

Epistle from

St. Timothy

Evangelical Lutheran Church

Sharing our faith by sharing God's love!

Do you remember the day when you became a member of the Church of Christ?

Do you remember the day when you became a member of the Church of Christ? It was a day in which we rejoiced as you were baptized. We rejoiced for it was that day when you were called by the Holy Spirit to live into the grace and love of God. The grace of God, known to us through Jesus Christ our Lord, has set you free from sin and death and claimed you as right-wise with God. No longer do you have to live in fear and doubt, you are free so to live into the covenant God made with you at your baptism.

Do you remember the day when you became a member of the Church of Christ? Most of us cannot remember that day, we were just infants. Joining the body of Christ was not a choice of our own, it was a gift. This gift is a bond between us and Christ. A bond which is stronger than family loyalty, deeper than any friendship, and more devoted than any national alliance¹. I would love to say that the bond is because I have accepted Christ; but, that would be a mis-statement. The bond is present because Christ has accepted me. I guess the only question is: Do we want to live into the covenant, the bond, which God has made with us?

Do you remember the day when you became a member of the Church of Christ? Of course not. The covenant between us and God is really a one-way covenant. For me to put this covenant into words the best I can, I will use the example from Exodus 12. God says to us: I will bless—fall at your feet and serve you—so that you (Abraham is all of humankind) can serve others. If we fail to live into our half of the covenant, we still know redemption. God's serving us is giving to us the Son, giving up life so that we have eternal life.

¹Almen, Lowell G. *One Great Cloud of Witnesses!*. Minneapolis: Augsburg Fortress. 1997. pg 18.

[Continued on page 3—see VICAR](#)

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 School – 9 am in Fellowship Hall • Adult Forum – 9 a.m. in Lounge
Sunday Morning Worship – 10:30 a.m.

Date	Day	Special Events	Readings
Feb. 5	Sunday 10:30 a.m.	5th Sunday after Epiphany Scout Sunday Souper Bowl Sunday Bell Choir	Isaiah 58:1-12; Psalm 112:1-10; 1 Corinthians 2:1-16; Matthew 5:13-20
Feb. 12	Sunday 10:30 a.m.	6th Sunday after Epiphany Praise Worship	Deuteronomy 30:15-20; Psalm 119:1-8; 1 Corinthians 3:1-9; Matthew 5:21-37
Feb. 19	Sunday 10:30 a.m.	7th Sunday after Epiphany	Leviticus 19:1-2,9-18; Psalm 119:33-40; 1 Corinthians 3:10-11, 16-23; Matthew 5:38-48
Feb. 26	Sunday 10:30 a.m.	Transfiguration Children Sing	Exodus 24:12-18; Psalm 2; 2 Peter 1:16-21; Matthew 17:1-9
Mar. 1	Wednesday 7:30 p.m.	Ash Wednesday	Joel 2:1-2, 12-17; Psalm 51:1-17; 2 Corinthians 5:20b-6:10; Matthew 6:1-6, 16-21

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.

NE PA SYNOD WEB SITE

www.godslove.org or www.nepsynod.org
for information about our synod

ELCA WEB SITE

www.elca.org
for information about our national church

ST. TIMOTHY'S EMAIL

office@sttimothyilc.org

FIND MORE EMAIL ADDRESSES AT:
www.sttimothyilc.org



Find us on Facebook at
facebook.com/sttimothyallentownpa



Follow us on Twitter at
twitter.com/StTimAPa

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VICAR *(continued from page 1)*

Here is our Valentine's Day message: God so loved the world that God sent Christ into our world so that our salvation is not marked by our actions but by Christ's action. In baptism, we have been linked to that message and now, we are free to share this message with others. This is our Christian story. It is one which needs to be shared—often. I encourage all of you to continue to come to church, to take in the strength of Christ through communion, and then be in the world as a voice to the message of God's love.

Your brother in Christ,
Senior Seminarian Brian Riedy



The purpose of the fund is to enhance the mission outreach of St. Timothy apart from the general operating budget of the congregation. Gifts to the fund may be made by anyone. Only income from the fund is available for grants and the grants are specified to be used for the following purposes:

- Education which includes but not limited to: college, seminary, nursing or medical school.
- Church related camping or leadership conferences.
- Other training which enables members of the congregation to grow in Christian faith and service to God's people.
- Outreach into the community, including but not limited to: grants to ELCA colleges, seminaries, social service agencies, institutions and agencies to which this congregation relates, and to special programs designed for those persons of St. Timothy who are in spiritual and/or economic need.

Since 2006, \$14,376 in grants from the fund have helped several of St. Timothy's young people with money for college expenses, camp, and job related spiritual enrichment education. In addition, grants have been awarded as outreach to several programs that the church is involved in the community.

Interconnecting/Transforming —big words, big task

2017 has begun as a very busy year at St. Timothy. Conversations with the Barn have begun. The first meeting was on January 4. The two congregational teams, met with the Rev. Dr. Jim Bowers to build relations before working out details. The team from St. Timothy will act and vote with the future of St. Timothy in mind. The Council has given them permission to deliberate on details. A final vote will occur in the future so that the congregation approves the partnership of St. Timothy and the Barn.

The Vision of the church is beginning to take form. As of this date in January, while I write this article, the proposed vision follows:

INTERCONNECTING COMMUNITIES TO TRANSFORM LIVES

This vision falls right in line with the mission statement of St. Timothy. If passed at the annual meeting, 2017 conversations will be geared around the what, why, how, who, where questions to this statement. We will be looking to live out our mission as a church with a focus on the vision. Part of this process will be to develop a new understanding for the church. That means, we will look to discover how the words of St. Timothy are lived out in today's world. I know this sounds like a difficult task; but, as the Sunday school program this year has announced: Together with God, we can!

Women of the ELCA

The women of St. Timothy meet regularly for WELCA (Women of the ELCA) to discuss various relevant topics. Everyone is invited to attend!

The next meeting of WELCA will be Tuesday, February 21 from 1 to 4 p.m. in the Lounge. This will be a **Bunco Game Day!** No experience is necessary and it's easy to learn! Join us for an afternoon of fun, snacks and prizes, too!

See the sign-up sheet in the narthex or call Gloria (610-398-8472) or Marilyn (610-820-9361).



Health Topic of the Month
by Charlotte Cruise



Basic First Aid – Part 4 — Sprains

Enjoying the outdoors during the winter months—walking, sledding, ice skating, and skiing—can provide great exercise. However, there is a risk for trips, slips, and falls which could result in a sprain to an ankle, wrist, or knee.

A sprain is an injury to a ligament. Ligaments are tough, elastic-like bands that connect bones together and hold your joints in place. The sprain is caused by tearing of the fibers of the ligament which can be partially torn or completely torn apart. Sprained ligaments swell very quickly and are painful. Minor sprains can usually be self-treated. The greater the pain and swelling, the more severe the sprain is.

For treating a sprain remember the acronym **R.I.C.E.**

1. **REST** the injured limb. It is usually recommended to not put any weight on the injured area for 48 hours. However, that is not an excuse to curtail all activity. You can exercise other muscles to maintain cardiovascular conditioning.
2. **ICE** the area as soon as possible after the injury and continue for 15 to 20 minute periods four to eight times a day for the first 48 hours. Do not exceed 15 to 20 minutes of icing at a time, as this could result in tissue damage.
3. **COMPRESS** the area with an elastic wrap or bandage.
4. **ELEVATE** the injured limb above the level of your heart whenever possible.

As you notice less pain and swelling, gradually begin to use the injured limb. Over the counter pain relievers such as ibuprofen and acetaminophen may be helpful in reducing the pain. If the sprain shows no improvement after two or three days, it is advisable to seek medical attention.

If any of the following develop, seek emergency medical treatment:

- The joint feels numb or you cannot use it.
- Redness or red streaks spread out from the injured area which could be indicative of an infection.
- The area has been re-injured several times. This could lead to chronic pain or joint instability.

Enjoy the winter outdoor activities while being alert for incidents that can lead to a sprain.

Adapted from the Mayo Clinic

Adult Forum

The Adult Form meets Sunday mornings at 9 a.m. in the Lounge. We discuss topics of interest and relevance to our Christian life. Everyone is invited to join us!

Upcoming sessions are as follows:

- January 29 **The Small Catechism in the 21st Century** Dave Hinrichs
- February 5 **The Small Catechism in the 21st Century** Dave Hinrichs
- February 12 **The Small Catechism in the 21st Century** Dave Hinrichs
- February 19 **Topics relevant to St. Timothy in West End Allentown** Pr. Woody Maxon
- February 26 **Topics relevant to St. Timothy in West End Allentown** Pr. Tom Lichner

A Message from Pr. Woody

During the month of February, we get to think about St. Valentine's Day. This ancient festival probably has many origins that came together to make the celebration we now have. I am sure the greeting card and florist industry had a great deal to do with the event developing into what it has become. Historically, there appears to have been two Valentines. One was a simple priest who may have been illegally marrying Roman soldiers and Christian young women. He was martyred under Claudius around 269 AD. The other Valentine was a bishop and martyred around the same time, but without a story as good the story about the priest. Both stories were then connected with a Ro-man celebration of Lupercalia which was held on February 15. The connection seems to be, in the end, an opportunity to encourage dating and of course selling flowers, candy and cards.

What I like to think about the story of Valentine is how the commitment to relationships plays out in the important stories of the Saints. Next month we will have the story of St. Patrick who went back to Ireland after escaping to bring the Good News of Jesus Christ to the Irish, his former captors. These stories of love and sacrifice warm our hearts in the wintry season. They give us hope in the darkness and remind us how much God loves us and wants us to commit our feelings and love to-wards each other.

That makes a great deal of sense to me. I think these feelings of love set the stage for our journey of Lent which begins on March 1. It is a journey of love and sacrifice that brings life to an end on Good Friday and then brings new life on Easter morning. The journey of Lent will give us an opportunity to remind ourselves about how no sacrifice would be too great for God to make to claim us as God's sons and daughters. As we consider how we love, we can think about what we can sacrifice to give better lives to those we know and to those we do not know.

So far this Winter we have been fortunate in that we have not had the extreme weather of previous years. By this time last year, we had cancelled one service and had cold temperatures that had limited attendance. We still have a long way to go. So, it is my prayer for you in this bleak mid-winter that you care for yourself. I pray that you will eat well, rest well and sleep well. I pray that as you do these things that you will consider ways to share your blessings with those who do not eat so well, or rest well or who do not have a warm place to sleep. The work of Christmas that awaits our attention is to bring hope and healing to a broken world that Jesus came to save. In the cold of Win-ter after Christmas, a voice calls to us from an ancient manger to go out and feed and clothe and care for the world and people He came to save. It is our turn.



DEADLINE
for the
MARCH NEWSLETTER...
FEBRUARY 15!

Big Band Dance

Dance to the music
of the Hanover
Township Society
for the Preservation
of Big Band Sound
in America.



Celebrate Valentine's Day

All proceeds benefit Daybreak

(a program of the Lehigh County Conference of Churches)

Friday, February 10, 2017 • Dancing 7-10 pm

Snow Date – Saturday, February 11

St. Timothy Evangelical Lutheran Church • 140 South Ott Street, Allentown
Fellowship Hall (accessible from rear parking lot)

\$5 PER PERSON

(Includes soda, snacks, and desserts – Casual dress)

Tickets available from church office (610-435-6512, x200) or Rick Focht (610-393-8914)

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 (<i>for Scouts</i>)
Men's socks in good condition	Coatroom by upstairs restroom . . .	Nancy Fennell (<i>Alliance Hall</i>)
Toiletries (from hotels/motels)	Coatroom by upstairs restroom . . .	Nancy Fennell (<i>Alliance Hall</i>)
Card fronts (from greeting cards)	Coatroom by upstairs restroom . . .	Nancy Fennell (<i>St. Jude's Home for Children</i>)
Eyeglasses	Coatroom by upstairs restroom . . .	Nancy Fennell (<i>Center for Visually Handicapped</i>)
Good used sneakers	Coatroom by upstairs restroom . . .	Nancy Fennell (<i>Alliance Hall</i>)
Plastic bags	Coatroom by upstairs restroom . . .	Nancy Fennell (<i>Food Bank</i>)
Styrofoam Peanuts	Coatroom by upstairs restroom . . .	Nancy Fennell (<i>recycled @ Mailbox</i>)
Styrofoam medicine boxes and shipping packaging ONLY	Coatroom by upstairs restroom . . .	Nancy Fennell (<i>recycled @ Bethlehem Recycling</i>)
<i>Styrofoam trays, cups, plates, egg cartons, food containers, etc. are no longer accepted. Please dispose of in your trash.</i>		
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 (<i>*from newspapers</i>)
Current Calendars	Cabinet in narthex	Anyone who can use them
Empty printer, fax machine or desktop copier cartridges		
Old cell phones	Coatroom by upstairs restroom . . .	Nancy Fennell (<i>recycled @ FundingFactory</i>)
Women's and Men's business attire and accessories... (<i>for "The Perfect Fit"/"First Impressions for Men"</i>)		
(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!

Change in Recycling Styrofoam

It is unfortunate that the Bethlehem Recycling Center will now take **ONLY boxes of styrofoam in which medicine comes, and styrofoam used in packaging**. All other styrofoam should be put out with your trash. If anyone has any information concerning a site that will accept these other items, please let Nancy Fennell know.

Thank you for your diligent recycling efforts and being good stewards of God's beautiful earth.



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*):
- Margaret (Peg) Leiby**, 2868 Reading Road, Allentown, Pa. 18103 (*November 1*)
 - Mrs. Ruth Reichenbach**, Luther Crest, 800 Hausman Rd., Health Center #541, Allentown, PA 18104 (*June 25*)
 - Earl Lichtenwalner**, 3311 W. Union Street, Allentown, PA 18104 (*December 2*)
 - Mary Schnable**, (At Phoebe) Mail to:1696 Jackson St. Whitehall, PA 18052-4174 (*August 28*)
 - Carl DeFleur**, TBA
- None of our members at home have February birthdays.

Seen Around.

The happy children of our Sunday school and the blankets they made.



Mail Bag

Dear Friends,

On behalf of the Allentown Area Ecumenical Food Bank, we would like to thank you for your donation of 13 bags of food.

Because of your caring and sharing, we are able to feed those less fortunate in our community. We

are currently serving between 200 and 250 families per week.

Again, thank you for your donation.

Sincerely,
AAEFB

MONTHLY CALENDAR OF MEETINGS AND EVENTS

FEBRUARY 2017

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
		[F]	1 11 am-3 pm-Office Open 7 pm-Allentown Hiking Club [F] 6-7:30 pm-Praise Band Rehearsal [NV] 7:30 pm-Senior Choir Rehearsal [NV] 7:30 pm-Venture Crew [L]	2 10 am-3 pm-Vicar in Office 10 am-3 pm-AARP [F] 11 am-3 pm-Office Open	3 10:30 am-2:30 pm-Vicar in Office 11 am-3 pm-Office Open 6:30-11 pm-Chess Club [L]	4
5 Epiphany 5 9 am-Sunday School [F] 9 am-Adult Forum [L] 10:30 am-Worship Bell Choir Scout Sunday Souper Bowl ~11:30 am-Blood Pressure Screening [L]	6 OFFICE CLOSED 7 pm-Boy Scouts [F]	7 9 am-12 pm-Quilters [L] 11 am-4:30 pm-Vicar in Office 11 am-3 pm-Office Open 2:30 pm-Staff Meeting [L] 6:30 pm-Cub Scouts [F]	8 11 am-3 pm-Office Open 6-7:30 pm-Glorious Day Rehearsal [NV] 7:30 pm-Senior Choir Rehearsal [NV]	9 10 am-3 pm-Vicar in Office 11 am-3 pm-Office Open 2 pm-Daybreak Mission Team 6:30 pm-Scout Leadership Meeting [F] 7-9 pm-3 D [L]	10 10:30 am-2:30 pm-Vicar in Office 11 am-3 pm-Office Open 6:30-11 pm-Chess Club [L] 6:30-11 pm-Valentine's Dance [F]	11 6:30-11 pm-Valentine's Dance SNOW DATE [F]
12 Epiphany 6 9 am-Sunday School [F] 9 am-Adult Forum [L] 10:30 am-Praise Worship	13 OFFICE CLOSED 9 am-Property Committee 7 pm-Boy Scouts [F]	14 11 am-4:30 pm-Vicar in Office 11 am-3 pm-Office Open 2:30 pm-Staff Meeting [L] 6:30 pm-Cub Scouts [F]	15 11 am-3 pm-Office Open 7:30 pm-Senior Choir Rehearsal [NV] 7:30 pm-Venture Crew [F] MARCH NEWSLETTER DEADLINE	16 10 am-3 pm-Vicar in Office 11 am-3 pm-Office Open 6:30 pm-Scout Commissioners Meeting [F]	17 10:30 am-2:30 pm-Vicar in Office 11 am-3 pm-Office Open 6:30-11 pm-Chess Club [L]	18 12-6 pm-Private Event [F]
19 Epiphany 7 6:30 am-Mission Team @ St. Paul's 9 am-Sunday School [F] 9 am-Adult Forum with Pr. Maxon [L] 10:30 am-Worship Pr. Maxon presides ~11:30 am-Congregation Council Meeting [L]	20 OFFICE CLOSED 7 pm-Boy Scouts [F] 7 pm-Mental Health Support Group [L]	21 9 am-12 pm-Quilters [L] 11 am-4:30 pm-Vicar in Office 11 am-3 pm-Office Open 1-4 pm-WELCA "BUNCO" Event [L] 2:30 pm-Staff Meeting [L] 6:30 pm-Cub Scouts [F]	22 11 am-3 pm-Office Open 7 pm-AA Meeting [F] 7:30 pm-Senior Choir Rehearsal [NV]	23 10 am-3 pm-Vicar in Office 11 am-3 pm-Office Open 7-9 pm-3 D [L]	24 10:30 am-2:30 pm-Vicar in Office 11 am-3 pm-Office Open 6:30-11 pm-Chess Club [L]	25 9 am-Outreach Committee [L]
26 Transfiguration 9 am-Sunday School [F] 9 am-Adult Forum [L] 10:30 am-Worship Pr. Lichner preaches Children Sing ~12 pm-Mardi Gras [F]	27 OFFICE CLOSED 7 pm-Boy Scouts [F]	28 11 am-4:30 pm-Vicar in Office 11 am-3 pm-Office Open 2:30 pm-Staff Meeting [L]	1 Ash Wednesday 7 pm-Worship			

SYNOD NEWS

Northeastern Pennsylvania Synod, ELCA

Meet Your Synod's Staff



Diane Hemerly

Diane is the financial administrator at the synod office. She pay the bills, reconciles the various account statements, does the daily book-keeping, and verifies the reports from the Mission Investment Fund. She also prepares the Bulletin of Reports and the Minutes Book for the Synod Assembly; and she assists Pr. Mary Gade with the work of the Candidacy Committee.

Diane has worked at the synod office for 5 years. Prior to that she worked at Dunn and Bradstreet for over 19 years, and at the Lehigh Conference of Churches for 2 years.

She and her husband Jim, have a daughter living in San Francisco and son, who is a commander in the Navy, living in Japan. They have one grandson. Diane had a kidney transplant over 18 years ago and she gives thanks daily for her continued good health.

Diane is an avid NASCAR fan. She also enjoys crafts such as making candy lollipops, sewing, and making wreathes. She is a member at Ziegels, Weisenberg Township.

Christ, Conyngham Outdoor Worship Space



In early 2016, leaders of Christ, Conyngham began exploring ways to commemorate the 200th anniversary of the congregation in 2018. One of three significant projects identified was restoring a courtyard area located between the buildings housing the sanctuary and Christian Education/Fellowship spaces. The challenge was to re-imagine the space, taking creation care and reaching out to the community into consideration.

An outdoor worship space looking over the Conyngham Sugarloaf Valley was designed and constructed by ThorneCare Landscape Solutions, a business owned and operated by one of the congregation's young adults. Financing was provided by Mission Investment Fund, which allowed the congregation to use existing funds for giving to the Campaign for the ELCA.

The courtyard project and a parking lot restoration project occurred in tandem, along with the congregation's third anniversary project- giving \$100,000 to the Campaign for the ELCA. Lutheran World Relief Hunger Appeal has been the recipient of \$50,000. Plans include giving \$50,000 to Lutheran Disaster Response in 2017.

The space features a fully accessible worship space and stone altar, a baptismal fountain which pours forth from the altar, and a fire pit for social gathering. The fountain color may be changed based upon the season of the church year. The worship space includes capacity for sound and landscape lighting, and utilizes an open area with pavers marked with the sign of the cross. In addition, a Celebration of Life tree on the wall allows folks to have a leaf engraved with the names of their departed loved ones and two benches by the tree for seating.

Coaching

Do you have goals you would like to achieve but struggle to make time or map an approach to them?

Do you know of situations or projects so complex that you cannot keep the overview and be in it at the same time?

Are you looking for ways to be more effective in what you do?

Then why not find out more about coaching?

What is coaching?

Coaching is a focused, very effective way of intentionally addressing your goals and achieving them through a step by step process. Usually, coach and client meet or talk by phone once a month for about one hour. A good coach does not need to be an expert in your area of interest. A good coach is trained to draw the expert out of you.

- Coaching is *not* counseling.
- Coaching is *not* spiritual direction.
- Coaching is *not* a consultation process.
- Coaching is *not* about winning.
- Coaching *is* an intentional effort to strive for results and growth.

The synod has experienced as well as newly trained coaches, who are available to work with you. If you are curious, you can talk to a coach at no cost to discern if coaching seems right for you. For more information, please contact Mike Bennethum at 610-266-5101 or mike@nepsynod.org.

Parish Secretaries' Christmas Luncheon



On Tuesday, December 13, the synod staff hosted for the first time a Parish Secretaries' Christmas Luncheon. Parish secretaries from the entire synod were invited to come together for a catered lunch, followed by a time of fellowship and games. There were even prizes!

The event provided a wonderful opportunity to network with other secretaries in similar circumstances, and to share ideas and challenges. Some hope to continue the experience in their own mission district.

There was tour of the Lutheran Center for those who had never been there, including an introduction to the Resource Center. It turned out to be a productive and helpful day, and the staff hopes to plan another event for next year.

Because so much food was left over, the staff contacted the Lehigh Conference of Churches, which was happy to stop by and pick up the food to distribute to the hungry and homeless.



Synod News is published monthly by the Northeastern Pennsylvania Synod, ELCA
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