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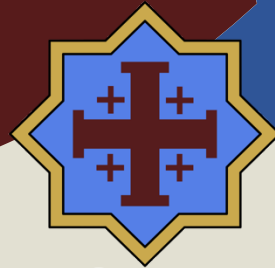


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JUNE - JULY - AUGUST 2020



# The Spirit

SALEM LUTHERAN CHURCH, ELIZABETHVILLE, PA

717-362-9222 | WWW.SALEMLUTHERANELIZABETHVILLE.ORG

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

Well, this seems more like a 'looking back' edition of the newsletter, rather than a looking forward edition! Yet, I do think there is more to look forward to as the weeks and months of 2020 come to its last quarter.

The past few months have been difficult for everyone. Some of us have had to endure our normal routine despite the threat of virus, closings of businesses, and all the other interruptions of our normal summertime life. Make no mistake, this has been a difficult time for everyone, despite what you might see from the outside. Some people are hurting, and you don't even know it. Some people are scared and yet they have been moving along as best they can. Others have been so bold to swim headlong upstream against the majority, and none of that seems to have changed the situation we have faced.

In the middle of all this mess we've been able to provide food for the community, learn how to 'gather' for worship digitally, and slowly figured out how to keep consistency on livestream (mostly when it doesn't need me to turn it on). In smaller numbers our members are coming back to church with masks and face shields. But we're far from what many of us would call normal. In fact, I really despise that phrase everyone seems to be using "new normal."

If this really is what 'normal' will be, I doubt that any of us would be comfortable using the term normal to describe life. Yet, we must persevere. The church has endured countless assaults on its life throughout the centuries, from other viruses and pandemics, to all out wars and persecution! And...none of these caused 'new normals' in the life of the church. We do not hide behind unmarked and locked doors for worship for fear of the wars around us. We do not separate the classes of people by their place in the church building to shield from the passing of disease from one group to another. No, the trials of the church have been many, but the bride of Christ, His magnificent church has endured, and her beautiful liturgy has prevailed, and His Body & Blood is still given and shed for all who would believe in Him.

I'm not advocating for a complete return to things as they were some months ago. We'll keep wearing masks and not shaking hands and hugging one another. None of us would want to put our brothers and sisters at risk of becoming ill. But what I am advocating for is a strength of faith to not let the church suffer because of the world around us. Your membership in the body of Christ is more than just watching a livestream! Help those around you who may be in need. Use this time to connect



with neighbors and friends to ensure that they do not feel lost. But, most of all, take an account of the value of your worship and its vital contribution to your faith. We can do so much in our own small ways to make sure the church will endure.

If you feel safe, comfortable, and healthy...come back to church! There's plenty of hand sanitizer, masks, and space in our building. If you are under the weather, not feeling well, or safe, or just not ready, call us! We'll pray for you, send you bulletins and worship aids, and bring a little of Salem Lutheran to you!

*Rev. Dr. Nathan C. Minnich, STS*



## 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](http://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? 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.*

whose care I am entrusted with daily are learning and interacting; but doing so as safely as possible. That now means face-coverings, social distancing, disinfecting surfaces, adjusting schedules, room relocations, and lots and lots of hand sanitizer. Even with all those protocols in place, students still become sick. How quickly all the hard work, planning and anticipating suddenly seems to be for nothing.

But I don't see it that way. With trial comes error. With our sights set on the future, we must remember to learn from our history, be mindful of our mistakes and make efforts to not repeat what we cannot change from our past. We strive to improve, and we work towards tomorrow.

It does the Christian well to remember that this is much the same for our spiritual life.

In our past, by sin we are tied to death and separation. Our present is filled with opportunity to accept and embrace the free gift of salvation through the sacrifice of our Savior. By the presence of the Holy Spirit we are brought to worship, seek confession and forgiveness, and partake in the Eucharist as preparation for our future!

Yes, we are living in an extremely uncertain, unsettling, and scary time. This global pandemic has caused much change, and with it a renewed awareness to something that is and has always been part of humanity...fear and certain death.

But rejoice, brothers and sisters! For we have nothing to fear in death.

I listened just last week to a podcast by one of my favorite Catholic priests, Father Mike Schmitz. I encourage you to check out his *Ascension Presents* videos on social media and YouTube. His preaching is brilliant, down to earth, humorous, and does not disappoint!

Recently, Fr. Mike addressed this very topic – our fear of death in the face of this pandemic. I will attempt to echo his very points below.

This changing world is filled with strife, be it political division, war, racial or social injustices, and occasionally a worldwide pandemic. And it can be scary!

This does not mean Christians should be unkind to others, avoid seeking justice and truth, or ignore health guidelines. We must confront wrongdoers. We should vote in our elections. And yes, we should wear our mask, practice good hygiene, and do our part to protect the most vulnerable.

Many of these very scary things are linked to death. But as Christians living out our faith in Christ Jesus, we have **nothing to fear**, especially death!

It is inevitable that someday our fragile bodies will fail us in the face of age, sickness or disease. Our faith in our living and loving God offers us peace in knowing that we indeed have a future!

Be smart. Live. Love as Christ loved. And do not fear! Serving as your deacon continues to be a true blessing in my life. Peace be with you. +

*Deacon Ken*

"Change is the law of life and those who look only to the past or present are certain to miss the future." – John F. Kennedy

While these words credited to President Kennedy were not likely uttered with spiritual connotation, I think there is much to be said about the weight of these words as it applies to faith. Our pastor writes in his message to you his distaste for the term "new norm". I add that it is merely a disguise for what the world has always experienced, *change*. And while we are consumed with concern regarding our physical health, and the health of our neighbors, amid the pandemic, we must not forget to concern ourselves with our spiritual health, too!

Most recently I have spent a lot of time in my secular job reviewing studies, procedures and best practices to ensure that for those





# HEALTH MINISTRY

## Health Ministry Meeting: To resume in the Fall Enjoy the Summer!

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

## Coronavirus



With all the talk and media on the Coronavirus aka COVID-19 and the social distancing, let us focus on your health during these times. So, what can you do for your own health and well-being? Many of you have been outside taking walks, working in the gardens and yards, riding bike trails, walking trails, EXCELLENT!!

Getting that Vitamin D has many health benefits to your well-being. Research has shown that low levels of Vitamin D puts you at risk of developing diabetes, muscle, and bone pain, along with diseases related to breast, colon, prostate. Vitamin D helps to stimulate and regulate your immune system. So, get outside and enjoy the sun!! But what about those who are physically unable to do these things or if you have those cold rainy days and you cannot get out?

First get rid of the junk food in your house!! Yes, those cookies, cheese balls, licorice, Hershey kisses, etc., must go! Not only do they make you put weight on, they make you feel MISERABLE!! Your body gets the initial rush and then you feel like you have been hit by a Mack truck and need a nap. This is your bodies way of saying feed me the good stuff not this junk! You want "grab and go" snacks. Cut up vegetables in a bag in the refrigerator; pieces of celery, carrots, cauliflower, broccoli, peppers, cucumbers, cut up pieces of cheese. When you prep, its' easy to grab the good stuff. Instead of the popcorn on movie night, make the cauliflower popcorn, believe me its' AWESOME!! (Recipe on pg. 9) Get rid of the hot dogs, lunchmeat

for lunches - they are loaded with chemicals, which are going to make you sick over an extended period. Again, prep!! Make egg salad with mayonnaise, tuna salad with mayonnaise, ham salad with mayonnaise, homemade soups, apples with peanut butter, yogurt with fruit.

Secondly, what can I do when I am not able to get outside? You know those cans of soup or cans of vegetables sitting in your pantry, they make great weights for you to put in your hands and lift up and down keeping them arms limber and getting the adrenaline moving. What about your legs? Stand behind a chair and go up and down on your tip toes (gets those calves working), swing your leg out to one side and back then rotate, (gets those quad muscles working). Sit in the chair and bend down touching your toes (gets your back and stomach muscles working). While sitting in the chair, put your hands straight up in the air and sway from right to left, (gets those rib muscles working). You know that kitchen table sitting in your dining room? Walk around it 20 times, and guess what? You just got an awesome walk in!...in the comfort of your own home and great exercise increasing that adrenaline. But you know what ALL this exercising really does for you? IT MAKES YOU FEEL GOOD!!! IT MAKES YOU HAPPY!!



## The New Normal

What can we expect with recovery from COVID-19 outbreak? The social distancing will continue. When we return to schools, the classrooms will look a lot different than what we have become accustomed to. The stores will continue limiting the number of people in and out, the malls may not open this year and if they do, you will be required to continue wearing a mask. We will all be getting tested to see if we have the antibody for COVID-19. Why? Because those of us who have the antibody will be the ones allowed to work outside of the home if another outbreak occurs. Church services will need to be done with congregations continuing to practice social distancing.

Will this virus continue, YES!! Remember this virus has been around for over 50 years but has now mutated **times four**, which is why it has become more deadly. Understand the vaccine that is being created needs to be tested in clinical trials which have already begun. These clinical trials consist of a group of volunteers who are receiving the vaccine with different dosages to see which is most effective and if there are any serious side-effects. This takes time and the vaccine that is now being created will not be available for another year. This is a virus just like the flu and each year there is a different spin to the flu in which some years the flu vaccine is effective and other years it is not. The same may apply to the COVID-19 vaccine. What we know as "normal" has now changed indefinitely due to the COVID-19.



Due to the Coronavirus, we cancelled the contest for this year and will try again next year. For those that paid to participate, Sharyn will refund your money when we meet again at church.

# SOCIAL MINISTRY



Monthly Meeting Dates:  
**MOST MEETINGS ARE CANCELLED UNTIL FURTHER NOTICE including WNALC, Health Ministry, Staff, Property Committee**  
**Shawl Ministry will meet on Tues., Sept. 8<sup>th</sup> @ 1 pm**

## *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, once services resume.



## Shawl Ministry

We're looking for MORE members to join us on the 2<sup>nd</sup> 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!**



Join us on the **FIRST WEDNESDAY of every month @ 9:30 am to clean the church.** There are all kinds of cleaning to be done, from light dusting and organizing pews (hymnals) to vacuuming, scrubbing and mopping. Cleaning will continue unless we are ordered not to do so. Inquire by calling the church office  
717-362-9222



See more pictures of SOFA's kayak trip down the Susquehanna River on Salem Lutheran Church's Facebook Page!





# Congratulations and Welcome Micah Lynch to Salem Lutheran Church!

Micah is 13 years old and is in 8th grade. He is the son of Terry and Christine Lynch. He has a sister Michaela and a dog "Mickey". He loves all music. He enjoys singing. He has been in 5 school musicals and is in the chorus. He plays percussion in marching, concert and jazz bands. He is a member of the school's archery team. In his spare time, he likes watching and attending NASCAR races with his dad. He also likes playing games and watching tv with his nana.





# PRAYERS

**Polk Personal Care:** Betty Sultzbaugh  
Arlene Feidt

**Messiah Village:** Mary Schade

**Hbg. Hospital:** Karen Bucher

**At home:** Dave Paul, Sr., Hunter Herb (Chris Paul), Jessica Ingbritsen, Dennis English (Aleen Minnich), Dylan Hamilton (Dave Paul, Sr.), David Paul, Jr., Jason Heim, Carole Rice (Sheena Erdman), Nancy & Jessica Spacek, Lois Kratzer, Amy Dulley (Sheena Erdman), Mabel Starr (David Reiner), Richard Coady (Sharyn Farner), Carol Singley, Arlynn & Debbie Smucker, Shannon Stadheim (Ann Scatena), Jean Moyer (Irene Lehman), Sarah White, Roy Strohecker (Dorothy Hoffman), Bill Custer (Kasey Campbell), Dave & Jill Fetter, Hannah Grubb, April Lombard (Dcn. Ken), Paul Bucher, Elaine Spotts (Arleah Buehler), Dave Farner, Sr., Gabriel Latshaw, Greg Klock, Robin Ward, Rick Snyder, Keith Latshaw, Beverly Schoffstall, Ted Weaver, Peg (Massari) Taylor, Diane Murray (Peg Massari), Haley Snyder, Shirley Buffington, Marija Zorkic, Adele Nangle, Charles & Susan Wright (Ann Scatena), Deb Miller, Heather Deitrich, Terry King (Janice Gransbury), Andrea Bixler (Marie Daub)

Please help to keep our prayer list current by contacting the church office with changes and additions.

*If there are any additions or deletions, please call the office and leave a message. Help us keep our Prayer List accurate and up to date.*

## SYMPATHY



*Dean Stoltzfus, Frank Titus, Sr.,  
Jimmie Schader, Veronica Kelly,  
Catherine Kobel, Kevin Buffington,  
Kate Kellit, Ryan Peck, Tyler Laudenslager,  
Luke Watson, Kay Buffington, Bob Williard*



# SPONSORSHIPS

## ALTAR FLOWERS



### JUNE

#### Large Altar Vases

- 7 Terry & Chris Lynch – In honor of the confirmation of Micah Lynch and in honor of the graduation of Michaela Lynch from Robert Morris University. *Congratulations to you both!*
- 14 Don & Linda Deibler – In honor of their children & grandchildren.
- 21 Lois Kratzer – In memory of loved ones.
- 21 Karl & Jane Schader – In loving memory of Jane's father Elvin Hassinger.
- 28 Andy & Brenda Leitzel – In celebration of their 50<sup>th</sup> Wedding Anniversary.  
*Happy 50th Anniversary!*
- 28 Karl & Jane Schader – In loving memory of Jane's mother Hazel Hassinger.

#### Small Altar Vases

- 7 Terry & Chris Lynch – In honor of the confirmation of Micah Lynch and in honor of the graduation of Michaela Lynch from Robert Morris University.  
*Congratulations to you both!*
- 14 Dave & Chris Paul – In remembrance of their fathers "Bolivar" and Gerald.
- 21 Harold & Marie Daub – In loving memory and remembrance of all fathers.
- 28 Ann Scatena – In loving memory of her husband Bob Scatena

### JULY

#### Large Altar Vases

- 5 Chuck & Jill Liles – In honor of the birthdays of Sarah, Rachel and Tom. *Happy Birthday!*
- 5 Henry & Mary Ellen Paul – In memory of loved ones.
- 12 Arlene Feidt – In loving memory of her son, Brian.
- 19 Kratzer Family – In loving memory of husband, father, and Grandfather Louis Kratzer.
- 26 Natalie Lyter – In loving memory of Natalie's parents: Howard & Ruth Geyer, and Paul's parents: William & Ethel Lyter.

#### Small Altar Vases

- 5 **NO SPONSOR**,
- 12 Pr. Nathan – In honor of the birthdays of his father Tracey and brother Mitch. *Happy Birthday!*
- 19 Dave, Chris & Michael Paul – In celebration of Dorothy Hoffman's birthday. *Happy Birthday!*
- 26 **NO SPONSOR**

### AUGUST

#### Large Altar Vases

- 2 Tom & Deb Scheib – In celebration of their wedding anniversary. *Happy Anniversary!*
- 2 Bill & Mary Jane Witmer – In honor of Bill's birthday. *Happy Birthday!*
- 9 Janice Gransbury – In honor of her daughter and son in laws wedding anniversary. *Happy Anniversary!*
- 9 Mattea Wenrich – In honor of her father Pete's birthday. *Happy Birthday!*
- 16 Arlene Feidt – In honor of her grandchildren.
- 23 Lois Kratzer – In memory of loved ones.
- 30 Jean Hoke – In loving memory of her son Lynn and husband Norwood.
- 30 Andy & Brenda Leitzel – In honor of the grandsons Peyton & Carson and granddaughters Ava & Audri.

#### Small Altar Vases

- 2 Natalie Lyter – In loving memory of her husband Paul.
- 9 Janice Gransbury – In honor of her granddaughter, Kylie and Eric's wedding. *Congratulations!*
- 16 Judy Paul – In honor of grandson Camden Koppenhaver's confirmation.
- 23 Dave & Chris Paul – In celebration of Michael Paul's birthday. *Happy Birthday!*
- 30 Ann Scatena - In honor of great grandson, Jasen Stadheim's birthday. *Happy Birthday!*

#### *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!*



## BULLETINS

### JUNE

7 *NO SPONSOR*

14 *NO SPONSOR*

21 David, Jr. & Michael Paul: In loving memory of their grandfathers "Bolivar" and Gerald, and in honor of their father Dave, Sr.

28 *NO SPONSOR*

### JULY

5 Greg & Helen Evans: In loving memory of Brenda Irwin.

12, 19, 26 *NO SPONSORS*

### AUGUST

2 Greg & Helen Evans – In loving memory of Brenda Irwin.

9, 16, 23 *NO SPONSOR*

30 Harry & Joan Minnich – In memory of loved ones.

## FELLOWSHIP

*Cancelled until further notice.*

## SANCTUARY LAMP

June – Henry & Mary Ellen Paul: In loving memory of Aaron Paul and Brian Snyder

July – Dorothy Hoffman: In loving memory of her husband, Gerald.

August – Ann Scatena & Children: In memory of loved ones.

## NEWSLETTER

June – Stan & Arleah Buehler – In loving memory of all past Salem members.

July/August – *NO SPONSOR*



# BIRTHDAYS & ANNIVERSARIES

### June

14 David Paul, Jr.  
15 David Farner, Jr.  
20 Dawson Dunlop  
28 Sarah Reed

### July

1 Irene Lehman  
3 Kaide Heim  
3 Andy Leitzel *Happy 65<sup>th</sup>!*  
5 Jill Liles  
9 Michael Lohenitz  
10 Linda Deibler  
13 Tracey Minnich *Happy 60<sup>th</sup>!*  
18 Jason Heim *Happy 40<sup>th</sup>!*  
20 Dorothy Hoffman  
20 Sophia Liles  
24 Ann Scatena *Happy 80<sup>th</sup>!*  
25 Harold Daub  
27 Natalie Lyter  
29 Bill Witmer  
30 Jane Ingbritsen *Happy 60<sup>th</sup>!*  
30 Ginger Lehman

### August

4 Paul Ely *Happy 13<sup>th</sup>!*  
6 Curtis Martz  
13 Tom Liles  
13 Jane Schader  
14 Gerri Deppen  
17 Peg (Massari) Taylor *Happy 76<sup>th</sup>!*  
19 Martha Jane Fulkrod *Happy 77<sup>th</sup>!*  
19 Ken Stahl *Happy 60<sup>th</sup>!*  
21 Dennis Paul *Happy 60<sup>th</sup>!*  
25 Michael Paul  
30 Cora Heim *Happy 5<sup>th</sup>!*

### JUNE

3 Mr. & Mrs. Ron Heim  
6 Mr. & Mrs. Harold Daub

### JULY

2 Mr. & Mrs. Tom Liles  
14 Mr. & Mrs. Ken Campbell  
17 Mr. & Mrs. Jay Fulkrod  
24 Mr. & Mrs. Tom Scheib

### August

1 Mr. & Mrs. Don Deibler  
2 Mr. & Mrs. Karl Schader  
4 Mr. & Mrs. Chuck Liles  
10 Mr. & Mrs. Mark Ingbritsen  
13 Mr. & Mrs. Doyle Deppen  
31 Mr. & Mrs. Jason Heim



# PARISH HIGHLIGHTS

Peace be with you! During these unprecedented times, the use of our weekly livestream for Mass is now more important than ever. We invite you to tune in every Sunday at 9 a.m. to view and participate in worship. Each week, the bulletin will be sent as a PDF file in your email so you can follow along.

Visit our Facebook Page. If you don't have Facebook, you can still attend virtual worship by visiting our church website and clicking the LIVESTREAM tab.

[www.salemlutheranelizabethville.org/livestream](http://www.salemlutheranelizabethville.org/livestream)



## Cauliflower Popcorn

Ingredients: Head of Cauliflower, 3 Tbsp Olive Oil, ¼ grated parmesan cheese, 1 tsp garlic powder, ½ tsp turmeric or substitute with ½ tsp Old Bay Seasoning, ½ tsp Kosher salt.

Total time: 40 minutes, Preheat oven to 475 degrees.

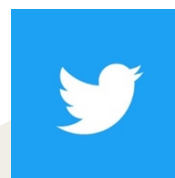
Break your cauliflower into the florets and place them in a one-gallon freezer bag add all your ingredients and shake up the bag allowing all to mix well. Take a large cookie baking sheet and place aluminum foil over top of sheet, pour cauliflower mixture unto baking sheet and place in oven. Roast 25-30 minutes, until tender and brown.



Did you know that you can now offer your weekly or monthly tithe online? Salem Lutheran now offers online giving using [tithe.ly](https://tithe.ly). You can access the information by visiting our website and clicking the GIVING tab in the main toolbar. It's quick, easy and convenient. There are many options such as recurring giving, use of credit card, check routing, and paying the service fees so the church doesn't incur the charge. You will receive an email receipt for each transaction. A great tool during this time of separation, and for when we travel and wish to continue our commitment to faithful giving. Check it out today!

<https://salemlutheranelizabethville.org/giving/>

Of course, you are still welcome to drop your envelope in the mail each week!



[www.salemlutheranelizabethville.org](http://www.salemlutheranelizabethville.org)



**Salem Lutheran**  
Elizabethville

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**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 Latschaw - Organist  
Mrs. Jane Hassinger-Schader - Choir Pianist

[www.salem-lutheran-elizabethville.org](http://www.salem-lutheran-elizabethville.org)  
[salem-elizabethville@gmail.com](mailto:salem-elizabethville@gmail.com)



**Salem Lutheran Church**

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