



***"THE SPIRIT" Jan./Feb. Newsletter Sponsors:
David Jr., and Michael Paul
In celebration of their Dad's (Dave, Sr.)
50th Birthday.***

From the desk of Dr. Nathan:

Dear friends: Merry Christmass! There are no human words to describe the overwhelming support and love you have shown to me during this season. Thank you for your kind words, cards, well-wishes, and gifts. You all have made joyful this holiday, and for all those gestures I am thankful. Most especially, I am thankful for your faithful attendance to Our Lord and his Holy Mass. There were nearly 150 at the evening service of the Christ Mass, and it was an exceptional time together as well. We all would do well to share our thanks to the musicians that night for their willingness to share their talents with us! Great work in offering to the Lord what He has given first to you! The busy nature of these past few months usually seems to calm, but I am overjoyed to say, here at Salem they

do not. If you take one look at the calendar you will see all that is happening here, and the MANY places to join your brothers and sisters in service to the Lord and to our community. **Sunday School** resumes now, after a short Christmas break for both youth and adults. A **First Communion** class is forming for children in 2nd grade or older. Call the office immediately if you would like your child enrolled.

The WMF sponsored Women's Retreat is now in its FOURTH year and we have an enormous group of ladies signed up to attend. In the weeks leading up to this retreat Kasey will assist others with the website to order their bead kits. I will also provide introductory information in bulletins, this newsletter, and during Sunday School time on the use of beads in prayer and the prayers of the rosary. There is so much to learn as we continue to enhance our prayer time.

The Fellowship Hall is currently unavailable and under construction. Please be patient as Parish Life upgrades our kitchen facilities. This much needed project is more than 3 years in the waiting, and made possible by donut sales alone! A few hands can make immeasurable difference. Lend your hand this year and enjoy the fellowship of friends, a *little* hard work, and the joy of helping to keep the facilities here in top shape.

As I write this, I am preparing for my second semester of doctoral work at Boston University, and anxious for this next group of classes. Many of you have been a great help in research, discussion, and support. Thank you! As



DONUT DAYS:

Feb. 8-9

ASH WED SVC:

Feb. 10

*Wednesday Lenten Meals
and Svc. locations will be
announced in the
bulletins and on the
church website..*



as I continue, please feel free to ask about my work and engage the topics of my writing. This semester will see contextual analysis of ministry and congregations, and situational preaching for transformation. If you'd like to read along with me, just ask and I'll share. The relevant coursework and writing are proving exciting.

Lent will be upon us soon, and as we prepare for a period of preparation I am asking for your support. My 2016 Lenten Appeal is multifaceted and has place for all ages, and levels of commitment as both members and non-members alike. Walk with me on this journey of renewal of faith in just one, or join the challenge fully and attempt them all! I will promise this, your faith will find a way to growth as you commit to the service of Our Lord Jesus Christ. These few steps can be nothing short of a miracle for some, and for others, quite possibly more difficult than simply 'giving up' something for the season. We grow so much more from adding to life, than from taking away a bit of excess which (PG 9)

Now that we have all gotten past the holidays, it's time to look forward to another year of your health and well-being. Our health ministry team has been hard at work planning some programs and activities for this upcoming year. We are planning programs such as:

- ❖ A WALKING PROGRAM
- ❖ CHAIR EXERCISE PROGRAMS
- ❖ UPCOMING EDUCATION/DEMONSTRATION ON THE AED
- ❖ A FLYER WITH THE LIST OF MANY SERVICES AVAILABLE WITHIN OUR COMMUNITY



The American Heart

Association recommends at least 30 minutes of moderate activity at least 5 days per week for a total of 150 minutes. That can be something as easy as a one mile walk every weekday over lunch.

The American Heart Association guidelines have changed. What is now considered a normal blood pressure: less than 120 over less than 80. As your numbers go higher, this puts you into a hypertension state, so if you need to monitor and see where you blood pressure is trending, come get your blood pressure checked each month during social hour with our parish nurse, Sharyn. We want your input too.... Over the next few weeks you will see a survey in the church bulletin; we ask you to complete and place it in the basket on the last pew as you leave the service or share your ideas/request with a team member. What do you want from the health ministry?

The trip to Sight & Sound's "The Christmas Miracle" was a huge success-so much so that you've requested a trip to see

"SAMSON"!

We are currently planning this trip which will take place in April (stay tuned for the date). It will again be a 6:30 PM show as all the day shows are already sold out. We have discussed some incentives that will be put in place to keep cost down for families. If the interest is there, we will plan on leaving earlier and stopping for dinner at the **Hershey Farm Restaurant** smorgasbord before the show!

As we start a new year with resolutions to make changes in our lives let us also commit to making the change to serve our Lord and savior whom has given to us and always provides for us. God tells us to take care of our SELF, Discipline our BODY- staying healthy and active- that means: get off the couch from watching football & movies... walk around the kitchen table 10 times, walk the hallway 10 times, climb the stairs 5 times, use that rusty gym membership that's been laying in your wallet...

GET UP AND MOVE!!!

Discipline our MIND - set your mind on things above, not on earthly things - our minds must be focused on *spiritual things*- what God desires for us.

Discipline - SPIRIT: 1

Thessalonians 5:17

"Be joyful always, pray at all times. Be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus."

"Do all this in prayer, asking for God's help. Pray on every occasion, as the Spirit leads. For this reason keep alert and never give up."



Let us Pray:

Dear Father, during this holy time we pause to remember that your light can never be extinguished. Discipline us to be still, believe in this truth so that we might live lives that display your eternal illumination. Amen

HEALTH MINISTRY MEETING

DATES:

January 19th at 7 PM

February 16th at 7 PM



Women's Retreat:

Join us for an overnight retreat
Jan. 29-30, 2016

Basilica of St's. Cyril and Methodius
in Danville.

Call the office for more details
and to reserve your spot!

717-362-9222



Parish Life News

Construction is underway in the kitchen in the Fellowship Hall! Parish Life has saved for 3 yrs. to make this project come to fruition through their "Donut Days" sales. Thanks to EVERYONE who purchased donuts, helped make donuts, prepped and cleaned up! It takes EVERYONE to work together in fellowship to make things happen.



Sunday, Jan. 17th

Pick up your "baby bottle" at the Sunday service to collect your loose change for **SANCTITY of LIFE.**

This project runs through Feb. 21st.



FEBRUARY 8-9
SALEM'S
DONUT DAYS

Correspondence:...

*...from members of the
Schreyer Honors College Student Council*



*Dear members of Salem Lutheran Church:
Thank you for welcoming our group with open arms and including us in your worship. It was an honor for us to be there to hear Tyler Miller's confirmation project – a true inspiration and testament to our yearlong efforts through THON. An additional thanks for your congregation's generous donations that we have credited directly to our organization's total for this year.*

**For the Cure*For the Fight*For the Kids*



***Shawl
Ministry
Jan. 12th
1 PM***

www.shawlministry.com | 707.445.25

Living Wreath Making Project



Soon after Pr. Nate came to Salem, he invited anyone that was interested to join him in the Fellowship Hall on the Saturday before the Advent season began. He gathered live greens from those in the neighborhood who would allow him to “clip” some of their evergreens. (*Special THANKS to Don & Linda Deibler and Hoover-Boyer Funeral Home in E’ville*) The greens were piled in the center of the Fellowship Hall for all to pick from. He encouraged us to bring decorations for our wreaths – “*Be creative!*” he said. During the service the next day, first Sunday of Advent, Pr. Nate blessed all our wreaths. This has been a tradition here at Salem ever since! ...and we look forward to the Advent season as those who wish, can make their own, unique wreath to take with them to celebrate the Advent season in their home, with their friends and family.

Thank you, Pr. Nate, for helping us to understand and learn the true meaning of Advent.

NIGHT AT THE
NEWSEUM
AN EVENING TO REMEMBER THE
NATIONAL PANCREAS FOUNDATION

Donald S. Deibler II, RPh • Courage Award Recipient

Like most courageous people, my father, Don Deibler, does not like to talk about himself. So I have the honor of telling his story. Dad was born in 1941, in Northumberland, Penn. At the age of nine, his family, including younger brother Dan, moved to a small town in central Pennsylvania called Elizabethtown, where he still resides today. He graduated from the Philadelphia College of Pharmacy and became the second generation owner of Deibler's Drug store. He went on to open a second drug store in 1977 and ran both until he "retired" in 2002. To this day, he still works at an independent pharmacy when he can.



My Dad met my Mom, Linda, right after he graduated from college and they were married in 1964. She has always stood by him. In fact, Mom also deserves a caregiver courage award for succeeding in getting Dad to eat kale and kudzu, while he adamantly protested and the bone broth simmered. They had two daughters: my sister and me. My name is Jennifer and I live in Harleysville, Penn., with my husband Will and our three terrific children Caroline, Liam and Jackson. After spending my childhood in the family-owned pharmacy, I followed in my father's footsteps and became a pharmacist just like him. My older sister Chandra lives with her husband Larry in Bedford, Va., and they have three beautiful daughters Maya, Ella and Lyla. In addition to being a mother, Chandra is a busy freelance graphic designer.

Dad's cancer diagnosis came when I insisted he had a blood clot or a stomach ulcer, following problems he was having after knee replacement surgery. Several CT scans and an MRI later, Dr. Lentz sent him directly to Johns Hopkins. The treatment became his (and Mom's) life.

Chemo began Aug. 3, 2014. Because of the distance, the chemo was administered at St. Joseph's in Reading, Penn., by Dr. Rovito. He was so patient and kind with Dad. We went back to Johns Hopkins over Christmas week for the stereotactic radiation.

The surgery we hoped would occur in the beginning on the New Year was postponed for 4 ½ months, as Dad continued his chemo treatments. Dr. Laheru, Dr. Herman and Dr. Wolfgang monitored and discussed his scans weekly, until they determined he was ready for surgery.

Dr. Wolfgang performed the Whipple on May 20, 2015. As promised, the recovery was not easy. But Dad persevered and on July 15, 2015 we hear the incredible news from Dr. Laheru. Dad was CANCER FREE. He continues to today to be free of all pancreatic cancer.

In conclusion, Dad added these words, "My positive outcome is attributed to my excellent medical team, as well as the support, love and prayers of family and friends and my faith in God."



Salem is thrilled to spotlight **Don Deibler** and his battle with cancer. He's a survivor! He won! When Don received his diagnosis, Salem rallied 'round him and his family and **PRAYED! PRAYED! PRAYED!** ...last yr., diagnosis: cancer...this yr., **CANCER FREE!!**

Don was so appreciative of his Salem family with their constant vigil and prayers while he was undergoing treatments and surgery, he wanted to give back to show his appreciation. And, what better way than **FOOD!** (*Don knows his church family quite well!*) He and his wife, Linda, treated the members of Salem to a delicious brunch following the church svc. It was well attended and Don thanked everyone for ALL they've done for him and his family. His faith, dedication to his church and proof that the power of prayer is ever constant in ALL our lives, has been shared with his church family and it's proof that miracles are *still happening* in this world today. . .

We have Don!

THE NEWSEUM • Washington, DC



Please help to keep our prayer list current by contacting the church office for changes:
717-362-9222 or salemelizabethville@gmail.com

Prayer List:

Manor at Susquehanna Village: Joan Taylor
(Peg Massari's mother in law)

Kepler Home: Richard Matter (Paul & Natalie Lyter), Elsie Phillips

Polk Personal Care: Hilda Collier, Mary Schade

Luther Acres: Oren Spangenburg (Sarah Challenger)

Hershey (healthcare home): Paula Bowman

DuPont Children's Hospital, Delaware: Talan Wolstenholme (Leah Snyder)

At home: Anna Stonerod, Doyle Deppen (Gerri Deppen), Terry King (Janice Gransbury), Bob Schreffler (Dorothy Hoffman), Roy Stonerod (Mary Ellen Paul), Greg Hoke (Pam Ramer), Paul Zelnick (Jane Ingbritsen), Holly Artz (Joan Minnich), Charles Wright (Ann Scatena), Andrea Bixler (Marie Daub), Garvin Kissinger (Ann Scatena), Jerry Tressler (Park Gessner's uncle), Frances J. Budd (Jane Ingbritsen), Marjorie Romberger (Tom Scheib's sister), Jeffrey Snyder (Wanda Latshaw), Roy Strohecker, Dorcas Gessner, (Dottie Hoffman), Darlene Adley (Diane Heim), John Chubb, Cindy Maurer (Maurer's Tree Farm), Jessica Ingbritsen, Earl Laine, Carl Snyder, Durene Archer (Carl & Leah Snyder's daughter), Don Deibler, Joann Stauffer, Harold (Peanie) Heckler, Arlene Blanchard (Diane Heim), Debbie Pittman, Terry Corsnitz, Judy Buffington & Ken Crone (Lyters), Rob Herman (Pr. Nathan's friend), Sarah Naugle, Todd Hoover, Andy Wiest (Tyler Miller), Ron Clemens (Connie Troutman), Beverly Morgan (Ann Scatena), Bill Witmer, Keith Laudenslager, Edward Snyder (Wanda Latshaw's dad), Dick & Joan Sanborn (Jessica Spacek's paternal grandparents), Amanda Eisenhaurer (Kyle Ramer), Kris King, Charles Wertz, Beverly Weida (Janice Gransbury), Vince Shepley (Ken Campbell), Ned Messner, Heather Hildebrand (granddaughter of Sarah Challenger), Tina Ramer & Dennis Shade (Pam Ramer), Janyce Van Sickel, Heide Bohn



With Sympathy

The Family and Friends of:
Norma Reiner, George Sitlinger, Eleanor Poli, Catherine Zelnick, The Rev. David Walthour

ALTAR FLOWER SPONSORS

January

- 3 Henry & Marlene Leshner in honor of Robin's birthday.
- 10 Stan & Arleah in memory of loved ones.
- 17 Henry & Mary Ellen Paul in memory of loved ones.
- 24 Margie Lehman in memory of her mother Eppie Lehman.
- 31 Ruth & Chris Cook memory of Don Cook.

February

- 7 Chuck & Jill Liles in memory of loved ones.
- 10 (Ash Wed.) **SPONSOR(S) NEEDED**
- 14 Dale & Arlene Feidt in memory of Barbara, Cora & Herbert Buffington.
- 21 Martha Jane Fulkrod & Family, Tom Hain & Family in memory of Norman & Sue "M. E. Hain."
- 28 Conrad & Rose Fortney in memory of Mr. & Mrs. Francis Reed, Emma & Helen Reed.



SPONSORSHIPS

Altar Flower Vases \$20/vase

Weekly Bulletins \$10/wk.

Sanctuary Lamp \$50/mo.

Bi-Monthly Newsletter \$30

Fellowship \$45

(Parish Life will handle the rest!)

January Bulletin Sponsors

- 3 Fred Renn to the glory of God.
 10 Dave & Chris Paul in remembrance of the
 birthdays of Pap & Gram Buffington.
 17 Jason & Angela Heim in honor of Austin Heim's
 8th birthday.
 24 Jason & Angela Heim in honor of Kristen Heim's
 10th birthday.
 31 Margie Lehman in memory of Eppie Lehman.

February Bulletin Sponsors

- 7 Marie Daub in memory of her dad's birthday.
 10 (Ash Wed.) Ann Scatena
 14 Dale & Arlene Feidt in memory of Herbert, Cora,
 & Barbara Buffington.
 21 Chris, Michael & David Paul, Jr. in celebration of
 Dad's 50th birthday.
 28 Sharyn Farner

Sanctuary Lamp

- Jan. - Dale & Arlene Feidt in memory of her mother;
 Dorothy Wolfgang and their son, Brian.
 Feb. - The Heim Family in memory of
 parents/grandparents: Eugene & Leona
 Hechler, Ronald, Sr. & Mary Jane Heim.

Fellowship

- Jan. 10 - **Sponsor(s) Needed**
 Feb. 14 - **Sponsor(s) Needed**

January Greeters

- 3 _____
 10 _____
 17 Ann Scatena & _____
 24 Janice Gransbury & Margie Lehman
 31 _____

February Greeters

- 7 _____
 10 (Ash Wed.) _____
 14 _____
 21 Janice Gransbury & Margie Lehman
 28 _____

January Birthdays

- 4 Carol Reitz
 5 Jessica Ingbritsen **HAPPY 30th BIRTHDAY!**
 14 Mark Ingbritsen
 Dave Reiner
 17 Austin Heim
 18 Lloyal Hain
 22 Cory McCartney
 27 Arlene Feidt
 29 Ben Cunningham

January Anniversaries

- 25 Mr. & Mrs. Robert Portzline

February Birthdays

- 1 Pr. Minnich
 6 Bob Sitlinger
 11 Stan Buehler
 13 Kristen Heim
 17 Dave Paul, Sr.
 20 Randy Challenger
(there are no February anniversaries)

*Please call or email the office if there are any errors
 or deletions. 362-9222 (Chris)
 salemelizabethville@gmail.com*



January Altar Guild:
Jill Liles and Rachel Zimmerman

January Worship Assistants

Sunday, Jan. 3 EPIPHANY

Lector: Tom Scheib
Head Usher: Scott Deitrich
Communion Assistants: Harold Daub & Tom Scheib
Greeters: _____
Acolyte: Jessica Spacek
Sanctus Bells: Eric Campbell



Sunday, Jan. 10 The Baptism of Our Lord

Lector: Kasey Campbell
Head Usher: Fred Renn
Greeters: _____
Acolyte: Tyler Miller
SERVICE OF THE WORD

Sunday, Jan. 17 Second Sunday After the Epiphany

Lector: Ann Scatena
Head Usher: Dave Reiner
Communion Assistants: Margie Lehman & Kasey Campbell
Greeters: Ann Scatena & _____
Acolyte: Sarah Heim
Sanctus Bells: Eric Campbell



Sunday, Jan. 24 Third Sunday After the Epiphany

Lector: Harold Daub
Head Usher: Linda Deibler
Communion Assistants: Dennis Reitz & Mark Ingbritsen
Greeters: Janice Gransbury & Margie Lehman
Acolyte: Eric Campbell
Sanctus Bells: Eric Campbell

Sunday, Jan. 31 Fourth Sunday After the Epiphany

Lector: Margie Lehman
Head Usher: Jim Prince
Communion Assistants: Harold Daub & Tom Scheib
Greeters: Jason & Angela Heim

February Altar Guild:
Arleah Buehler & _____

February Worship Assistants

Sunday, Feb. 7 Transfiguration of Our Lord

Lector: Chuck Liles
Head Usher: Chris Paul
Communion Assistants: Margie Lehman & Chris Paul
Greeters: _____
Acolyte: Jessica Spacek
Sanctus Bells: Eric Campbell



Wednesday, Feb. 10 ASH WEDNESDAY

Lector: Michael Paul
Head Usher: Mark Ingbritsen
Communion Assistants: Michael Paul & Dennis Reitz
Greeters: _____
Acolyte: Tyler Miller
Sanctus Bells: Eric Campbell



Sunday, Feb. 14 First Sunday of Lent

Lector: Rich Keeney
Head Usher: Scott Deitrich
Communion Assistants: Margie Lehman & Kasey Campbell
Greeters: _____
Acolyte: Sarah Heim
Sanctus Bells: Eric Campbell

Sunday, Feb. 21 Second Sunday of Lent

Lector: Ben Margerum
Head Usher: Arleah Buehler
Communion Assistants: Harold Daub & Mark Ingbritsen
Greeters: Janice Gransbury & Margie Lehman
Acolyte: Eric Campbell
Sanctus Bells: Eric Campbell

Sunday, Feb. 28 Third Sunday of Lent

Lector: Michael Paul
Head Usher: Fred Renn
Communion Assistants: Dennis Reitz & Tom Scheib
Greeters: Jason & Angela Heim
Acolyte & Sanctus Bells: Eric Campbell

CHURCH OF THE
TRANSFIGURATION
MT. TABOR
ISRAEL



is easy to replace after a few short weeks. Rather than shaving off guilty pleasures and excess add something that will increase your life more than testing your ability to refrain.

1. **PRAY** Daily—simply repeat the prayer in your weekly bulletin, and remember BY NAME the prayer list names
2. **COME**—to the worship of the Lord. Can you add just one Sunday to your current schedule? We can all engage this level. If you never miss a Sunday, add an evening service (which is a different experience all together) If you are present only once in a while, you miss so much of the Holy Scripture and its story! One more is easy!
3. **WORK**—In all the things that need done for your home to stay safe, clean, repaired...the same is needed here. The property committee has a list, posted, just pick something and do it...in the quietness of your alone time here – or get a group and enjoy some much needed fellowship!
4. **GIVE**—Too often I am disheartened when I hear of churches who speak of offering all the time...you don't often hear that mentioned here, but let's be honest...without giving increases (even just a small amount) the ministry struggles to grow. Let's show this world that we intend to grow beyond imagination, help fund some ministry of Salem with your treasure, therein will be where your heart grows too!
5. **HELP** – Others need us more than we know. If Salem is helping a need that is close to your heart, get in, get involved. If we are not, let's get started! You know of needs, more often much quicker than the church.
6. **WORSHIP** – There is so much more to worship than just being here! There are no barriers for your active participation except the ones you see. Lectors, communion assistants, choir members, prayer readers, greeters, children's support, learning, visitation, transportation, acolytes, etc. Every part of your being can worship God.

Appeal: means to make a serious or urgent request. I do appeal to you all. Urgently, because your faith is so vitally important to your salvation, your confidence in the face of difficulty, your comfort in the face of pain, your hope in the face of death. Seriously, because I do firmly believe that there is nothing more serious than your faith. In life, all else can wait, and even if it never comes and you spend your days longing for something that never becomes reality, Faith is *seriously* everything you could ever want.

May the revelation of the Lord Jesus Christ, to your body and soul, inseparable by a holy bond revealed in Jesus himself, grant you peace!



Writings of Martin Luther on Mary, Mother of Our Lord

There can be no doubt that the Virgin Mary is in heaven. How it happened we do not know. And since the Holy Spirit has told us nothing about it, we can make of it no article of faith . . . It is enough to know that she lives in Christ.
(*Sermon of August 15, 1522, the last time Martin Luther preached on the Feast of the Assumption*)

The veneration of Mary is inscribed in the very depths of the human heart.
(*Sermon, September 1, 1522*)

[She is the] highest woman and the noblest gem in Christianity after Christ . . . She is nobility, wisdom, and holiness personified. We can never honor her enough. Still honor and praise must be given to her in such a way as to injure neither Christ nor the Scriptures.
(*Sermon, Christmas, 1531*)

No woman is like you. You are more than Eve or Sarah, blessed above all nobility, wisdom, and sanctity.
(*Sermon, Feast of the Visitation, 1537*)

One should honor Mary as she herself wished and as she expressed it in the Magnificat. She praised God for his deeds. How then can we praise her? The true honor of Mary is the honor of God, the praise of God's grace . . . Mary is nothing for the sake of herself, but for the sake of Christ . . . Mary does not wish that we come to her, but through her to God.
(*Explanation of the Magnificat, 1521*)

As we prepare for the Women's retreat, let us ponder what Luther said of the rosary:

"Our prayer should include the Mother of God . . . What the Hail Mary says is that all glory should be given to God, using these words: "Hail Mary, full of grace. The Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus Christ. Amen!" You see that these words are not concerned with prayer but purely with giving praise and honor . . . We can use the Hail Mary as a meditation in which we recite what grace God has given her. Second, we should add a wish that everyone may know and respect her " (Personal Prayer Book, 1522).

Now...read the Holy Scripture

Hail Mary, full of grace, the Lord is with you. (Luke 1:28)

Blessed art thou among women (Luke 1:41-42a, Luke 1:48),

Blessed is the fruit of your womb, Jesus (Luke 1:42b)

Holy Mary, Mother of God (Luke 1:43)

Pray for us sinners, now and at the hour of our death. Amen (Luke 2:35, John 2:3-5)



The vocal part of the Rosary has prayers straight to Jesus. Even the "Hail Mary" is not a prayer to Mary. The Catechism calls the Rosary a "Marian Prayer." That is because we are asking Mary to Pray for us. She is interceding the same way a pastor might pray for you or me.

Dated Material - Please do not delay
Address Service Requested



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