

JANUARY - FEBRUARY 2020



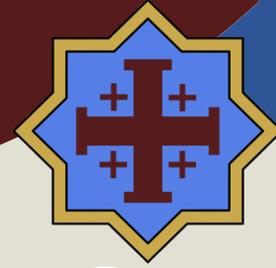
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The Spirit

SALEM LUTHERAN CHURCH, ELIZABETHVILLE, PA
717-362-9222 | WWW.SALEMLUTHERANELIZABETHVILLE.ORG

From the desk of: The Rev. Dr. Nathan C. Minnich, STS

LENT 2020

PREACHERS of the GOSPEL

This year, the churches of the local ministerium will once again rotate our Wednesday Lenten services. We will present the lives, preaching, writing, and teaching of influential theologians of our various faith traditions and theological training. Join us to learn more about each of us, as we share these preachers and teachers who have shaped our own ministry.

ASH WEDNESDAY – Feb. 26th
Salem Lutheran Elizabethville
7:30 PM

LENTEN WEDNESDAYS

March 4th at St. John Lutheran
The Rev. Dr. Nathan Minnich, Preacher

March 11th at Peace U.C.C
The Rev. Jim Lewis, Preacher

March 18th at Trinity U.M.C.
The Rev. Ray Holland, Preacher

March 25th at Salem Lutheran
The Rev. Jeff Wagner, Preacher

April 1st at Salem U.C.C.
The Rev. Tom Bruner, Preacher

Grace and Peace to you!

The greatness of the Epiphanytide is upon us! This season leads us toward the discipline of Lent, yet affords us the opportunity to grow and discern the light of Christ among us, and continue to reveal that light to others. As we close the Christmas season with the Presentation of the Lord and Candlemas Sunday (Feb 2nd) we get to experience the fullness of the birth of Jesus, his Epiphany, his Baptism, his Presentation, his call of followers, and so much more! It seems to be a whirlwind of Christ's life events and yet it is another beginning, with multiple beginnings, all wrapped into one short liturgical season. You are afforded so many settings in which to understand the work of Christ Jesus in his earliest days of life and ministry. If you were to start to look at your life as an ever-growing possibility to start, and re-start new ministries to others you might notice Christ in the world around you more often. If you're always looking for new beginnings, you might notice new faces who need mercy, new lives who need grace, new lost who need a home. A great new beginning for you, and for those around you may just be waiting for you ASK!



NEWS

Dear friends, now is the time to look to the future. Your council has requested a long term planning committee to compile our vision for the next 5 and 10 years. I urge you, brothers and sisters, to share your visions, concerns, hopes, and desires for Salem's future. Take the time to respond, complete surveys, attend discussion sessions, or simply talk with these representatives. We are at a crucial time in our lives together. There are many serious decisions that we need to make. The future is full of uncertainty, but we can make better decisions if we look to the future with goals and plans to achieve those goals. The council wants to ensure that every voice is heard as we move forward.

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 Elizabethville 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? In 2019, Salem received \$1114.00!

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



From The Reverend Deacon Kenneth E. Campbell, Jr.

I realized that in order to develop myself into one who can give sound advice and counsel, and to parent with intention in a day where good parenting seems to be a novelty, I needed to be well-read.

And while reading which leads to enrichment is wonderful, it cannot replace the greatest source of all our treasure – the reading of the Holy Gospel. As deacon, it is my distinct privilege to proclaim the Gospel to the faithful gathered each week at Mass, but it is not something reserved for Sunday morning! As Christians, it is our responsibility to read, absorb, adhere to, and spread the Gospel to everyone we meet.

It starts in in the home; a responsibility to our spouses and our children alike. As parents and grandparents, we must develop and model non-negotiable daily habits and practices that center on prayer, reading, reflection, confession, worship, and adherence to the Word of God.

It is clear that we are observing our culture and society grow deeper into a hostile state towards tradition, faith, and Christianity itself. This modern world, influenced by the will of the secular makes no room for the traditional, but radical message of our faith proclaimed by Jesus Christ. What is a Christian to do? Well, that is a discussion far too large for such a small space in a newsletter.

I've recently read a book recommended to me by Pr. Hoffman, entitled *The Benedict Option: A Strategy for Christians in a Post-Christian Nation*, by Rod Dreher.

It's a very thought-provoking book. I devoured it over my week-long Christmas break (which is a real feat for me, a painfully slow reader). Kasey then read it in about three hours (this should be a surprise to no one who knows my very smart wife). But, it really got my mind churning about the future of Christianity in our country, which as time ticks on is becoming anything but a Christian nation. And as a father raising two boys in the faith, the ways in which the author suggests Christians may need to regroup and live just to survive as faithful stewards of the Word are eye-opening to say the least. I invite you to read this book.

In 2020, I have chosen to use this section in our newsletter to briefly review books that I'm reading in hopes that you too may find interest in them – perhaps even inspiring some healthy and much needed discussion about the future of our parish, parenting (or grandparenting), and the many challenges we face as faithful Christians living in this ever-changing, ever-advancing modern world. Brothers and Sisters, serving as your deacon continues to be a true blessing in my life. Peace be with you. +

P.S. – If you have a great faith-based book that you found to be a good-read, let me know and I'll do my best to check it out!

Grace and peace to you from God our Father and the Lord Jesus Christ. Have you read any good books lately? I sure have! Since beginning my studies for the diaconate a few years ago and experiencing a renewed interest in professional development at both school and church, I've been doing a lot of reading. Some of it very good material, and some of it no so much. But, regardless of the content, the active practice of reading leads to enrichment, learning, and reflection. Now, I'll be completely honest. For years, reading was not something that I did at all. It was much more fun to dive into a television show or spend a Sunday afternoon taking in an action movie from the comfort of my living room sofa. And while that was entertaining, as I grew into my role as seasoned educator, team leader, spouse, minister, and perhaps my most important role, that of father,



HEALTH MINISTRY

Raynaud's Disease

So, what is Raynaud's disease? This disease affects some areas of your body when exposed to cold temperatures or stress. When your fingers or toes are exposed to the cold temperatures, the small arteries that supply blood flow vasospasm; limiting the blood flow to these areas. The result is that your skin changes color, first turning white then turning blue as the cold and numbness sets in. Although Raynaud's most often affects the fingers and toes, it can affect other areas such as the nose, lips and ears.

Reducing these attacks means taking the necessary steps in trying to prevent an attack. These steps include wearing gloves and heavy socks. Medications are available with severe attacks, but the goal is to prevent or reduce the attacks, prevent tissue damage to your skin and digits which could lead to infection and possible amputation.

What should you do if an attack should occur? Warm your hands or feet by getting indoors, run warm (not hot) water over your hands and feet to slowly warm them up. If your unable to get inside, then wiggle your fingers and toes to keep the blood circulation moving. Put your hands under your armpits to warm.

If Raynaud's is severe, your physician may require medications used to relax the blood vessels during an attack to prevent damage. If these medications are ineffective, the next step would be nerve surgery which involves cutting nerves so they do not respond to the vasospasm of the arteries. Another option is Botox injections which relaxes the arteries to decrease episodes of constriction. If you have Raynaud's, be proactive and take the necessary steps needed to prevent an attack, bundle up! If that is not working, then see your physician.

Medication Education

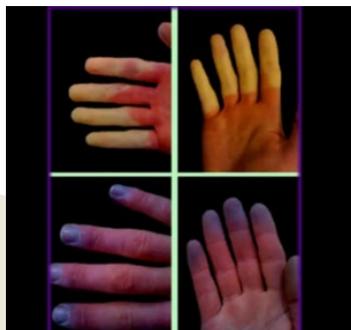
Omeprazole

Omeprazole is taken to treat symptoms of gastroesophageal reflux disease (GERD), a condition which causes the backward flow of stomach acid into the esophagus thus giving you heartburn.

Another use for this medication is to treat stomach ulcers by reducing the acid in the stomach. People who produce too much acid in their stomach are often diagnosed with Zollinger-Ellison syndrome which causes ulcers and the omeprazole is given to treat it. Ulcers may also develop due a type of bacteria called H. pylori. The treatment of omeprazole will treat the ulcer and prevent the return of ulcers.

Omeprazole is a delayed-release medication and should be taken at least 1 hour before a meal. This allows the medication to start to dissolve preventing you from developing heart burn. Make sure to tell your physician of any other medications, vitamins, nutritional supplements or herbal supplements you are taking for omeprazole to be effective for you in treating your symptoms and diagnosis. Notify your physician if you have ever had a low level of magnesium, low B-12, osteoporosis or an autoimmune disease as the omeprazole will exacerbate these.

As with any medication, there are side effects. If you should develop any of the following while on omeprazole, notify your physician: confusion, drowsiness, blurred vision, nausea, vomiting, dry mouth, muscle spasms, cramps, weakness, hoarseness, these are just to name a few.



Daycare Christmas Project



We broke a record this year! Salem provided Christmas gifts for FORTY-THREE children from the Kiddiegarden Daycare!

Donut Day - Blood Mobile



MARK YOUR CALENDAR!

February 25

The Blood Mobile will be visiting Salem on Donut Day! Stop by, give blood and buy a bag or two of donuts!

Thanks in Advance!



Health Ministry Meeting:

Tuesday,

March 10 at 7 PM.

**Please join us
with your ideas.**



Need a Ride to Church?

We have people for that!

Call the office and arrangements will be made for you to join us for worship!

SOCIAL MINISTRY



Monthly Meeting Dates:

WNALC – RETREAT: Jan. 31-Feb. 1

Shawl Ministry – Tuesday, Feb. 11 @ 1 pm

Health Ministry – Tuesday, March 10 @ 7 pm

Council – Thurs., Jan. 23 @ 6:30 pm

Salem Staff Meeting – TBA

Property Committee – Thursday, Feb. 13 @ 7 pm

Our Annual Christmas Brunch



Salem is looking for
modern, usable highchairs
for our little ones to use
in the Fellowship Hall.



THANK YOU! Together, Salem
collected 250 lbs. of food for the
Central PA Food Bank.

Be
part!
of it!

Shawl Ministry

We're looking for MORE members to join us on the 2nd Tues. of the month @ 1:00 pm to crochet prayer shawls. You DO NOT have to be a member of Salem to join this ministry. (Supplies are provided) Bring a friend(s) or family members!



Attention All Salem Women!

January 31 - February 1, 2020
Basilica of Saints Cyril and Methodius
Danville, Pa

**ALL WOMEN ARE INVITED AND
ENCOURAGED TO ATTEND**

\$45/PERSON

Call the office for more details

Dinner @ Penn's Tavern Fri. night @ 4:30 pm

SOFA



Stay tuned! As the weather warms, SOFA will be planning many FUN outdoor activities!



by Eric Campbell



*Create in me a clean heart,
O God, and renew a right spirit within me.*

PSALM 51:10

Join us on Wednesday, February 5th and March 4th @ 9:30 AM to clean the church. We'll meet the first Wed. of every month.



PRAYERS

Polk Personal Care: Betty Sultzbaugh

Messiah Village: Mary Schade

At home: Rachael Spotts (Chris Paul), Ron Heim, Sarah White (Dorothy Hoffman), Derek Larthey (Nancy Spacek), Mary Ellen Boyer (Chris Paul), Carole Rice, Ellen Johnston (Sheena Erdman), Bill Custer (Kasey Campbell), Hannah Grubb (Dcn. Ken), Don Popp,

Layla Briner (Chris Paul), Paul Bucher, Terry Noll (Irene Lehman), Roy Strohecker (Dottie Hoffman), Nancy Spacek, The Caine Family, Braxton Heim (Chris Paul), Elaine Spotts (Arleah Buehler), Dave Farner, Sr., Kate Kellit (Peg Massari's sister), Amanda Rummel, Teresa Webster (Dorothy Hoffman) Jason Heim, Denny Reitz, Paul Latshaw, Brent Forney (Wanda Latshaw), Beverly Schoffstall, Ted Weaver, Tina Schell, Peg (Massari) Taylor, Jimmie & Gerry Schader (Karl's parents), Keith Latshaw (Wanda Latshaw), Dave & Jill Fetter (Ken Campbell), Diane Murray (Peg Massari), Haley Snyder, Shirley Buffington, Marija Zorkic, Adele Nangle, Charles Wright (Ann Scatena), Sharon & Walter Lehman, Deb Miller, Heather Deitrich, Terry King (Janice Gransbury), Aleen Minnich, Dale Snyder (Tracey & Aleen Minnich), Andrea Bixler (Marie Daub), Jessica Ingbritsen, 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

The Family and Friends of:

Leah Snyder

Jason Buffington

Coleton Gessner

Stewart J. Dreisigacker, III



SPONSORSHIPS

ALTAR FLOWERS



JANUARY

Large Altar Vases

- 5 Henry & Marlene Leshner – In honor of Robin’s birthday.
- 12 Stan & Arleah Buehler – In honor of their children and grandchildren.
- 19 Henry & Mary Ellen Paul – In memory of loved ones.
- 26 Dave & Chris Paul – In remembrance of the birthdays of grandparents “Flip” & Erma Buffington.

Small Altar Vases

- 5 Ann Scatena – to the Glory of God.
- 12 Don & Linda Deibler – In loving memory of their parent’s birthdays.
- 19 Jason & Angela Heim – In celebration of Austin Heim’s birthday.
- 26 Mike & Linda Lohenitz – In honor of their granddaughter Hannah’s birthday.

FEBRUARY

Large Altar Vases

- 2 Doyle & Gerri Deppen – In memory of loved ones.
- 9 Harold & Marie Daub – In memory of the James Fitzpatrick’s birthday.
- 16 Arlene Feidt – In loving memory of Barbara, Cora, and Herbert Buffington.
- 23 Martha Jane Fulkrod & Family, Tom Hain & Family – In loving memory of Norman and
“Sue” M. E. Hain.

Small Altar Vases

- 2 Harry & Joan Minnich – In honor of Pr. Nathan’s 40th birthday.
- 11 Jason & Angela Heim – In celebration of Kristen Heim’s birthday.
- 16 The Lynch Family – In loving memory of George Hamilton; husband, father, grandfather.
- 23 **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!*



FELLOWSHIP

January 12 – Jason & Angela Heim
February 9 – **SPONSOR(S) NEEDED**

SANCTUARY LAMP

January – Melva Jane Reinhard: In loving memory of her son, Bobby Leshner.
February – **SPONSOR NEEDED**



NEWSLETTER

Mike & Linda Lohenitz – Honoring the amazing music & talents of so many
in our congregation.

BULLETINS

JANUARY

5 *Sponsor needed*

12 Stan & Arleah Buehler – In loving memory of their parents.

19 Mike & Linda Lohenitz – In honor of our grandchildren.

26 *Sponsor needed*

FEBRUARY

2 Tracey & Aleen Minnich – In celebration of Pr. Nathan's birthday and his grandfather Harry's birthday.

9 Leon, Buzz & Alex Berzowski – In celebration of Jacob & Tyler Berzowski's 19th birthdays on the 13th.

16 Michael and Chris Paul – In celebration of Dave, Sr's. birthday.

23 Rachel Zimmerman – In memory of loved ones.



January

25th Mr. & Mrs. Robert Portzline

February

No anniversaries this month.

BIRTHDAYS & ANNIVERSARIES

January

4 Carol Reitz *Happy 73rd!*

5 Jessica Ingbritsen

14 Mark Ingbritsen

14 David Reiner

17 Austin Heim

22 Cory McCartney

27 Arlene Feidt *Happy 86th!*

29 Ben Cunningham *Happy 83rd!*

February

1 Pr. Nathan Minnich

3 Micah Lynch

6 Bob Sitlinger *Happy 77th!*

11 Stan Buehler *Happy 77th!*

13 Kristen Heim

14 Terry Lynch

17 Greg Evans

17 Dave Paul, Sr.

18 Michaela Lynch

25 David Yates

27 Sharyn Farnor

Pr. Nate will celebrate February 1st.
Be sure to wish him a VERY HAPPY BIRTHDAY!



WORSHIP ASSISTANTS

JANUARY

	Jan. 5	Jan. 12	Jan. 19	Jan. 26
Lector	Natalie Lyter	Carol Reitz	Ben Margerum	Mark Ingbritsen
Prayer/Church	Tom Scheib	Mark Ingbritsen	Sharyn Farner	Vicki Yates
Head Usher	Helen Evans	Kasey Campbell	Tom Scheib	Harold Daub
Com. Assist.	Ann Scatena	Sharyn Farner	David Yates	Gerri Deppen
Com. Assist.	Harold Daub	Helen Evans	Vicki Yates	Helen Evans
Greeter	Ann Scatena	Michael Paul	Marie Daub	David Reiner
Greeter		David Farner		David Farner
Announcements	Jane Schader	Sharyn Farner	Kasey Campbell	Ken Campbell
Worship Assistants	Eric Campbell	Micah Lynch	Aidan Campbell	Paul Ely
	Kristen Heim	Eric Campbell	Micah Lynch	Aidan Campbell
	Austin Heim	Kristen Heim	Eric Campbell	Micah Lynch
	Paul Ely	Austin Heim	Kristen Heim	Lydia Wynn
	Aidan Campbell	Paul Ely	Austin Heim	Kristen Heim

January Altar Guild: Jill Liles and Rachel Zimmerman

FEBRUARY

	Feb. 2	Feb. 9	Feb. 16	Feb. 23	ASH WEDNESDAY Feb. 26
Lector	Jane Schader	Gerri Deppen	Tom Scheib	Sharyn Farner	Michael Paul
Prayer/Church	Carol Reitz	Jim Prince	Michael Paul	Tom Scheib	Mark Ingbritsen
Head Usher	Dave Reiner	Linda Lohenitz	Angie Heim	Harold Daub	Helen Evans
Com. Assist.	Mark Ingbritsen	Chris Paul	Ann Scatena	David Yates	Gerri Deppen
Com. Assist.	Harold Daub	Michael Paul	Sharyn Farner	Vicki Yates	Tom Scheib
Greeter	Gerri Deppen	Don Deibler	David Farner		Chris Paul
Greeter		Linda Deibler			Michael Paul
Announcements	Kasey Campbell	Wanda Latshaw	Jane Schader	Harold Daub	Kasey Campbell
Worship Assistants	Austin Heim	Lydia Wynn	Eric Campbell	Lydia Wynn	Aidan Campbell
	Lydia Wynn	Austin Heim	Kristen Heim	Eric Campbell	Micah Lynch
	Aidan Campbell	Paul Ely	Lydia Wynn	Kristen Heim	Eric Campbell
	Micah Lynch	Aidan Campbell	Paul Ely	Austin Heim	Kirsten Heim
	Eric Campbell	Michah Lynch	Aidan Campbell	Paul Ely	Austin Heim
					Paul Ely
					Lydia Wynn

February Altar Guild: Linda Deibler and Marie Daub



www.salemlutheranelizabethville.org

OUTREACH

Peace be with you! For the past two years, 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.



CORRESPONDENCE

Northern Dauphin Food Pantry: We just wanted to take this time to thank you and let you know how much we appreciate your donation of 250 pounds of food to the Northern Dauphin Food Pantry. Every donation we receive is very helpful for our pantry, especially around the holidays.

Thank you again!
NDFP, Dawn, Diana, Cyndi and Suzy

Trinity Lutheran Church, Joppa, MD

Just a note to say Thank You for all you do. We are praying for you.

Yours in Christ,
Trinity Lutheran Church

CLOTHING SWAP & DONATE

SALEM LUTHERAN CHURCH

2ND CLOTHING SWAP & DONATE

Saturday, February 15, 2020 • 9 a.m. - 4 p.m.

Sunday 2/16 • 1-4 p.m. | Monday, 2/17 1-4 p.m. & 6-8 p.m.

Tuesday 2/18 • 4-7 p.m. | Wednesday 2/19 • 4-7 p.m.

Salem Lutheran Church Fellowship Hall

Bring your **gently used** clothing that you no longer need.

If you find something you can use from what others bring, *it's yours!*

All remaining clothing will be donated to

Believe in Blessings Thrift Store, Elizabethville to help others!

Drop-off and Donation Dates & Times

Salem Members and Community Members are asked to drop off their gently used clothing, using the Fellowship Hall entrance (you can leave items in bags at the top of the ramp) if no one is present in the fellowship hall.

Sunday, February 9 – 9 am – 11 am during fellowship time

Monday, Feb. 10 – 7 -8 pm

Tuesday, Feb. 11 – 1 – 4 pm (shawl ministry) and 7-8 pm (health ministry meeting)

Wednesday, Feb. 12 – 7-8 pm (choir rehearsal)

Thursday, Feb. 13 – 7-8 pm

Friday, Feb. 14 – 6-8 pm (event set-up)

We will accept gently used clothing

Please – no used undergarments, used socks, or beyond-life footwear
(clean, lightly used shoes are acceptable)

Sign-up to take a shift to work the drive on a Sunday clipboard.
Volunteers must work in groups of 2 or more – *no solo shifts.*

Saturday, February 15 – 9 am – 4 pm

Sunday, February 16 – 1 pm – 4 pm

Monday, February 17 – 1 pm – 4 pm and 6 pm – 8 pm

Tuesday, February 18 – 4 pm – 7 pm

Wednesday, February 19 – 4 pm – 7 pm

All times are weather-permitting!


Salem Lutheran
 Elizabethtown
 205 W. Main Street, PO Box 427
 Elizabethtown, 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.salemutheranelizabethtown.org
salemelizabethtown@gmail.com






Salem Lutheran Church
 205 W. Main Street
 Elizabethtown, PA 17023

