



Epistle from

St. Timothy

Evangelical Lutheran Church

February 2016
Volume 21, Issue 6

Sharing our faith by sharing God's love!

"Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it."

[Mark 10:15]

Do you remember preparing for Valentine's Day when you were in grade school? I would write out a card for every child in the class. After all, I wouldn't want to exclude anyone, not even the class bully.

Some time ago I heard an interview on National Public Radio between correspondent Susan Stamberg and early childhood educator and author Vivian Paley. Paley was describing how young children have an inherent sense of fairness. Very young children, said Paley, are quite happy playing the game musical chairs with enough chairs for every child to find a seat when the music stops.

But when adults introduce the "rules" of musical chairs—that you remove a chair each round—then young children will cry because this violates their basic sense of fairness: there ought to be enough chairs for everybody.

No wonder Jesus holds out the example of a little child for us "mature" Christians. Jesus' entire ministry was an example of the inclusive nature of God's love for humanity. The sick, the outcast, the public sinners, the crooks—all were loved and embraced by Jesus.

What a contrast to the world's economic view of things, which assumes a scarcity of goods and services, and relies on the "law" of supply and demand—perhaps a sophisticated way of saying there is always going to be one chair too few.

This year, try being a "Valentine" to people not only by sending a card, but by accepting them for the person God created them to be, even if you're not always too crazy about who they are. God's love doesn't exclude anyone; and in the future of God, there's always a chair waiting when the music stops.

Pastor Paul

St. Timothy Mission Statement

Nurtured and sustained by God's love,
we are called and inspired to share His love with our neighbor,
to make God's story known, and to help our neighbors near and far
...so that all may experience God's love.

February Worship Calendar

Sunday Morning Services – 10:30 a.m. • Adult Forum – 9 a.m. • Sunday School – 9:30 a.m.

Date	Day	Special Events	Readings
Feb. 7	Sunday 10:30 a.m.	Transfiguration of Our Lord Scout Sunday Souper Bowl Sunday	Exodus 34:29-35; Psalm 99; 2 Corinthians 3:12-4:2; Luke 9:28-43a
	Sunday ~11:45 a.m.	Mardi Gras Pot Luck Luncheon	[Fellowship Hall]
Feb. 10	Wednesday 7:30 p.m.	Ash Wednesday (see Lent Schedule)	Joel 2:1-2, 12-17 or Isaiah 58:1-12; Psalm 51:1-17; 2 Cor. 5:20b-6:10; Matt. 6:1-6, 16-21
Feb. 14	Sunday 10:30 a.m.	Lent 1 Praise Worship	Deuteronomy 26:1-11; Psalm 91:1-2, 9-16; Romans 10:8b-13; Luke 4:1-13
Feb. 17	Wednesday 5:30 p.m.	Midweek Lenten Worship (See Lenten Schedule for details)	@ Redeemer, 822 N. 19th St.
Feb. 21	Sunday 10:30 a.m.	Lent 2 Rite for Wholeness	Genesis 15:1-12, 12-17; Psalm 27; Phillipians 3:17-43; Luke 13:31-35
Feb. 24	Wednesday 5:30 p.m.	Midweek Lenten Worship (See Lenten Schedule for details)	@ Redeemer, 822 N. 19th St.
Feb. 28	Sunday 10:30 a.m.	Lent 3 Children Sing	Isaiah 55:1-9; Psalm 63:1-8; 1 Corinthians 10:1-13; Luke 13:1-9

Moving? New Email? Change Your Phone No.?

We constantly struggle in this mobile society we live in to keep up with everyone's current mailing and contact information. We are asking everyone to make sure the information we have is up-to-date by completing the form below and either mail it to the church secretary or drop it in the offering plate.

Name	
Address	
City	State Zip Code
Home Phone	<input type="checkbox"/> include in Directory <input type="checkbox"/> omit from Directory
Cell Phone (optional)	<input type="checkbox"/> include in Directory <input type="checkbox"/> omit from Directory
Work Phone (optional)	<input type="checkbox"/> include in Directory <input type="checkbox"/> omit from Directory
Email	<input type="checkbox"/> include in Directory <input type="checkbox"/> omit from Directory
Please send my copy of the newsletter to me via:	<input type="checkbox"/> Mail (Post Office) <input type="checkbox"/> Email

PLEASE PLACE COMPLETED FORM IN
OFFERING PLATE OR DROP IN THE MAIL.

ELCA WEB SITE

www.elca.org

for information about our national church

NE PA SYNOD WEB SITE

www.godslove.org or www.nepsynod.org

for information about our synod

ST. TIMOTHY'S EMAIL

office@sttimothy.org

FIND MORE EMAIL ADDRESSES AT:

www.sttimothy.org



Find us on Facebook at
facebook.com/sttimothyallentownpa



Follow us on Twitter at
twitter.com/StTimAPa

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Health Topic of the Month



by Charlotte Cruise

Heart Month

Having a heart begins by knowing the risks and taking steps to prevent heart disease and stroke.

Know the ABCS of a healthy heart:

- A – Ask your physician if you are a candidate for a daily aspirin
- B – Maintain good blood pressure control.
- C – Manage your cholesterol.
- S – If you are a smoker, seek help to quit.

In addition to the ABCS:

- Be physically active for at least 30 minutes on most days of the week.
- Eat a diet high in fresh fruits and vegetables and low in salt and trans fats.
- Learn to manage stress and relax.

Friday, February 5 is **National Wear Red Day** to promote awareness of women's heart health. Heart disease is the number one killer of both men and women in the United States. So don your red and promote heart health for everyone.

*Adapted from the American Heart Association
and National Institute of Health*

West End Collaborative

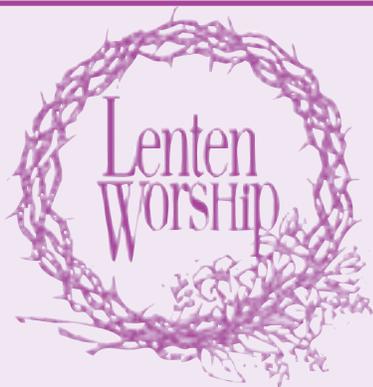
Happy Winter everyone,

2016 is off to a flying start. There is so much to do in so little time. This seems to be a theme for all of society, especially in the Eastern part of America. Perhaps we can take time out of our hectic schedule for reflection. Perhaps we can try to remember that there is a Peace in us which transcends our world. I'm inviting everyone to attend a weekday Lenten series beginning the Wednesday after Ash Wednesday. The theme will be: Luther's Catechism. This will start on February 17th and will be held at Redeemer (822 N 19th St). Each night will begin with a soup supper at 5:30. Dinner will be followed by a discussion on Luther's Catechism starting around 6:15. Then, a brief litany, or worship service, will begin at 6:45. The dates for this mid-week Lenten series will be 2/17, 2/24, 3/2, 3/9, and 3/16.

In addition to Lenten announcements, this article is an invitation to join in West End conversations. The Collaborative would like to create a Google calendar so all members can see opportunities to have occasional worship and work together. The group needs one willing member from each congregation to sit on a task force which discusses calendar design and information to include on calendar. The task force will meet at maximum for 4 sessions over 2 months' time. Time and date will be determined by members. Please contact Vicar Brian if you are willing to sit on task force. He can be reached at 610-844-8924 or at brianriedy70@gmail.com.

God's peace to you all,
Vicar Brian

DEADLINE
for the
APRIL NEWSLETTER...
MARCH 15!



Worship Schedule for Lent and Holy Week

St. Timothy, Redeemer, and Christ, members of the Allentown Westend Collaborative, will again share the Lenten worship experience this year. Below is a schedule of times and locations.

Ash Wednesday	Feb. 10	7:30 p.m.	at St. Timothy (Each church will worship at its own location.)
Wednesdays	Feb. 17 & 24; Mar. 2, 9 & 16	5:30-6:00 p.m. 6:00-6:30 p.m. 6:30-6:45 p.m.	at Redeemer, 822 North 19th St. Soup & Bread (on street parking) Study Time Worship
Tuesday	March 22	5:00 p.m.	Stations of the Cross at Muhlenberg Chapel
Maundy Thursday	March 24	12:00 p.m. 7:30 p.m.	at Redeemer, 822 N. 19th St. at Redeemer (on street parking)
Good Friday	March 25	12:00 p.m. 7:30 p.m.	at St. Timothy at St. Timothy
Easter Vigil	March 26	6:00 p.m.	at Christ, 13th & Hamilton (parking lot across Hamilton)

Endowment and Berger Funds

ENDOWMENT FUND:

The St. Timothy Endowment Fund balance as of December 31, 2015 was \$49,682.39. The total dividends for 2015 were \$1,053.62. The committee awarded \$1,165.00 in grants in 2015.

BERGER BENEFIT FUND:

The Berger Benefit Fund balance as of December 31, 2015 was \$97,956.60. The total dividends for 2015 were \$964.06. No grants were awarded in 2015.

The total in both funds as of December 31, 2015 was \$147,638.99. Questions regarding the funds should be directed to one of the committee members—Charlotte Cruse, Anne Ritter or Lucille Stephens.

Note: *The above information was not included in the Endowment & Berger Funds Annual Report because of the deadline requirement.*

Our Healthy Behaviors

When we dedicated our Health Care Visitors back in November, we also took a survey of what we saw as our health concerns and needs. Here are the results:

Health Concerns:

High blood pressure (6); Weight control (3); Anxiety/Fears (2); Heart disease (2); Pain (2); Caregiver stress (1), Environmental issues (1); Depression (1); Obesity (1); Diabetes (1), and Saying NO (1).

Of course, we are currently taking blood pressures, as a way of monitoring our level of health and giving us an indication of any problems that might be happening. Our monthly Service of Wellness also addresses some of these issues. The others we will be working on with our new Health Cabinet.

Spiritual Concerns:

Anxiety/Despair (2), Ability to let go (2); Prayer (2); Trusting God when prayers not answered (1); Lonesomeness (1); Death (1); Grief/Loss (1); Sense of community (1); Spiritual healing (1).

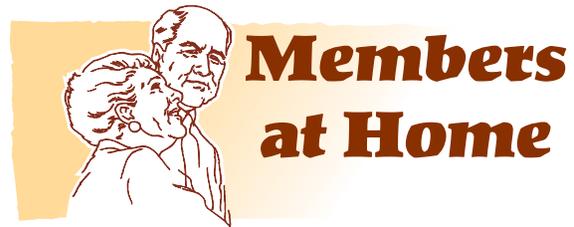
Glenn and Mary Simmons have led several sessions dealing with spirituality. Our Sunday morning Adult Group also tackles some of these issues from time to time. Our worship service also confronts some of the issues, and creates a Sense of Community for us. All Saints Sunday and our Blue Christmas Service has helped us face death and grief.

The survey also showed that we are living very healthy behaviors. The healthy behavior that ranks the highest is Volunteerism (11), followed by Nutrition (10); Exercise (10), Social Support (8); Sleep [7 hours] (7); Spiritual Growth (5); Stress Management (2); Frequent Prayer (2); and Physical Therapy (1).

When we look at what we are doing as members of this church, we find that we are following the basic behaviors that keep us involved, engaged, and healthy. Basically we are maintaining ourselves as a healthy church.

We can be thankful for the good health that God has given us.

Jerry



We pray weekly for our members at home. Every month we highlight a portion our list of homebound members so that you can send cards, and perhaps visit!

Here is this month's list (*birthday in italics*):

Ms. Emily Flowers, Good Shepherd Home, Raker #204B, 543 St. John St., Allentown, PA 18103 (*June 3*)

Ms. Vickie (Viola) Kramer, Cedarbrook, D-6 Unit, Rm. #614B, 350 S. Cedarbrook Rd., Allentown, PA 18104

Elaine Jones, 2835 W. South St., Allentown, PA 18103 (*May 2*)

Madelon Umlauf, Country Meadows, 450 Krocks Rd., #308A, Allentown, PA 18106 (*June 2*)

Virginia (Ginny) Stetz, Woodland Terrace at the Oaks, 1263 S. Cedar Crest Blvd., Apt. 310, Allentown, PA 18103

February birthdays include:

Sharon Clark, Good Shepherd Home, Raker #216, 543 St. John St., Allentown, PA 18103 (*February 5*)



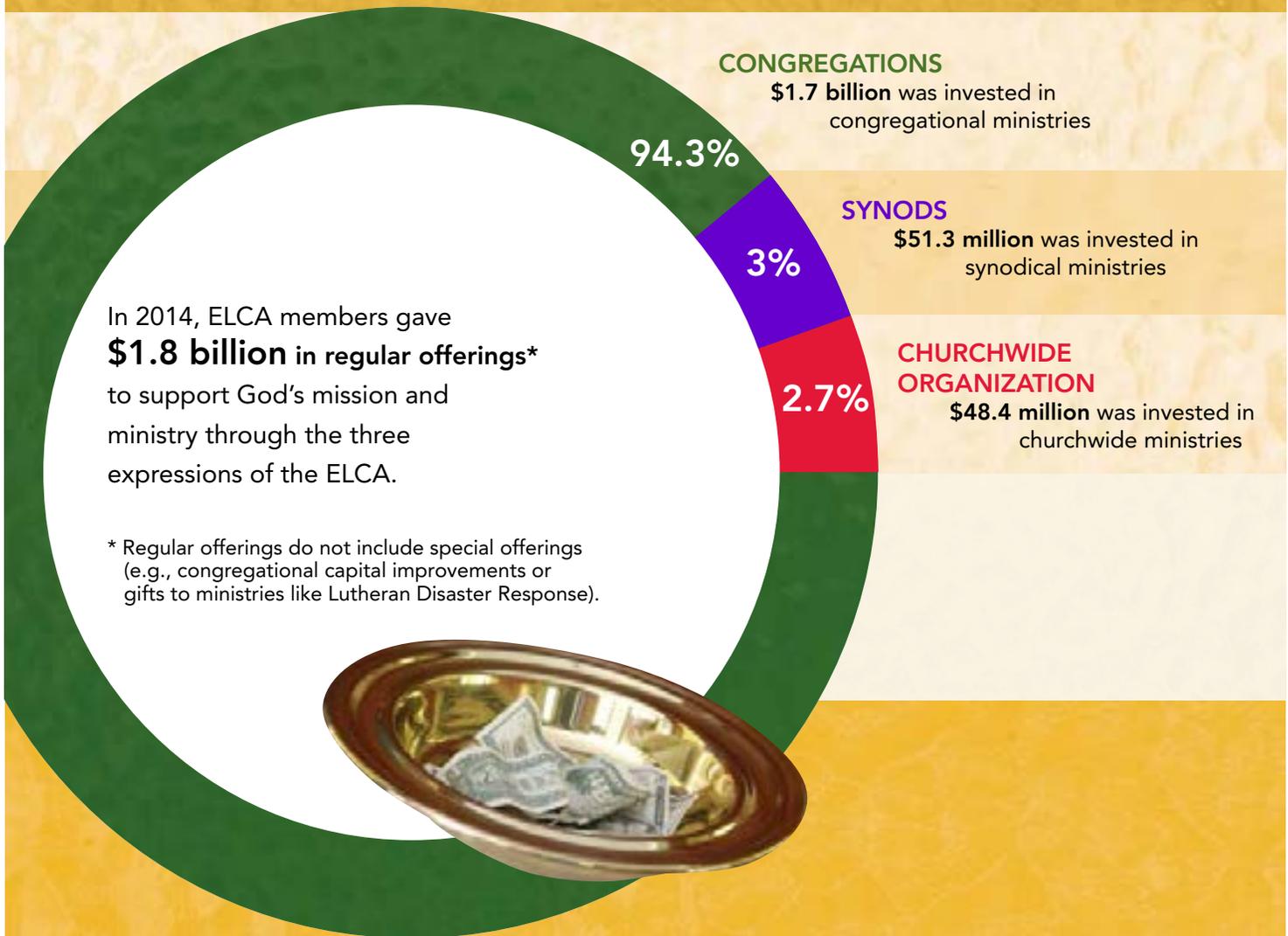
The Season of
Lent

STORIES OF FAITH IN ACTION

WHAT IS MISSION SUPPORT?

As members of the ELCA we are freed in Christ to love and serve our neighbor, open to the Holy Spirit's invitation to be active in the world. By sharing your time, talents and financial resources, you are participating in God's work throughout the United States and around the world.

When you give to your congregation, a percentage of that money is shared with your synod and with the ELCA churchwide organization. The portion of your offering that is shared with the wider church is called **Mission Support**.



Watch for more 'STORIES of faith in action' in future newsletters.



YOUR congregation

Your offering is stewarded by your congregation's council to support the work of your congregation. When your congregation votes to adopt its annual budget, your congregation designates a portion of your offering to be shared with your synod and the ELCA churchwide organization. These funds are called Mission Support.

YOUR synod

Your congregation's Mission Support dollars are then stewarded by your synod leaders to support the work of the synod. Your synod uses Mission Support to nurture ELCA congregations and rostered leaders, support local partners and accompany the synod's global companion churches in their ministry. Synods also share a percentage of the Mission Support funds they receive to be sent to the churchwide organization.

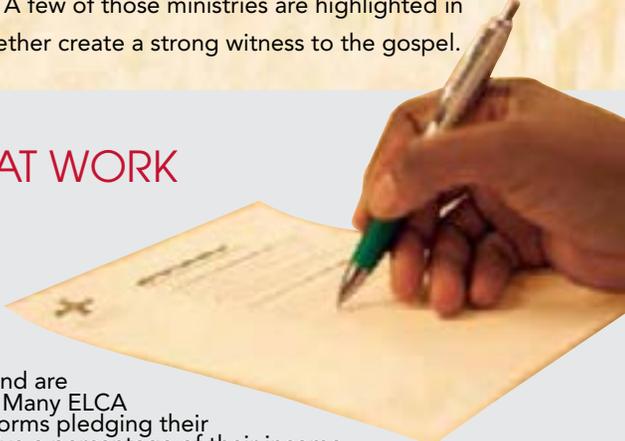
YOUR churchwide organization

Your churchwide organization uses Mission Support dollars to support congregations, respond to local and worldwide ministry opportunities, engage in ecumenical and interfaith dialogue, and lead churchwide initiatives on behalf of the whole ELCA. A few of those ministries are highlighted in this publication, but there are many others that together create a strong witness to the gospel.

MISSION SUPPORT = YOUR OFFERING AT WORK

Why we give

Our financial generosity is one expression of our love for God and our neighbors. Mission Support enables us to do God's work in ways that no individual, congregation or synod can do alone. We are church together for the sake of the world.



All that we have and are comes from God. Many ELCA members fill out forms pledging their commitment to give a percentage of their income to their congregation each year. Similarly, ELCA congregations and synods pledge a percentage of their income for Mission Support.

Watch for more 'STORIES of faith in action' in future newsletters.



St. Timothy Mail Bag

Dear Friends,

On behalf of the Allentown Area Ecumenical Food Bank, we would like to thank you for your donation of 22 bags of food.

Because of your caring and sharing, we are able to feed those less fortunate in our community. We currently are serving between 200 and 250 families per week.

Again, thank you for your donation.

Sincerely,

Margaret Roselyn, Corresp. Sec'y.

The Recycling Corner

Have you ever wondered how to recycle some of the items around the house? How to be better stewards of God's earth and help others at the same time? Here are some of our ongoing projects:

ARTICLES	WHERE TO PUT THEM	PERSON IN CHARGE
Sheet blankets	Coatroom by upstairs restroom	Quilting committee
Soda cans	Coatroom by upstairs restroom	Nancy Fennell (for Scouts)
Men's socks in good condition	Coatroom by upstairs restroom	Nancy Fennell (Alliance Hall)
Toiletries (from hotels/motels)	Coatroom by upstairs restroom	Nancy Fennell (Alliance Hall)
Card fronts (from greeting cards)	Coatroom by upstairs restroom	Nancy Fennell (St. Jude's Home for Children)
Eyeglasses	Coatroom by upstairs restroom	Nancy Fennell (Center for Visually Handicapped)
Good used sneakers	Coatroom by upstairs restroom	Nancy Fennell (Alliance Hall)
Plastic bags	Coatroom by upstairs restroom	Nancy Fennell (Food Bank)
Styrofoam Peanuts	Coatroom by upstairs restroom	Nancy Fennell (recycled @ Mailbox)
Styrofoam blocks, cups, plates and trays (meat, cookies, etc.)		Nancy Fennell (recycled @ Liberty Recycling)
General Mills box tops for education; cash register receipts from Redner's & Fairgrounds Market;		
Campbell's labels	Appropriate boxes in narthex	Cheryl Christensen
Rubber Bands*	Coatroom by upstairs restroom	Nancy Fennell (*from newspapers)
Current Calendars	Cabinet in narthex	Anyone who can use them
Empty printer, fax machine or desktop copier cartridges	Coatroom by upstairs restroom	Nancy Fennell (recycled @ FundingFactory)
Old cell phones	Coatroom by upstairs restroom	Nancy Fennell (recycled @ FundingFactory)
Women's and Men's business attire and accessories... (for "The Perfect Fit"/"First Impressions for Men")		
(Must be Clean, Good Condition/gently used laundered/ironed)		
IN SEASON ONLY!!!	Coatroom by upstairs restroom	Gloria Hinrichs

Thanks for your help and cooperation with these projects!

MONTHLY CALENDAR OF MEETINGS AND EVENTS

FEBRUARY 2015

Key: [F] = Fellowship Hall [L] = Lounge [P] = Pastor's Office [NV] = Nave
 [N] = Nursery [LB] = Library [YR] = Youth Room [LP] = Land of Promise

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 OFFICE CLOSED 3:30-5:30 pm-The Lutheran Academy After Care [F] 7 pm-Boy Scouts [F]	2 9 am-Quilters [L] 11 am-3 pm-Office Open 6:30 pm-Cub Scouts [F]	3 11 am-3 pm-Office Open 7 pm-Allentown Hiking Club [F] 7:30 pm-Senior Choir Rehearsal [NV] 7:30 pm-Venture Crew [F]	4 10 am-3 pm-AARP [F] 11 am-3 pm-Office Open 3:30 pm-Worship & Music Committee [L]	5 11 am-3 pm-Office Open 6:30-11 pm-Chess Club [L]	6 8 am-12 pm-Cub Scout Leader Training [F] 9 am-12 pm-Hamilton Park Baseball Sign-ups [F] SNOW DATE 10 am-Set-up and decorate for Mardi Gras [F]
7 TRANSFIGURATION 9 am-Adult Forum [L] 9:30 am-Sunday School [F] 10:30 am-Worship Installation of Council & Ministries Scout Sunday Souper Bowl Sunday ~12 pm-Blood Pressure Screening [L] ~12 pm-Mardi Gras [F]	8 OFFICE CLOSED 9 am-Property Committee 7 pm-Boy Scouts [F]	9 11 am-3 pm-Office Open 6:30 pm-Cub Scouts [F] 7:30 pm-Congregation Council Meeting [L]	10 ASH WEDNESDAY 11 am-3 pm-Office Open TBA-Senior Choir Rehearsal [NV] 7:30 pm-Worship	11 11 am-3 pm-Office Open 2 pm-Daybreak Mission Team 6:30-8:30 pm-Scout Leader Training [F] 7 pm-3D [L]	12 11 am-3 pm-Office Open 6:30-11 pm-Chess Club [L]	13 10 am-5 pm- Cub Scout Pinewood Derby Set-up [F]
14 LENT 1 VALENTINE'S DAY 9 am-Adult Forum [L] 9:30 am-Sunday School [F] 10:30 am-Praise Worship 12-6 pm-Cub Scout Pinewood Derby [F]	15 PRESIDENTS' DAY OFFICE CLOSED 7 pm-NAMI-Mental Health Support Group [L] 7 pm-Boy Scouts [F]	16 9 am-Quilters [L] 11 am-3 pm-Office Open 6:30 pm-Cub Scouts [F]	17 11 am-3 pm-Office Open 5:30-6:45 PM-Lenten Worship @ Redeemer 7:30 pm-Senior Choir Rehearsal [NV] 7:30 pm-Venture Crew [F]	18 11 am-3 pm-Office Open	19 11 am-3 pm-Office Open 6:30-11pm-Chess Club [L]	20 10 am-5 pm-Cub Scout Blue & Gold Banquet Set-up [F]
21 LENT 2 9 am-Adult Forum [L] 9:30 am-Sunday School [F] 10:30 am-Worship Rite for Wholeness 10 am-5 pm-Cub Scout Blue & Gold Banquet [F]	22 OFFICE CLOSED 7 pm-Boy Scouts [F]	23 11 am-3 pm-Office Open 6:30 pm-Cub Scouts [F] AARP in Parking Lot	24 11 am-3 pm-Office Open 7 pm-AA [F] 5:30-6:45 PM-Lenten Worship @ Redeemer 7:30 pm-Senior Choir Rehearsal [NV] Operation Sunshine in Parking Lot	25 11 am-3 pm-Office Open 7 pm-3D [L]	26 11 am-3 pm-Office Open 6-7 pm-Open Word Fellowship [F] 6:30-11 pm-Chess Club [L]	27
28 LENT 3 9 am-Adult Forum [L] 9:30 am-Sunday School [F] 10:30 am-Worship Children Sing	29 OFFICE CLOSED 7 pm-Boy Scouts [F]					

For an interactive calendar with details of events see our [ON-LINE CALENDAR](#)

SYNOD NEWS

Northeastern Pennsylvania Synod, ELCA

Synod Assembly 2016 June 17-18

It's time to think about identifying your congregation's voting members for Synod Assembly 2016.

The assembly will take place at Allentown's PPL Center, at 7th and Hamilton Streets, from June 17 - 18.

(Folks from the planning groups who have visited the Center, come away excited about the venue.)

We will gather again under the theme: UNLEASHED FOR REFORMATION 2017.

The three host mission districts are already working on special hospitality ideas. The Worship Ministry Team is laying the groundwork for assembly worship; and an expanded God's Playground is envisioned by an enlarged planning group. Think about your congregation's ministry contribution to the Playground.

By the way, if you think you would like to take part in the planning process, contact the Synod Office at 610.266-5101.



Ziegels Union Church Mission Response Team

Then I heard the Lord asking, "Whom should I send as a messenger to this people? Who will go for us?" I said, "Here I am. Send me." (Isaiah 6:8, NLT)

The Ziegels Union Church Mission Response Team was formed in 1999 in response to flooding in Del Rio, Texas. Since that first trip they have traveled to David, Kentucky (2001, 2002, 2003) and Camden, New York (2004, 2005, 2007, 2011, 2012, 2014, 2015) to work with St. Vincent Mission and Cluster 13 Ministries. They also have served as a Disaster Relief Team to those who survived natural disasters such as Hurricanes Katrina and Sandy.

The Team has traveled to Port Charlotte, Florida, and to Biloxi, Mississippi where they served thirteen different times with Habitat for Humanity to help brothers and sisters in Christ rebuild their homes and lives. They also spent a great deal of time on Long Beach Island, New Jersey helping with storm cleanup and rebuilding. Presently they are planning a seventh trip to Tuscaloosa, Alabama.

In addition to the mission trips, the Team serves locally to help Ziegels' members and friends with storm cleanup, roof and home repair, as well as repairs and maintenance to the Church.

Lutheran Confessions for the 21st Century

The Rev. Dr. Karl Krueger will lead a workshop on Saturday, March 19 from 9:00 a.m. until noon at the Lutheran Center. The cost of this workshop is only \$10, and it is open to any lay person in our synod. For more information and to register please contact the Rev. Mary Gade at 610-266-5101.



Dr. Krueger describes the workshop:

"The 16th and 21st centuries have one thing in common; both experienced a

communication revolution. In the 16th century it was brought about by the invention of moveable type; in the 21st by advances in the Internet, Google, and the advent of Facebook.

"Lutheran Reformers used the printing press in the 16th century to spread their message of reform in German-speaking territories and beyond. Today, we can open our web browser, type in the name of a church or church related organization, and within seconds read about their mission. So what's OUR mission? How do we talk about our faith? What makes us unique?"

"'Lutheran Confessions for the 21st Century' is a workshop that explores our mission by examining our Lutheran heritage, its key documents, and the insights of our predecessors for our work today. It's practical and a great way to prepare for the upcoming 500th Commemoration of the Reformation in 2017."



A Cabin in the Woods

"Being unplugged." Does that sound like music to your ears? How about "cabin"? Want to jump into your comfy shirt? And then there is "the woods"? Does it make your inner Daniel Boone or Calamity Jane blink awake from drowsiness?

Some years ago the congregation of Zion (Spies) Evangelical Lutheran Church was blessed with both opportunity and means to purchase a parcel of forest land near the church, including a cabin.

Over the past two years, these woods and the cabin have become the Cabin in the Woods Retreat and Worship Center. It has space for about 12 people to stay overnight. We installed gas for cooking and to fuel a generator; and a crackling fire can be laid in an open fireplace, a stove, or outdoors for a BBQ or campfire. The woods, wide-open spaces, and an outdoor worship area invite exploration, games, and joyous contemplation of God's creation.

The cabin can be reached by a gravel driveway as well as by a walking path featuring stations of ecological and historical interest that can also be used for a walk of the Stations of the Cross.

The Cabin is close to the city of Reading and yet feels "away." We would love to share this blessing of an unplugged place with you! A free donation is welcome, but not expected. The Cabin in the Woods Retreat and Worship Center is open to groups and also clergy desiring to unwind. Please note, though, that both the cabin and the outhouse (because of steps) are not yet handicapped accessible.

Interested? Please contact Zion (Spies) ELC, 310 Spies Church Road, Reading, PA 19606, 610-779-1181, zionspies@comcast.net.