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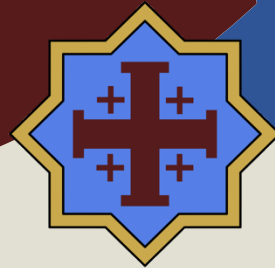


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MAY-JUNE 2019



The Spirit

SALEM LUTHERAN CHURCH, ELIZABETHVILLE, PA

717-362-9222 | WWW.SALEMLUTHERANELIZABETHVILLE.ORG

From the desk of:

The Rev. Dr. Nathan C. Minnich, STS

Christ is risen! Hallelujah!

Once again we've celebrated the Paschal mystery of the Resurrection of our Lord, and have walked together through a meaningful Lenten experience of 40 day. Our time of Lent was both 40 days of observance, and an educational opportunity to study the various 40-day periods throughout Biblical history. We've celebrated the first communion of another class of children, and we're gearing up for a great VBS this summer!

When everything seems so busy at the high festival seasons of the church we often forget to attend to the things that are needed. We've been growing in wonderful ways here at Salem and now we need to respond to this growth as a congregation.

Many thanks to the property committee for the reinvigorated effort to get the property items address and completed. Two of those items are crucial to our weekly gathering and need your attention! First, and foremost, we need volunteers to clean the church. It is much needed to have the vacuum run, and some light dusting and trash handled each week. We need to be better at regular deep cleanings as well. Please see the property committee chair, Scott, to get involved now. Secondly, we've taken on doing the yardwork ourselves, rather than paying for an outside service. This also needs volunteers, especially to care for the flower beds around the church.

These are small, but very significant, ways to help your church forge into the future.

In a few weeks you'll be receiving a survey. It is crucial that you share your voice with us. The council is interested in feedback on Lent/Easter, work around the church, your involvement, and what can be done to better our ministry here. Your input is valuable.

Finally, as we prepare to enter the summer season, remember we still have significant festivals to celebrate. We'll get to gather for Pentecost, Holy Trinity, and all the excitement that comes this time of the year. Don't forget your congregation here when you travel! Our livestream continues on Facebook weekly, but missing out on the physical attendance at Mass leaves an empty place in your life that cannot be filled by anything else.



Rev. Dr. Nathan C. Minnich



DO YOU SHOP ON AMAZON?

Donating to Salem Lutheran through the Amazon Smile Foundation is very easy. Every time you want to purchase something at Amazon, go to www.smile.amazon.com instead!

Remember to designate Salem Lutheran Church Elizabethtown as your charity.



PLANNING AHEAD...

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

Have you updated your **Thrivent** information and named Salem the recipient of your Choice Dollars?

Have you ordered a \$250 card from **Thrivent** to help launch a new Salem initiative?



From The Rev. Deacon Kenneth E. Campbell, Jr.

Christian faith are not only applicable during certain seasons of the calendar.

Quite often, we look forward to certain times of the year more than others. If we were to hold a survey, I'm sure Christmas and Easter would top the charts. Personally, I anticipate Advent and Lent, the latter being my favorite. I appreciate the fasting, the spiritual examination, and reflective time spent in prayer. *I enjoy finding myself sitting alone in our sanctuary during this time.* But in these favorite seasons, we develop certain expectations. Frequently, we expect it to feel the same way every year, the way it did when it became a favorite. The music, the décor, etc. But sometimes it just doesn't connect, and it can really derail us. That was the case for me this Lent. I was distracted, distant, and it bothered me deeply. Before I knew it, Easter was finally here, and I just wasn't ready. How can a faithful follower not be ready for the glorious resurrection of our Savior? Crazy! But sadly, it was my reality this year as I simply went through the motions.

And there's the rub! Through this hurdle, it made me realize that there are many things in this life for which I'm not ready. I'm not ready for my children to grow up so quickly (*have you seen how big they're getting?*), not ready to embrace the challenges of aging friends and loved ones, nor changes in my valued relationships or the inevitable changes coming to my lifelong career as a music educator. And I could go on.

But with that, I recall the Good News of Jesus Christ! I, and we are not alone in our struggle. We learn that in the garden, Christ struggled with being ready to see the will of the Father through to the end. And while he felt alone, through the love of the Father, he surely was not. He knew the final glory and the price for our eternal life was worth the temporary discomfort and suffering. With His resurrection we are all brought into a newness of life. This world needs our charity, our prayers and our desire for new life.

Perhaps, I did actually observe Lent this year, but in a new way. As I pray for those embracing change, such as the parishioners of Notre Dame Cathedral, the parish of Hebron U.M. Church in Millersburg, the devastated families of the Christian Church in Sri Lanka, maybe you too are struggling with change in your life. With the gift of new life that Easter and springtime brings, I remind you that you are not alone! There is a place for you here with God's people. If you haven't attended worship, it's time to come home! You are missed, you are wanted, and you are desired in joining your love for Christ with others to do His work. It may not be the same as it was before. And you may still not be ready. But, come home! Serving as your deacon continues to be a blessing in my life. Peace be with you. +

Deacon Ken

Grace and peace to you from God our Father and the Lord Jesus Christ. Alleluia, Christ is Risen! And just like that our Lenten journey and walk through Holy Week leading to the celebration on Easter Sunday has seemingly come and gone in the blink of an eye. Thankfully, Easter is not simply one day, but an entire season celebrated through May leading up to Pentecost. *This is great news!*

So enter the faithful into Eastertide. But now what? What is a Christian to do during this time? As Christ's faithful people, we must make a conscious effort to carefully keep in our hearts what we've learned during our Lenten journey and combine it with the joy of the risen Lord. While we've spent time fasting, praying, and being more charitable, these actions must serve to set a new tone moving forward. They serve as a call to make permanent changes in our lifestyle, for these values within our



HEALTH MINISTRY

Meeting Dates

Tuesday, May 21st & June 18th - 7 pm

Health Topic for May: Sleep Apnea

Do you know what sleep apnea is? Sleep Apnea is a serious breathing problem that if left untreated, can lead to many other medical problems. This is a breathing disorder when a person repeatedly stops breathing and then starts breathing again. Signs/symptoms include loud snoring, witnessed stopped breathing, gasping for air during sleep, excessive daytime sleepiness, difficulty paying attention while awake and irritability.

Sleep apnea is caused by the muscles in the back of the throat relaxing. When the muscles relax, your airway narrows or closes as you breathe, closing off your air. As a result, this lowers the oxygen level in your blood, your brain kicks in arousing you from sleep to reopen your airway. This is where you might snort, choke or gasp for air. This type of breathing results in restless sleep, periods of decreased oxygen supply to your body and strain on your heart.

Diagnosis involves overnight monitoring of your sleep pattern. A physician will order a home sleep study which involves wearing a specialized breathing mask overnight to determine your breathing pattern which will measure your heart rate, blood oxygen level, airflow and breathing pattern.

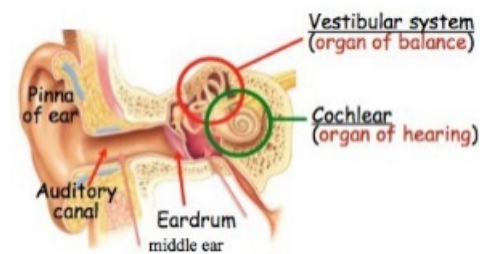
Once your home sleep study is completed and diagnosis of sleep apnea is confirmed, the next step is treatment. Treatment options include wearing a mask at bedtime called Continuous Positive Airway Pressure which delivers air pressure thru a mask while you sleep to prevent you from snoring and obtaining restful sleep.



If you feel you may have sleep apnea or your loved one has told you about your snoring, speak to your primary care physician. Sleep apnea is a health condition that if left untreated can result in deprived oxygen to your brain and body resulting in increased risk for heart disease, kidney disease, decreased liver function.

Health Topic for June: Acoustic Neuroma

Acoustic neuroma is a slow growing tumor on the vestibular nerve from your inner ear to your brain. The vestibular nerve influences affect your balance and hearing. Pressure from an acoustic neuroma can cause hearing loss, ringing in the ear and unsteadiness.



The signs/symptoms may take many years to develop. As the tumor grows a person develops hearing loss which can be gradual to sudden and usually occurring on only one side. Significant ringing in the ear referred to tinnitus. Loss of balance, dizziness, possible facial numbness.

See your primary care physician when you've experienced hearing loss in one ear, ringing in the ear, trouble with balance. Early diagnosis of the tumor prevents it from growing large enough to prevent serious life-threatening complications such as hearing loss, buildup of fluid within the skull.

Diagnosis of acoustic neuroma involves a hearing test and MRI to confirm the tumor presence along with the size and location. Treatment involves surgical removal of the tumor by a neurosurgeon.

Walk in the Park: MYO Park

With the summer months upon us, let us continue to be active and get outdoors. The Health Ministry Team will be taking a hike thru MYO park on Sunday, June 16th at 1 PM. We will meet at the park front by the ferry boat and walk the trails of the park. These trails are all flat and easy walking with easy access.



You can walk your own distance, own pace enjoying the great outdoors. Come join us for some fun in the sun. More details to come.

ICE setup on your cell phone

Do you know that **ICE** can be set up in your cellular device **In Case of Emergency**? Adding a contact in your phone, put in **ICE** and then the name of the person you want contacted In Case of Emergency. If your phone is locked the person trying to obtain this information can do so by pushing the Emergency button which unlocks your phone to retrieve whom your **ICE** contact person is.

Yoga Classes

Yoga classes have been discontinued at this time by the instructor. Classes may resume in the fall.

Join us as we continue planning and sharing ideas for the upcoming year, all are welcome.

Biggest Loser Weight Loss Contest

Our Biggest Loser Weight Loss Contest had a successful kick off with 12 people participating. The winner of this contest this year is our parish secretary, Chris Paul! A gift card in the amount of \$100.00 has been given. An additional prize this year is a 3-month membership trial to the YMCA which was created and obtained by Mattea Wenrich due to her journey of successful weight loss beginning here with the Biggest Loser Contest. Thank you Mattea. Congratulations to Chris for being our Biggest Loser winner this year!



Palm Sunday:

Grace Zimmerman and Sophia Liles





SOCIAL MINISTRY

Monthly Meeting Dates:

WNALC – Sunday, May 16 and June 16 @ 6:30 pm

Shawl Ministry – Tuesday, May 14 and June 11 @ 1 pm

Health Ministry – Tuesday, May 14 and June 11 @ 7 pm

Council – Thursday, May 16 and June 20 @ 6:30 pm

Salem Staff Meeting – Tuesday, June 18 @ 6:30 pm

May 21st - REMEMBER TO VOTE ON ELECTION DAY!



YOU ARE INVITED!

**SALEM LUTHERAN CHURCH
ELIZABETHVILLE
CHICKEN POT-PIE DINNER**

All you can eat Chicken Pot-Pie, Pepper Slaw, Rolls, Drink, & Dessert

Serving from 4:30 PM - 6:45 PM

SATURDAY, JUNE 1st

For tickets: 717-362-9222 or salemelizabethville@gmail.com

Men in Harmony Concert begins upstairs at 7:00 PM

\$10.00 adult

\$5.00 child



PRAYERS

Polk Personal Care: Mary Schade, Betty Sultzbaugh

Premier at Susquehanna: Hilda Collier

Hbg. UPMC Hospital: Leah Snyder

At home: Brenda Leitzel, Mike Mace (Mike Paul), Bob Sitlinger, Fay Weaver, Ellen Johnston (Sheena's aunt), Becky Swartz and family (Jill Wert), Beverly Schoffstall (Leah Snyder), John Chubb, Ted Weaver, Carolyn Fetterhoff, Owen Carr (Sharyn Farner), Tina Schell, Peg (Massari) Taylor, Baby John Paul Rice (Chris Paul), Peggy Rowe, Lucy Wertz (Harold & Marie Daub), Rick Welker, Jimmie & Gerry Schader (Karl's parents), Keith Latshaw (Wanda Latshaw), Kelly Shipman (Natalie Lyter), Dave & Jill Fetter (Ken Campbell), Diane Murray (Peg Massari), Haley Snyder, Shirley Buffington, Ethel Oxenrider, Marija Zorkic, Henry Reinsburrow (Leah Snyder), Adele Nangle, Charles Wright (Ann Scatena), Barry Hoffman, Dennis Smeltz, Rosemary Welker, Raymond Welker (Dorothy Hoffman), Sharon & Walter Lehman, Bill Witmer, Deb Miller, Heather Deitrich, Terry King (Janice Gransbury), Nancy Harris, Aleen Minnich, Dale Snyder (Tracey & Aleen Minnich), Andrea Bixler (Marie Daub), Jessica Ingbritsen, Arlene Blanchard (Diane Heim), 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 with changes and additions.

SYMPATHY



Bob Massari

(Brother in law of Peg Massari-Taylor)

Rosemary Welker

(Sister of Dorothy Hoffman)

SPONSORSHIPS

ALTAR FLOWERS



MAY

Large Altar Vases

- 5 Jason & Angela Heim – In honor of loved ones.
- 12 Robin Hoffman & Chris Paul – In honor and memory of ALL mothers.
- 19 Robert Long – In loving memory of grandmother Mary Long.
- 26 Fred Renn – To the Glory of God.

Small Altar Vases

- 5 Greg & Helen Evans – In memory of Mother Helen.
- 12 *Sponsor Needed*
- 19 *Sponsor Needed*
- 26 Ann Scatena – In honor of her grandchildren's birthdays.

JUNE

Large Altar Vases

- 2 Stan & Arleah Buehler – In loving memory of their parents.
- 9 Don & Linda Deibler – In honor of their children and grandchildren.
- 16 Lois Kratzer – In memory of loved ones.
- 16 Karl & Jane Schader – In loving memory of Jane's father, Elvin Hassinger.
- 23 Andy & Brenda Leitzel – In celebration of their wedding anniversary.
- 23 Karl & Jane Schader – In loving memory of Jane's mother, Hazel Hassinger.
- 30 Charles & Jill Liles – In honor of the birthdays of Sarah, Rachel & Tom.
- 30 Henry & Mary Ellen Paul – In memory of loved ones.

Small Altar Vases

- 2 *Sponsor Needed*
- 9 *Sponsor Needed*
- 16 Dave & Chris Paul – In loving memory of their fathers:
"Bolivar" Paul and Gerald Hoffman.
- 23 Ron & Diane Heim – In loving memory of Harold Hechler.
- 30 *Sponsor Needed*

Do you wish to be a sponsor?

The costs for each are as follows:

Altar Flowers – Large
\$40/set or \$20/each

Altar Flowers – Small
\$15/set or \$7.50 each

Bulletins
\$10/wk

Newsletter
\$30/edition

*See Chris in the parish office, to
sign up today!*

SANCTUARY LAMP

- May – Mike & Linda Lohenitz: In loving memory of their parents.
- June – Ann Scatena: In loving memory of Robert & Andrew Scatena.

NEWSLETTER

Mike & Linda Lohenitz: In honor of their children and grandchildren.

BULLETINS

MAY

- 5 Greg & Helen Evans – In honor of their grandchildren.
12 *Sponsor Needed*
19 *Sponsor Needed*
26 Jean Hoke – In loving memory of son Lynn and husband Norwood Hoke.

JUNE

- 2 *Sponsor Needed*
9 *Sponsor Needed*
16 *Sponsor Needed*
23 *Sponsor Needed*
30 *Sponsor Needed*



BIRTHDAYS & ANNIVERSARIES

May

- 6 Eric Campbell
7 Don Deibler Happy 78th!
8 Grace Zimmerman
10 Tyler Miller Happy 18th!
11 Marie Daub
11 Josh Heim Happy 35th!
14 Sheena Erdman
27 David Farner, Sr.
28 Erik Ingbritsen

June

- 14 David Paul, Jr.
15 David Farner, Jr.
20 Dawson Dunlop Happy 15th!
28 Sarah (Liles) Reed Happy 35th!

May

- 1 Mr. & Mrs. Michael Lohenitz
29 Mr. & Mrs. David Farner, Sr.

June

- 3 Mr. & Mrs. Ron Heim
6 Mr. & Mrs. Harold Daub
27 Mr. & Mrs. Andy Leitzel

WORSHIP ASSISTANTS

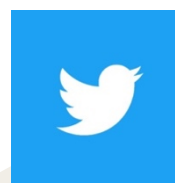
MAY

		Mother's Day		
	May 5	May 12	May 19	May 26
Lector	Ben Margerum	Tom Scheib	Vicki Yates	Harold Daub
Prayer/Church	Sharyn Farner	Vicki Yates	Jim Prince	Tom Scheib
Head Usher	Ron Heim	Angela Heim	Chris Paul	Helen Evans
Com. Assist.	Helen Evans	Dennis Reitz	Gerri Deppen	David Yates
Com. Assist.	Ann Scatena	Mark Ingbritsen	Harold Daub	Vicki Yates
Greeter				
Greeter				Janice Gransbury
Crucifer	Eric Campbell	Eric Campbell	Eric Campbell	Eric Campbell
Acolyte	Kristen Heim	Kristen Heim	Paul Ely	Paul Ely
Torchbearer	Austin Heim	Austin Hem	Austin Heim	Austin Heim
Torchbearer	Paul Ely	Jessica Spacek	Kristen Heim	Kristen Heim
Sanctus Bells	Kristen Heim	Kristen Heim	Paul Ely	Paul Ely
Presider's Cross	Aidan Campbell	Aidan Campbell	Aidan Campbell	Aidan Campbell

JUNE

		PENTECOST	Holy Trinity/Father's Day		
	June 2	June 9	June 16	June 23	June 30
Lector	Dennis Reitz	Jim Prince	Natalie Lyter	Michael Paul	Mark Ingbritsen
Prayer/Church	Michael Paul	Kasey Campbell	Sharyn Farner	Vicki Yates	Carol Reitz
Head Usher	Kasey Campbell	Tom Scheib	Harold Daub	Dave Reiner	Ron Heim
Com. Assist.	Chris Paul	Gerri Deppen	Tom Scheib	Ann Scatena	Dennis Reitz
Com. Assist.	Helen Evans	Sharyn Farner	Kasey Campbell	Harold Daub	Chris Paul
Greeter	David Farner	Sheena Erdman			Janice Gransbury
Greeter					
Crucifer	Eric Campbell	Eric Campbell	Eric Campbell	Eric Campbell	Eric Campbell
Acolyte	Kristen Heim	Kristen Heim	Paul Ely	Paul Ely	Kristen Heim
Torchbearer	Austin Heim	Austin Hem	Austin Heim	Austin Heim	Austin Heim
Torchbearer	Paul Ely	Paul Ely	Kristen Heim	Kristen Heim	Paul Ely
Sanctus Bells	Kristen Heim	Kristen Heim	Paul Ely	Paul Ely	Kristen Heim
Presider's Cross	Aidan Campbell	Aidan Campbell	Aidan Campbell	Aidan Campbell	Aidan Campbell

Altar Guild: Janice Gransbury and Arleah Buehler



www.salemlutheranelizabethville.org

PARISH HIGHLIGHTS

Peace be with you! For the past few months, we have been pleased to bring to our community online access to the Mass each Sunday morning.

We invite and encourage you to be in the very presence of the Lord, and among His people. The primary reason for our weekly gathering is the reception of the Holy Eucharist, which cannot be administered by online streaming.

However, for those members who are traveling, and those unable to physically join us due to illness, or being homebound, you are welcome to view the Eucharist online at 9 a.m.



Happy 10th Anniversary Pastor Nathan!

In 2019, Pr. Nathan celebrated 10 years since ordination and beginning his pastoral ministry at Salem Lutheran!



COMMUNITY YARD SALE

June 8 & 9, 2019

Join us in supporting our community's annual craft and yard sale event on the front lawn at Salem. We will once again provide a food stand featuring our popular "Salem Spuds" as well as Arleah's famous Burgers-in-Sauce and Chicken Corn Soup. We'll need lots of help and participation – please see Harold Daub or Jan Ayers if you can help throughout the event.

July 14-18, 2019

Youth and Adult Program

Dinner each night beginning at 5:30 p.m.

Activities and Educational Program from 6-8 p.m.

Meal Donations, Helpers, and Teachers Needed.

See Kasey Campbell to sign up!



First Communion

On Palm Sunday, the following received their first communion after receiving training and education from Kasey Campbell and Pastor Nathan.

We share in your joy of receiving the body and blood of our Lord, Jesus Christ in Holy Communion each week!

God's Blessings to each of you...and Congratulations!



Pictured with Pastor Nathan: Aidan Campbell, Sophia Liles, Grace Zimmerman, Tristan Zimmerman, Paul Ely, and Leona Miller





205 W. Main Street, PO Box 427
Elizabethville, PA 17023
717-362-9222

The Reverend Doctor Nathan Corl Minnich, STS, Pastor
717-903-6593

The Reverend Deacon Kenneth E. Campbell, Jr., Music Director
570-898-4234

Mrs. Chris Paul - Parish Secretary - 717-319-1164
Mrs. Sharyn Farner - Parish Nurse - 717-433-5243
Mr. Harold Daub - Council President - 717-648-1835
Mrs. Kasey Campbell - Sunday School Superintendent
Mrs. Wanda Latshaw - Organist
Mrs. Jane Hassinger-Schader - Choir Pianist

www.salem-lutheran-elizabethville.org
salem-elizabethville@gmail.com



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205 W. Main Street
Elizabethville, PA 17023

