

The "Spirit"



Salem Lutheran Elizabethville

May - June

Sponsored by:
The Salem Lutheran Family

In honor of
The Rev. Dr. Nathan C. Minnich's
conferred doctoral degree.

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From the desk of Father Nathan

What a joy it has been to have all of you walk with me on this educational journey! You've supported me in my traveling to Boston, and in engaging me in my work and writing. But, most of all, you have all stepped up and helped in so many ways here at the church! Even while absent from time to time, I know that the excellent staff of this congregation, and the dedicated workers in many committees, have done amazing things and they are to be thanked as well!

As you can see the congregation has planned to share in a celebration for my graduation, and it would be a joy to see all of you here that day. We'll have a brunch after church, and an opportunity for photos and sharing stories. As the invitation below notes, please no gifts, just your presence and smile that day are enough. Bring your whole family, and share in this milestone of ours. Yes, this is a celebration for our congregation as well. This is the first time Salem has been served by a member of the clergy with a doctoral degree, and you have made this possible for me. Allowing me to spend the time and energy apart from the congregation played a vital role in completing this endeavor.



cont'd on Pg. 7

YOU'RE INVITED TO ATTEND A

GRADUATION BRUNCH

IN HONOR OF
THE REVEREND DOCTOR NATHAN CORL MINNICH, STS

MAY 27 2018	FELLOWSHIP HALL Salem Lutheran Church Elizabethville, PA	SUNDAY 10:30 AM
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AT THE REQUEST OF THE HONOREE, PLEASE NO GIFTS
PLEASE RSVP WITH THE CHURCH OFFICE
OR THE REGISTER BOOK IN THE CHURCH LOBBY BY MAY 20





May is National Stroke Awareness Month - Act FAST!!!

Do you know that a person experiencing a stroke can be treated if people act **FAST**? 80% of strokes can also be prevented. **FAST** is the acronym for things to check in a suspected stroke victim:

F - Face Does the face droop on one side when the person smiles?



A - Arm After raising both arms, does one of the arms drift downward? Or is the person unable to lift their arm?



S - Speech After repeating a simple phrase, does the person's speech sound slurred or strange? Or, are they unable to articulate words?

T - Time If any or all the above are observed, call 9-1-1. When a person is experiencing a stroke, time is critical for medication to be given within 60 minutes of the onset of a stroke.



A stroke is a "brain attack" which is caused by the interruption of blood flow usually due to a blood clot. A Hemorrhagic stroke is the result of bleeding or rupture of a blood vessel in the brain. Strokes are the fifth leading cause of death in the United States. Every year 800,000 people will experience a stroke and every four minutes someone will die from a stroke. *This is an illness that has no age discrimination; all ages can experience a stroke, young and old!*



If there's something that you would like to see happen in the Health Ministry, please speak to a member

or join us at a meeting.

Next Meeting:

September 18, 2018 at 7 PM

Blood Pressure screenings are available to everyone during Fellowship each month.



The 10 most common signs and symptoms of a stroke:

- 1) Trouble seeing-blurred vision, loss of vision
- 2) Loss of balance, having trouble sitting down without falling
- 3) Difficulty speaking
- 4) Weakness in arms or legs
- 5) Facial paralysis, when smiling only one side of face moves
- 6) Pain - a pain that just won't go away
- 7) Confusion
- 8) Severe headaches, people have described these headaches to the degree of feeling like their head was going to burst
- 9) Altered senses with loss of taste or loss of smell
- 10) Fatigue caused by the bodies irregularizing of hormones due to the stroke.



Our **Biggest Loser Contest** ended on Easter Sunday with the final weigh in and our **WINNER** is:

Ken Campbell!

Ken lost a total of 3.8 lbs. during our 40 days of Lent Season.

He received a \$100.00 gift!

CONGRATULATIONS!



Yoga Classes

Yoga classes will continue. However, due to the summer approaching, we will be cutting the classes back to the **second and fourth Thursday only**, during the months of June, July, August, and September. We meet in the Fellowship Hall. The cost is \$5.00 per class,

EVERYONE IS WELCOME!

HEALTH MINISTRY CONT'D.

June is National Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability.

Having a yearly **physical exam** and blood pressure check is the first step for your physician to determine if you may have a health issue that needs further evaluation. **Routine bloodwork** and **urinalysis** should be done every 2-3 years depending on your age. **Electrocardiogram** should be performed at age 30 as a baseline reading and then repeated every two years to detect any changes. **Tetanus** shots need to be given every 10 years to prevent these serious and life-threatening effects. **Prostate screening with PSA blood testing** should be done at age 50 and then yearly for early detection of prostate cancer. **Hem occult stool testing** should be done at **age 40** to detect blood in the stool and possible health complications. At age **50 a colonoscopy** should be performed and followed up every 5-10 years based on physician recommendation. **Routine chest x-ray** should be done at age **50** for early detection of lung disease or cancer. If person is a **smoker**, chest x-ray should be performed at age **45**. Every male should do **monthly self-exams**: **Testicle**: To find lumps in their earliest stages. **Skin**: To look for signs of changing moles, freckles, or early skin cancer. **Oral**: To look for signs of cancerous lesions in the mouth. **Breast**: To find abnormal lumps in their earliest stages. **Bone mineral density testing** should be done at age 60 to determine for osteoporosis, risk of bone fracture. Men over the age of 40 should have their **testosterone level checked**, as low levels decrease sex drive, erectile dysfunction, fatigue, and depression. This test can be done with a simple blood test. Men who are **sexually active with more than one partner** should be tested for sexually transmitted diseases.

Health Ministry Team Volunteers provide rides to appointments, visits, meals when returning home from the hospital, etc. We are looking for additional volunteers. This group takes turns providing these services to parishioners and they pick the days they can help. If you feel you would be able to help provide these services to our church family, please see Sharyn or Pr. Nate.

Take time to be self-reliant, it is better than being dependent. Take time to share with others, they will bless you and you will bless them. Take time to have hope, you are a child of God. We put ourselves into Your hands and pray that You will bless us and our families during the months of summer. May we all help make our home a place of relaxation, joy, love, and peace. May we continue to enter your house of worship each week giving thanksgiving to you for the many blessings you have given us. In Jesus name we pray, **Amen**.



Central Pennsylvania Blood Bank

DONATE BLOOD
SAVE LIFE
your
Blood can
SAVE 3 Lives

Blood Donation will only take upto One hour of your Life

Someone needs Blood after every two seconds

Saturday, May 12th

9 AM-1 PM Donate Blood

*First 75 people that donate blood will receive a **FREE** flower for Mother's Day!!!*

The blood bank is in need of your blood!

For various reasons, the blood bank is running low on blood and in need of donors. Part of this is due to the harsh winter and the increased number of people experiencing the flu and inability to donate.

Please support our blood bank, as you never know when you, a family member, or a friend will be in need of blood.

Let us pray:

Dear Father: As we prepare for the warm summer months, let us take time to claim your strength; this is a gift from God. Take time to have fun. It is God's way of teaching you your strengths. Take time to grow. Only you can grow you. Take time to trust yourself, God trusts you.



WHAT'S HAPPENING AT SALEM?



Our youth sponsored the April Fellowship by serving delicious pancakes with oh so sweet toppings like jelly beans, whipped cream and M & M's! They also prepared sausage, bacon, and pans of egg strata along with other delicious breakfast goodies! Thank you, Kasey Campbell, for your assistance! Pictured from left to right: Eric Campbell, Austin Heim, Tristan & Gracie Zimmerman, Aidan Campbell and Kristen Heim.

Mother's Day Banquet:

Tuesday, May 8th 6:30 pm

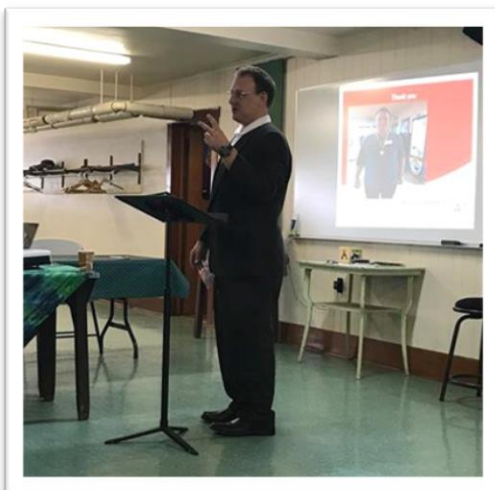
Desserts welcome!

Mother's Day
DINNER



Last Sunday for Sunday school and Choir: May 27th

VBS: July 15-19, 5:30 – 8 pm
More info. to follow!



During Sunday school time, parishioner David Farner, Jr. gave a presentation on his involvement in Special Olympics Area M. He shared with us information on how we can give time and resources to this worthy organization. Well done, David! We learned a lot and we're very proud of you and your accomplishments.

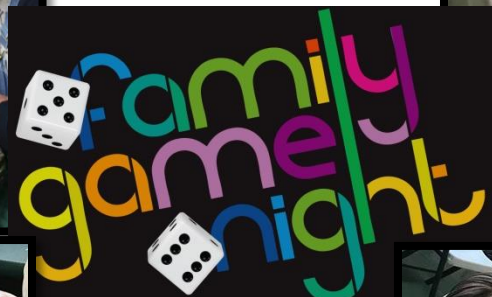


Thank Heaven For Little Boys

Farner & Carr Families
Welcome Owen David Carr
Proud Grandparents:
David, Sr. & Sharyn Farner
Mom and Dad: Amanda & Jim Carr
Born April 23rd 8:09 am
8 lbs 1 oz, 19 3/4 inches.



Two happy brothers:
Logan & Gavin



Donating to **Salem Lutheran** through the Amazon Smile Foundation is very easy. Every time you want to purchase something at **Amazon.com**, go to **Smile.Amazon.com** instead! Designate **Salem Lutheran Church Elizabethville** as your charity of choice. A percentage of each purchase price will be donated to us every quarter!!!
Thank you in Advance!





WNALC

of Salem Lutheran Church

Meeting Dates: **May 20**
6-8 pm Assemble Rosaries
No meeting in June

Rosary Workshop

3-Part Series

Sunday, May
20th
6-8 pm

Part 1 - Different types of rosaries and what you need to make them

Part 2 - How to make your rosary

Part 3 - How to pray the rosary



Shawl
Ministry
May 8th
June 12th
1 PM



COMMITTEES

Calling all Salem Women!

All women are *automatically* a member of the WNALC (Women of the North American Lutheran Church) simply by being a Salem Church member!

The group meets on the **THIRD SUNDAY** of each month @ 6:30 pm in the fellowship hall. During this time we hold discussions, enjoy various presentations, plan upcoming events and outreach projects, and enjoy a time of fellowship.

Come out and join us!

If you have a need or an idea for a program or event that you would like to see at Salem or just want to come and check it out, please join us!

Feel free to bring a small snack to share!

STAFF MEETING:

Tues., May 22nd
6:30 pm

Council Meeting

Dates: (6:30 pm)

May 24th

No June Meeting

Elizabethville Yard Sale Days are coming! **June 1 & 2**

We will be moving our food stand back to the church, and this year selling Salem Spuds! We need help both Fri/Sat. Sign up now, and lend a hand. The church will be open for tours as well, so see Pr. Nathan if you'd like to help with those. Our presence in the community is vital!



S.O.F.A.

Salem Outdoor Fellowship Association
Get off the couch, get outdoors with S.O.F.A.!!

The regular meetings will be on the 2nd Sunday of each month, beginning @ 6:30 pm.

No May meeting
June 10th Wobble Trap Shoot & Cookout

SALEM OUTDOOR FELLOWSHIP ASSOCIATION



YOUTH WOBBLE TRAP SHOOT & COOKOUT

Open to all Salem Members & Guests

Free Gift

FOR ALL CHILDREN AND ADULTS WITH 4 WEEKS OF PERFECT ATTENDANCE TO SUNDAY MASS AND SUNDAY SCHOOL IN APRIL & MAY

Free box of shells & no donation required!
For non-shooters, a special perfect attendance gift!

June 10, 2018 | Martz's Game Farm
 3:00 p.m. - 5:00 p.m. - YOUTH & MENTOR ONLY
TURKEY CALL MAKING & YOUTH SHOOT

5:00 p.m. - DUSK - ALL SALEM MEMBERS - ADULT SHOOT & COOKOUT
 \$5.00 donation suggested for those who shoot

SIGN UP AT WEEKLY MASS IN THE EVENT BOOK



Back by Popular Demand!

YETI GEAR!

See any **S.O.F.A.** member to purchase your chances to win a variety of Yeti products.

Drawing will be held at Salem Lutheran the day of the Eville Yard & Craft Sale - Sat., June 2nd.

If you'd like to help sell tickets, call the church office:

717-362-9222

Thank you in advance.

PRAYER & SYMPATHY

Cont'd from pg. 1

Prayer List:

Hershey Med. Ctr.:

Andrew Klinger (Jane Ingbritsen)

Polk Personal Care:

Hilda Collier, Mary Schade

Luther Acres:

Oren Spangenburg (Sarah Challenger)

At home: Phyllis Schlegel (Dave Paul),

Carole Long, Pr. Nancy Weiss, Jay Fulkrod,

Bob Krotser (Harold Daub), O'Neill, Keister

and Hopkins Families (Chris Paul), Don

Erdman, Sheila Erdman (Sheena Erdman),

Tim Savage (Jan Ayers), Shirley Buffington

(Leah Snyder), Dylan Hassinger, Doyle

Deppen, Lois Butts (Ann Scatena), Ethel

Oxenrider (Leah Snyder), Judy Paul,

Rosemary Welker, Raymond Welker

(Dorothy Hoffman), Sharon & Walter

Lehman, Adele Nangle (Ann Scatena),

Marija Zorkic (Leah Snyder), Bill Witmer,

Dareene Titus, Henry Reinsburrow (Leah

Snyder), Deb Miller, Frances J. Budd,

Norbert Shulz (Jane Ingbritsen), Heather

Deitrich, Terry King (Janice Gransbury),

Nancy Harris, Harold "Peanie" Hechler,

Clair Engle (Dan Reiner), Mike Wertz,

Charles Wright, Rebecca Sharron (Ann

Scatena), Aleen Minnich, Dale Snyder

(Tracey & Aleen Minnich), Chris Cook,

Andrea Bixler (Marie Daub), Garvin

Kissinger, Jeffrey Snyder (Wanda Latshaw),

Jessica Ingbritsen, Earl Laine, Arlene

Blanchard (Diane Heim), Debbie Pittman,

Terry Corsnitz, Ken Crone (Lyters), Joan

Sanborn (Jessica Spacek's paternal

grandmother), Heather Hildebrand

(granddaughter of Sarah Challenger)

Please help to keep our prayer list current by

contacting the church office for changes

717-362-9222 or salemelizabethville@gmail.com

A seven-year-old child knows what the church is, namely, holy believers and sheep who hear the voice of their Shepherd - Martin Luther

Perhaps the voice of the Good Shepherd is saying have faith; faith that I am with you, faith that I will guide you, faith that I will protect you, if you but hear my voice. I like to believe that when we really begin to listen to the voice of Christ (and we have faith that we are really listening) we can grow as Christians who can truly carry the good news to others. Surely we want to call ourselves part of the flock of the Good Shepherd. Especially because of the promises of support, guidance, protection and love that come with this belonging. Think about some of these questions... If we had directions from the Jesus Christ the Good Shepherd that were as clear as the morning news or the email at work would we follow His voice as blindly as many follow those human directions? Listening to Christ is a way of living. But, how can we possibly make the distinction between listening and hearing? Even though the voice is there for us do we even recognize it sometimes? Do we need to train ourselves to hear the voice? Even if this voice is here for us all the time, supporting, guiding, loving, protecting and all we have to do is listen to truly hear, how can we be sure that we are getting it right? We take that step on FAITH!

Listening is difficult, leading is tough, faith may seem like a struggle, but when the Holy Spirit teaches us to trust...everything seems to come together. BE A SHEPHERD! Or help teach the children to be shepherds (maybe even by buying some sheep). Seriously, if we were to teach our children how to shepherd others perhaps our future would be a lot more caring, loving, and supportive. We must all learn how to protect others, love others, and include others...no matter what may make them seem different. Our Lord himself reminds us that there are MANY who will join his flock. I bet many of them feel like they are not part of anything significant. Change that! Love triumphs over everything, for it is the command of our Lord. He fulfilled the rest of the law, just love others as you do yourself.

Love wins ever time. Defeating hate, division, violence, even death! Christ is risen, Hallelujah!

Rev. Nathan C. Grinich

...with Sympathy

The family & friends of Linda Lehman



Altar Flower Sponsors

May Large Vases (\$20.00 ea.)

6 Jay & Martha Jane Fulkrod, Nancy and Mary – In honor of Jessica's graduation from UDA!
13 Robin Hoffman and Chris Paul – In honor & memory of all mothers.
20 Robert & Carole Long – In loving memory of grandmother Mary Long.
27 Fred Renn – To the Glory of God.

SMALL ALTAR VASES: (\$7.50 ea.)

6 Jana Miller – In honor of Tyler's birthday. *Happy Birthday!*
13 Harold & Marie Daub – In honor and memory of all mothers.
20 Robin and Dorothy Hoffman – In loving memory of Gerald Hoffman.
27 Sharyn Farner – In loving memory of Glenn, Allen and Dave Miller.



June Large Vases (\$20.00 ea.)

3 Stan & Arleah Buehler – In loving memory of their parents.
10 Don & Linda Deibler – In honor of their children and grandchildren.
17 Lois Kratzer – In memory of loved ones.
17 Jane Schader – In loving memory of Elvin Hassinger.
24 Andy & Brenda Leitzel – In celebration of their wedding anniversary.
24 Irene Lehman, Ginger and Heide – In loving memory of mother and Grandmother Elsie Phillips.

SMALL ALTAR VASES: (\$7.50 ea.)

3 **SPONSOR NEEDED**
10 **SPONSOR NEEDED**
17 Dave, Chris & Michael Paul – In celebration of David Jr's. 34th birthday. *Happy Birthday!*
24 Ann Scatena – In honor of her great grandchildren.



Have you
remembered
the church in the
planning of your
estate?

Have you updated
your Thrivent info?
Have you ordered a
\$250 card?



SPONSORSHIPS/BIRTHDAYS/ANNIVERSARIES

May Bulletin Sponsors

6 SPONSOR NEEDED

13 SPONSOR NEEDED

20 Jean Hoke: In loving memory of Norwood and Lynn Hoke

27 Greg & Helen Evans: In memory of loved ones.

June Bulletin Sponsors

3 SPONSOR NEEDED

10 SPONSOR NEEDED

17 SPONSOR NEEDED

24 SPONSOR NEEDED

Sanctuary Lamp

May: Mike & Linda Lohenitz: In memory of our fallen veterans.

June: Ann Scatena – In loving memory of Robert and Andrew Scatena

Fellowship

May 6th – The Campbell's

June 10th – SPONSOR(s) NEEDED

Please call or email the office if there are any errors or deletions.

362-9222 (Chris) salemelizabethville@gmail.com

May Birthdays:

1 Sarah Challenger **Happy 83rd!**

6 Eric Campbell

7 Don Deibler **Happy 77th!**

8 Grace Zimmerman **Happy 5th!**

10 Tyler Miller

11 Marie Daub

11 Josh Heim

19 Josh Witmer

27 David Farner, Sr.

Erik Ingbritsen

June Birthdays:

4 Greg Hoke

11 Bobbi Jo Ayers

14 David Paul, Jr.

15 David Farner, Jr.

20 Dawson Dunlop **Happy 15th!**

28 Sarah Reed

May Anniversaries:

1 Mr. & Mrs. Michael Lohenitz

29 Mr. & Mrs. David Farner, Sr.

June Anniversaries:

3 Mrs. & Mrs. Ron Heim **Happy 40th!**

5 Mr. & Mrs. John Bordner

6 Mr. & Mrs. Harold Daub

27 Mr. & Mrs. Andy Leitzel

28 Mr. & Mrs. Robert Williard **Happy 60th!**

Correspondence: Sing For Joy:

Dear Members of Salem Lutheran Church, I want to thank your congregation for supporting "Sing For Joy" over the years. *Do you know of a business that we could thank on the radio in exchange for their financial support? If you have a suggestion, please tell Pastor Minnich* so that we can approach the company. Because the broadcast costs \$50 every week, we have trouble keeping up with expenses. I hope you take advantage of listening to the program. The musicians of Olaf College are excellent, and their selections are good preparation for hearing the Scriptures each Sunday.

Tune in to WQLV (98.9 FM) at 7 am on Sundays, or any time at Stolaf.edu.

Alleluia! Christ is risen! Pr. Jonathan Jenkins



Worship Assistants

MAY ALTAR GUILD: ARLEAH BUEHLER AND JANICE GRANSBURY

		Mother's Day	Pentecost	Holy Trinity
	May 6	May 13	May 20	May 27
Lector	Gerri Deppen	Ann Scatena	Ben Margerum	Dennis Reitz
Prayer/Church	Mark Ingbritsen	Sharyn Farner	Michael Paul	Kasey Campbell
Head Usher	Scott Deitrich	Kasey Campbell	Mark Ingbritsen	Harold Daub
Com. Assist.	Sharyn Farner	Harold Daub	Helen Evans	Dennis Reitz
Com. Assist.	Dennis Reitz	Tom Scheib	Chris Paul	Kasey Campbell
Greeter	David Farner			Greg Evans
Greeter				Helen Evans
Crucifer	Tyler Miller	Tyler Miller	Tyler Miller	Tyler Miller
Acolyte/Gospel Bearer		Austin Heim	Eric Campbell	Jessica Spacek
Torchbearer		Kristen Heim		Eric Campbell
Torchbearer	Eric Campbell	Jessica Spacek	Jessica Spacek	Austin Heim
Sanctus Bells		Eric Campbell		Kristen Heim
Presider's Cross	Wyatt Troutman	Wyatt Troutman	Wyatt Troutman	Wyatt Troutman

JUNE ALTAR GUILD: ARLEAH BUEHLER AND JANICE GRANSBURY

			Father's Day	
	June 3	June 10	June 17	June 24
Lector	Jane Schader	Jim Prince	Harold Daub	Tom Scheib
Prayer/Church	Tom Scheib	Vicki Yates	Jim Prince	Carol Reitz
Head Usher	Dave Reiner	Ron Heim	Chris Paul	Scott Deitrich
Com. Assist.	Kasey Campbell	Michael Paul	Chris Paul	Helen Evans
Com. Assist.	Mark Ingbritsen	Sharyn Farner	Dennis Reitz	Tom Scheib
Greeter		David Farner		
Greeter				
Crucifer	Tyler Miller	Tyler Miller	Tyler Miller	Tyler Miller
Acolyte/Gospel Bearer		Austin Heim	Eric Campbell	
Torchbearer	Jessica Spacek	Kristen Heim		Eric Campbell
Torchbearer	Eric Campbell	Jessica Spacek	Jessica Spacek	
Sanctus Bells		Eric Campbell		
Presider's Cross	Wyatt Troutman	Wyatt Troutman	Wyatt Troutman	Wyatt Troutman

ALTAR GUILD

Please see Arleah or Chris for more info. To serve in this way is a great honor to our Lord.

Duties: wash chalices, paten, and other communion service items, wash/press linens, set flowers.



Go check out the website:

www.salemlutheranelizabethville.org

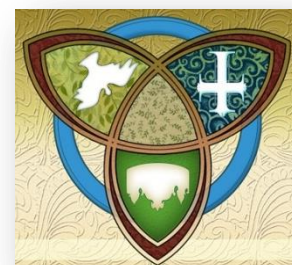
There you will find everything you need to know. You can follow the church calendar, and keep current on events. There is always a recording of the message and parts of the service posted after each Sunday. But NOW...you can watch the service on livestream! This is reserved ONLY for those who are homebound or at great distance. Your proper place is with the people of God at worship to receive the true Body and Blood of Jesus, but there are times when this keeps connected the people of God even when separated for reasons which require distance. Please ask Pastor Nathan for the password if: you are homebound, live at a great distance, or are travelling and wish to witness Salem's worship.

At least one lamp is to be kept burning day and night before the tabernacle in which the Blessed Sacrament is kept.

The Sanctuary Lamp, sponsored by you in memory of those in blessed rest, indicates the real presence of our Lord in this place!



Dated Material – Please do not delay
Address Service Requested



The Rev. Dr. Nathan Carl Minnich, STS, Pastor

salemelizabethville@gmail.com

717-362-9222

Elizabethville, PA 17023

PO Box 427

205 W. Main Street

