneman, Kelly Fritz, Matt Gobrecht, Chip Hoover, and Michele Wherley

The following delegates were also elected at the annual Congregational Meeting:

Delegates to the **York Association** – Maryann Brenneman and Jean Weidler  
**Penn Central Conference** Delegates – Michele Wherley and Brandon Wherley

## CHRISTIAN EDUCATION / SUNDAY SCHOOL NEWS

Our children recently made cards during Children's worship time for our **sponsored child - little Nyasha Tekeshe**. Her second birthday was celebrated on December 31. Nyasha is being cared for at the Mt. Selinda Orphanage in Harare, Zimbabwe. We began this relationship through the UCC Global Ministries using Special Gifts funds, but hope to support Nyasha for many years using gifts from our children, Sunday School classes and special offerings! Of special note-- the name Nyasha translated to English is the word Grace.

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**SKY GROUP NEWS**—Check out the web site page devoted to Christian Education information ([http://stpaulsstoverstown.org/MAIN\\_PAGES/christian\\_ed.htm](http://stpaulsstoverstown.org/MAIN_PAGES/christian_ed.htm)) for upcoming events.

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The Christian Education committee is excited to welcome everyone to join a Sunday School class! This curriculum is based on the weekly scriptures shared during the worship service. **Sunday School Classes** are set for PreKindergarten and Kindergarten, students grades 1-4 and youth (fifth grade on up). In addition to the Willing Workers class, there will be an adult discussion class. The First Place for Health class (see information below) continues. Please consider making Sunday School part of your faith journey throughout the year.

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**Children's Worship** continues during the 10:15 am Worship Services. The children will be divided into two different age groups - children age 4 through Kindergarten and children in grades 1 -4. Dates are listed on the calendar.

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The **First Place For Health Class** is meeting during the Sunday School hour and are exploring materials to use for our discussion focusing on total body wholeness – heart, soul, body and mind. Several members also gather to walk one night a week and also to do aerobic exercise one night a week. If you are interested in learning more about this class or the exercise time, please talk to Jean Weidler or Sally Kern or join us on Sunday mornings.

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A new **Family Education Series** is coming to Dallastown Nursing Center. Every 3<sup>rd</sup> Wednesday evening in 2012, February through October, we will offer a FREE education series. The public is invited to attend. Presentations will begin at 7 pm, and last about an hour. Contact Ann Lucille Kollaswch, Community Liaison for more information. Reach her at 717-244-9574 or by email to: [annlucille@dallastownnursingcenter.com](mailto:annlucille@dallastownnursingcenter.com)

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Contact Information for **Matthias Ratz**: email to [matz.ratz@gmx.de](mailto:matz.ratz@gmx.de) or call (717) 881 5900.

St Paul's Facebook: <http://www.facebook.com/#!/group.php?gid=110355308305&v=wall>

## ANNOUNCEMENTS / LAY HELPERS

**Annual York Association Leadership Banquet 2012** will be **February 12, 2012** at **The Valencia Ballroom, York**. Doors will open at 12:30 pm Approximate ending time is 3:15 pm. The cost is \$14 per person. The menu choices consist of sautéed boneless chicken breast with julienne vegetables or pork loin or garden fusilli paste (vegetarian). Dessert is Chocolate mousse pie and apple crisp. Rev. Dr. Laurene Bowers – Associate Conference Minister for Congregational Life and Vitality will be the keynote speaker. See Sally Kern to register for this special event by Sunday, February 5, 2012.

We will be attending the **Hershey Bears** Hockey Game on Saturday, **February 25**.

**Cemetery Clean-up March 3** (weather permitting)

All floral arrangements will be removed March 3<sup>rd</sup> – if you want them, please remove them before that date.

**Vienna Boys' Choir** will present a concert on Saturday, **March 10, 2012 @ 7:30 p.m.** It will be held at the Hempfield Performing Arts center in Lancaster County. To purchase tickets visit [www.parishresourcecenter.com](http://www.parishresourcecenter.com) or call 717-299-9932.

**Daffodil Sunday March 25**

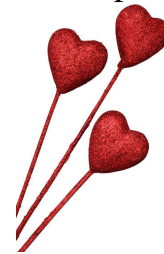
If you would like to place daffodils in memory or in honor of someone, please see Sara Bare.

The prices are: A vase & bunch of daffodils \$15.00

Mini pot \$12.00

Bunch of daffodils \$10.00

The deadline is **February 20<sup>th</sup>**.



The **4 Our Church** fund continues to approach the goal of \$40,000. 2012 is our final “pledge” year and we are within reach of that goal. Contributions can be made using the green thermometer envelopes available in the pew racks

Feb	Acolytes	Greeters	Lay Readers	Nursery
5	Kayce Gentzler	Deb Henry	Matthias Ratz	Connie Clancy
12	Ashlyn Fritz	Gary & Sue Miller	Jen Fritz	Darcey & Jena Hull
19	Braden Gobrecht	The Sterrett Family	Matthias Ratz	Jessica & Caitlin Hoffman
26	Brandon Wherley	Bob & Maryann Brenneman	John Brenneman	Kathy Sterrett

# LENTEN SEASON INFORMATION

**Ash Wednesday** Communion Service  
7:00 pm on Wednesday Feb. 22. Begin your Lenten Journey by participating in this youth led worship service.

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## Lectionary Readings Emphasized In The Early Sundays Of Lent

February	26	Genesis 9:8-17 1 Peter 3:18-22 Mark 1:9-15
March	4	Genesis 17:1-7, 15-16 Romans 4:13-25 Mark 8:31-38
March	11	Exodus 20:1-17 1 Corinthians 1:18-25 John 2:13-22
March	18	Numbers 21:4-9 Ephesians 2:1-10 John 3:14-21

## Cooperative Lenten Series:

This Lenten season we hear the gospel writer Mark's story of Jesus' **FINAL HOURS** before the crucifixion and learn about the people who were part of it.  
**SOUP SUPPER 6:15 P.M. WORSHIP 7 P.M.**



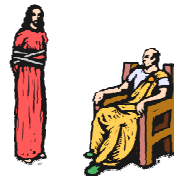
### GETHSEMANE

Host: St. Paul's Lutheran  
Stoverstown - Feb. 29<sup>th</sup>



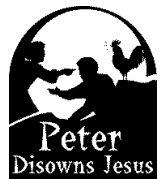
### BETRAYAL

Host: St. Paul Lutheran  
Seven Valleys - March 7<sup>th</sup>



### TRIAL

Host: St. Paul's UCC,  
Stoverstown - March 14<sup>th</sup>



### DENIAL

Host: St. Paul's Lutheran  
Stoverstown - March 21<sup>st</sup>



### CONDEMNATION

Host: St. Paul Lutheran  
Seven Valleys - March 28<sup>th</sup>

## Nurse's Notes

### February 2012

#### February 5

There are differences in how women and men respond to a heart attack. Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment. Further, women tend to be about 10 years older than men when they have a heart attack. They are more likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure—making it all the more vital that they get proper treatment fast.

Women should learn the heart attack warning signs. These are:

- Pain or discomfort in the center of the chest.
- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach.
- Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—5 minutes at most—to call 9-1-1. Your family will benefit most if you seek fast treatment.

(<http://www.nhlbi.nih.gov/actintime/haws/women.htm>)

#### February 12

**40 ... the number of times you should chew each bite**, according to the American Journal of Clinical Nutrition. People who chewed each morsel 40 times consumed 12% fewer calories than those who chomped only 15 times. (*Prevention Magazine*, December 2011, pg. 17)

#### February 19

One of the worst hazards for today's indoor cats is lack of stimulation, says Barbara Sherman, Doctor of Feline Medicine, add 5 to 10 minutes, once or twice daily, of these new, high-tech options.

**Tablet Toys** Friskies has launched three interactive games available as free apps for iPad or Android tablets. Load them and watch your cat paw at colors, fish, and birds racing across the screen (without damaging your tablet). For more, check out [gamesforcats.com](http://gamesforcats.com).

**Laser Swat** Hold the FroliCat in your hand or place it on a flat surface and watch as your cat swipes, pounces, and chases the exciting laser patterns. The toy will automatically shut off after 15 minutes. ([frolicat.com](http://frolicat.com)) (*Prevention Magazine*, December 2011, pg. 124)

#### February 26

**Sell your old cell!** Instead of letting your old phone collect dust in a drawer, check out [ExchangeMyPhone.com](http://ExchangeMyPhone.com) and get an instant price quote for it. They will pay you the phone's current cash value, if it has one. If it doesn't, they'll pay you to ship it to them, and then they'll scrap it responsibly through WeRecycle.

*To Our Santa's Wish List Project Participants,*

*Another holiday season has passed but heartwarming stories are still being shared about the 2011 Homewood At Plum Creek Santa's Wish List Project!*



*A resident's daughter was visiting from out of town on the day that the Christmas gifts were delivered on her father's unit. She asked the employees what was going on? Where do these gifts come from? How did someone know what kind of aftershave her father used? Who told them what his favorite snack foods were? She was told that her father made out a wish list in October that was then sent to the churches that support Homewood. She was moved to tears when she learned that the gifts came from people who did not even know him!*



*She was completely overwhelmed as she walked through the hallways listening to wrapping paper being torn off packages and the expressions of excitement and joy coming from each resident's room. She said that she would never forget her experience at Plum Creek that day and was comforted to know that her father felt special and loved.*

*Thank you so much for helping to make this annual program reach out and touch so many people. The impact it has lasts far beyond the Christmas season.*

*What a wonderful ministry!*



*Megan Schuman*

*Community Therapeutic Recreation and Volunteer Director*