

Epistle from

St. Timothy

Evangelical Lutheran Church

Sharing our faith by sharing God's love!



Hypochondria of the Heart

In 1688 a Swiss doctor, Johannes Hofer, identified a new medical syndrome, nostalgia: "the sad mood originating from the desire for return to one's native land." Various displaced Swiss of the 17th century suffered from the disease: students studying in foreign countries; domestics working in France and Germany; soldiers fighting abroad.

Sufferers took on a lifeless and haggard appearance, became indifferent to their surroundings, confused past and present, and even hallucinated voices and ghosts. Once called "a hypochondria of the heart," nostalgia has now become an experience that nearly all adults can recognize. *[From "Hypochondria of the Heart," Harvard Magazine, Sept.-Oct. 2001].*

Although our symptoms may not be so severe as those reported by Doctor Hofer, we all suffer bouts of nostalgia from time to time—longing for the good old days. The problem is, of course—they were never quite a "good" as we now fondly remember them. You may long for the days of your youth; but you forget that on some days, you hated being a teenager.

In the first chapter of Luke's Acts of the Apostles, as the disciples stand gazing into the heavens, trying to keep the ascending Jesus in sight, two men in white robes ask them, "Why do you stand looking up toward heaven? This Jesus... will come [again] in the same way as you saw him go..."

For those early Christians there was no going back to "the way things used to be" when Jesus was teaching and healing in Galilee. On the day of Pentecost, they received the gift of the Holy Spirit; and from then on they were driven to carry out the mission and ministry Jesus had begun—whatever that might mean for their lives.

So too, the Spirit of Jesus, alive and working at St. Timothy, drives us unrelentingly toward God's future. We may at times be tempted to look back with nostalgia to a different era, but our challenge is carry on the mission and ministry that began here in this place. May the Spirit of the risen Christ dwell in your heart, and reveal to you God's purpose and plan for your part in St. Timothy's future.

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.

May 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
May 1	Sunday 10:30 a.m.	6th Sunday of Easter Children's Sunday	Acts 16:9-15; Psalm 67; Revelation 21:10, 22-22:5; John 14:23-29
May 8	Sunday 10:30 a.m.	7th Sunday of Easter Mother's Day	Acts 16:16-34; Psalm 97; Revelation 22:12-14, 16-17, 20-21; John 17:20-26
May 15	Sunday 10:30 a.m.	Day of Pentecost Praise Worship Rite for Wholeness	Acts 2:1-21 or Genesis 11:1-9; Psalm 104:24-34, 35b; Romans 8:14-17 or Acts 2:1-21; John 14:8-17[25-27]
May 22	Sunday 10:30 a.m.	The Holy Trinity Bell Choir Q & A with the Bishop following worship	Proverbs 8:1-4, 22-31; Psalm 8; Romans 5:1-5; John 16:12-15
May 29	Sunday 10:30 a.m.	Pentecost 2 Memorial Day Weekend	1 Kings 8:22-23, 41-43; Psalm 96:1-9; Galatians 1:1-12; Luke 7:1-10

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:
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Health Topic of the Month

by Charlotte Cruse



Walking: Your Shoes and You

Now that spring and summer are here, most people will be spending large amounts of time outdoors. A great way to get exercise while outdoors is to develop a walking routine. It is a good way to manage your weight, blood glucose levels, calorie count and contribute to a healthy heart. Have you ever considered how important your footwear is when walking? Keeping your feet safe is an integral part of a walking routine.

The following tips will keep your feet safe during those lovely walks on a beautiful day:

1. Choose the correct socks. Your socks determine how your shoes fit. When shopping for socks, look for:

- A fitted pair of socks; shapeless tube socks tend to bunch up which can lead to blisters and redness.
- Opt for acrylic fibers which wick sweat away from your feet rather than cotton. Moisture creates an environment for blisters and infections to develop.
- Look for socks that are padded which will reduce pressure that can lead to wounds. Check that the top of the socks are not too tight so they do not constrict blood flow.
- If you have diabetes, look for socks that are made specifically for people with diabetes.

2. When purchasing shoes for walking, patronize a specialty walking or running store rather than a general department store or sporting goods store. The staff is usually more knowledgeable regarding foot needs. Describe the type of walking you plan to do—leisurely, short, fast paced, long walks. The type of walking you plan to do will determine the type of shoe you should wear. Flip flops and flat soled shoes are not recommended for walking.

- Purchase shoes at the end of the day when your feet are at their largest. Feet swell during the day. Buying at the end of the day will ensure that you get the correct size.
 - Be sure there is no pinching or pressure felt when you try on the shoes. Do not think that the feeling will go away once the shoes are “broken in.” Try on another style and even a larger size.
 - Be sure that you have enough room in the front of the shoe so you can wiggle your toes but not so much room that your foot slips around.
 - Tie the shoes as you would when wearing them and walk around the store several times to be sure there is no rubbing and that the trim around the ankle is well padded.
3. Now that you have purchased your walking shoes/sneakers you are ready to begin that awaited walk.
- Before you put your shoes on, check to be sure that there is nothing inside that may hurt your feet. Small stones, dirt and sand can easily get into your shoes.
 - Be sure there are no reddened areas on your feet.
 - After your walk, check your feet for red areas, blisters and open areas.
4. If you are an avid walker, you should think about replacing your walking shoes approximately every six months. The material on the inside of the shoes begins to break down before they look worn out.

Enjoy your walks and protect your feet. Track how far you walk; you might be surprised.

*Adapted from **Inner Strength**,
a publication of Rite Aid Pharmacy*



Let Yourself Loose in the Vocal Choir(s)

Nancy and George (Fennell) know all about the psychology of satisfaction in singing or playing in a choir. A recent study in England indicates how such activity promotes emotional health. Singing and playing in small groups appears to create an emotional strong bond, "giving members the emotionally satisfying experience of temporarily 'disappearing' into a meaningful coherent body."—*Psychology of Music*.

Members of a choir report "higher levels of well-being." In addition, choir members report "a great sense of being part of a meaningful group". Thirdly, members of a choir adopt a feeling of "we" rather than an "I" perspective. Sometime we even feel this as we are singing hymns as the congregation.

I often like to say that "The music sings us, rather than we sing the music." In other words, we allow ourselves to get lost in the music and we feel its power and its majesty. We feel God giving us the tune, the words, the power, the grace to sing all out. My father in law loved to sing. His favorite was "The Old Rugged Cross." When he sang that, he sang all out. I can still hear him every time we sing this beloved hymn. He let the hymn sing him.

The point of all this: we have four great choirs in the church: The Adult Choir, the Children's Choir, the Praise Band (Glorious Day) and the Bell Choir. Participating in any one of these choirs can increase your sense of well-being and emotional health, as well as your spiritual health. Think about joining them.

Jerry Rounds

Pain, Pain, Go Away. Come Again Some Other Day.

Our workshop on **PAIN**, which was originally scheduled for Sunday, June 5, has been cancelled. It will be rescheduled for the fall. Watch for the new schedule date.

Jerry Rounds

From the Vicar...

Hello my Sisters and Brothers in Christ,

My internship time with your congregation has come and gone. It was a great pleasure to meet so many of you. I thank you for allowing me to worship with you, to sit with you in your meetings, and to walk with you through life. I will be back in July as part of a farewell tour. Until we meet again, I ask that you spend some time in prayer about stewardship.

I have met with several committee leaders and crafted a sign for the ministries for which those committees are passionate. While I am gone, I will still be meeting with committee leaders and crafting signs. In the fall, your congregation will have its annual Commitment Sunday service at which you offer your Commitment Cards. Between now and the time the cards come to you, please pray to God for guidance in how your time and treasures could look different. Your congregation is very active and very generous. I do not know how I could expand your knowledge on the subject. Therefore, I am offering that you look to see if something needs to change. Perhaps your energy could be used more efficiently or perhaps your monetary giving could be used more effectively. Whatever the case (you may be doing all things right), prayer will open the opportunity for God to be part of your stewardship life.

Again, I thank you for all that you are and for all that you have done. See you in July.

Your fellow servant,
Brian Riedy



The Women of the ELCA at St. Timothy will meet Tuesday, May 17 at 6:30 p.m. in the Lounge for a Pot Luck Supper. Katie Luther will be the special guest. Sign up on the poster in the narthex or call Gloria (610-398-8472).



(A Note from the newly forming Social Justice Committee)

What percent of the budget of the richest nation in the world goes to foreign aid? (*Your guess?*)

A Kaiser Family Foundation poll last December, and reported in February by NPR, found that Americans overestimate the number dramatically with the average respondent reporting 26%. In fact, it is less than 1%. As a comparison, national defense comprises about 20% of the budget.

It was a Republican President and former military leader Dwight Eisenhower who in his "Chance for Peace" speech reminded us that "every gun that is made, every warship launched, every rocket fired signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed." The reference, of course, is from the 25th chapter of St. Matthew, and in a presidential speech, no less!

The social justice committee, chaired by Mary Sue Schnell, is exploring ways by which we can better advocate for those in need, especially by working with existing groups that educate and lobby for effective government action such as the Christian Group "Bread for the World." This group is a curiosity in Washington since it is probably the only organization that lobbies for others, not itself.

Stay tuned. As we get organized we will be sharing more information and ideas.

Jim Powers

AARP News

The Allentown AARP Chapter #5415 will meet at 12 p.m., May 5, 2016 in the Fellowship Hall of St. Timothy Lutheran Church. The program will be "A Century of Broadway." Non-members and guests are welcome. Bring a non-perishable food item for the Allentown Food Bank. For more information contact Jeanne Tilghman (610-437-4265) or (jtilghman@rcn.com).

Adult Forum

The Adult Forum will be discussing the following topics in May:

May 1—*Freed in Christ*; ELCA social statement on racism. What we can do. Led by Vicar Brian.

May 8—*Welcome: What does it mean?* (The Lutheran). Led by Dave Hinrichs.

Check the calendar online at <http://www.sttimothy.org/regularevents.html> for additional dates in May.



Members at Home

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

May birthdays include:

Elaine Jones, (see above) (*May 2*)

There are several birthdays in early June:

Madelon Umlauf, (see above) (*June 2*)

Ms. Emily Flowers, (see above) (*June 3*)



Dear St. Timothy Members,
 With special thanks and appreciation for being so very thoughtful. Thank you so much for your kind thoughts and prayers during my hospitalization.
 Eric Aleman

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 @ Bethlehem 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!



Easter Sunrise



Egg Hunt



MONTHLY CALENDAR OF MEETINGS AND EVENTS

MAY 2016

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 Easter 6 9 am-Adult Forum [L] 9:30 am-Sunday School [F] 10:30 am-Worship Children's Day Children Sing <i>Reception following Worship</i> 11:30 am-T.O.L.I.P Meeting [L] ~11:30 am-Blood Pressure Screening [L]	2 OFFICE CLOSED 7 pm-Boy Scouts [F]	3 9 am-Quilters [L] 11 am-3 pm-Office Open 3:30 pm-Worship & Music [L] 6:30-8:30 pm-Praise Band Rehearsal [NV] 6:30 pm-Cub Scouts [F]	4 11 am-3 pm-Office Open 7-9 pm-Allentown Hiking Club [F] 7:30 pm-Senior Choir Rehearsal [NV] 7:30 pm-Venture Crew [F]	5 National Day of Prayer 10 am-3 pm-AARP [F] 11 am-3 pm-Office Open	6 OFFICE CLOSED 8 am-10 pm-Setup for SAT Private Event [F] 6:30-11 pm-Chess Club [L]	7 8 am-10 pm-Private Event [F]
8 Easter 7 Mother's Day 9 am-Adult Forum [L] 9:30 am-Sunday School [F] 10:30 am-Worship Rite for Wholeness	9 OFFICE CLOSED 7 pm-Boy Scouts [F]	10 OFFICE CLOSED 6-9 pm-Joint Council Meeting <i>[Entire Facility]</i>	11 11 am-3 pm-Office Open 6:45 pm-Bell Choir Rehearsal [NV] 7:30 pm-Senior Choir Rehearsal [NV] AARP in Parking Lot	12 11 am-3 pm-Office Open 2 pm-Daybreak Mission Team 6 pm-Scout Leader Meeting [F] 7 pm-3D [L]	13 11 am-3 pm-Office Open 6:30-11 pm-Chess Club [L]	14 8 am-4 pm-Scout Training [F]
15 Pentecost 6:30 am-St. Paul's Mission Team 9 am-Adult Forum [L] 9:30 am-Sunday School [F] 10:30 am-Praise Worship <i>Reception following Worship</i> JUNE NEWSLETTER DEADLINE	16 OFFICE CLOSED 7 pm-Mental Health Support Group [L] 7 pm-Boy Scouts [F]	17 9 am-Quilters [L] 11 am-3 pm-Office Open 6:30 pm-WELCA Pot Luck Supper [L]	18 11 am-3 pm-Office Open 6:45 pm-Bell Choir Rehearsal [NV] 7:30 pm-Senior Choir Rehearsal [NV] 7:30 pm-Venture Crew [F] AARP in Parking Lot	19 11 am-3 pm-Office Open	20 11 am-3 pm-Office Open 6:30-11pm-Chess Club [L]	21 8 am-4 pm-Scout Training [F]
22 Holy Trinity 9 am-Adult Forum [L] 9:30 am-Sunday School [F] 10:30 am-Worship Bell Choir Q&A with the Bishop following worship	23 OFFICE CLOSED 7 pm-Boy Scouts [F]	24 11 am-3 pm-Office Open 6:30 pm-Cub Scouts [F] 6:30-8:30 pm-Praise Band Rehearsal [NV] Operation Sunshine in Parking Lot	25 11 am-3 pm-Office Open 7 pm-AA [F] 7:30 pm-Senior Choir Rehearsal [NV] AARP in Parking Lot	26 11 am-3 pm-Office Open 7 pm-3D [L]	27 11 am-3 pm-Office Open 6-7 pm-Open Word Fellowship [F] 6:30-11 pm-Chess Club [L]	28
29 Pentecost 2 9 am-Adult Forum [L] 9:30 am-Sunday School [F] 10:30 am-Worship	30 Memorial Day OFFICE CLOSED 7 pm-Boy Scouts [F]	31 11 am-3 pm-Office Open 6:30-8:30 pm-Praise Band Rehearsal [NV]				

SYNOD NEWS

Northeastern Pennsylvania Synod, ELCA

Lutheran Youth Fellowship Assembly June 17-19



This is the focus of this year's Lutheran Youth Fellowship Assembly which will be held June 17-19 at Muhlenberg College for youth presently in grades 8 through 12.

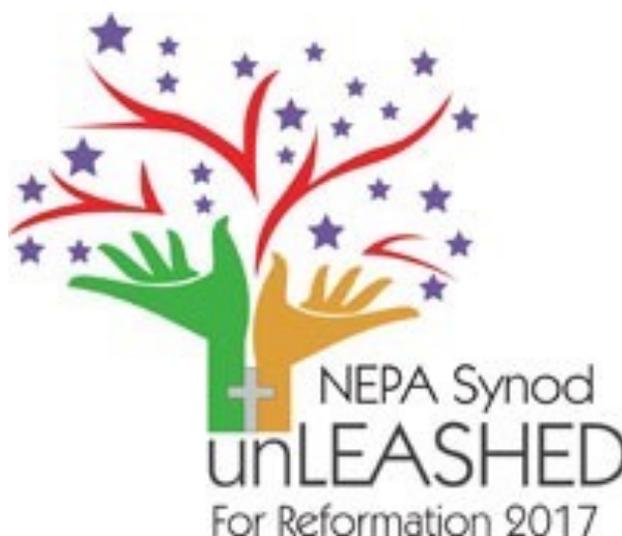
The weekend event will include time for creating and participating in worship, talking about issues that matter, participating in workshops, getting to know other Lutheran youth in our synod, and much more.

Given that the Synod Assembly will be held at the same, there will be an opportunity for interested LYF participants to participate in the Assembly on Friday afternoon.

Registration materials can be found on the following website, <http://nepasynod.org/events/youth-ministry-events/lyf/>.

If you have questions about the assembly, please contact LYF President Billy Garrison (wegjr14@gmail.com) or Karen Matthias-Long (karen@nepasynod.org).

Be sure to register by May 15 for the early bird registration fee of \$140.



Synod Assembly 2016

June 17-18

PPL Center, Allentown, PA

Ever been to an Annual Synod Assembly?

It's the largest gathering of Lutheran congregations in northeastern Pennsylvania...

...and all members of every congregation in the Northeastern Pennsylvania Synod are invited.

Every congregation elects two voting members to take part in the official business of the assembly.

But there are plenty of seats for visitors.

So, if you're not elected as a voting member of your congregation, come to the assembly and be enriched by the supercharged spirit of life together in Christ.

Let your imagination be stirred by ministries on display in God's Playground.

Gain insight from our keynote speaker about Lutherans "unleashed" for ministry in challenging times.

Add your voice to the hymns, prayers, and acclamations lifted up during the Service of Holy Communion on the 18th.

To learn more about the 2016 Synod Assembly and the schedule of assembly events, go to <http://nepasynod.org/synod-assembly-2016>.



Grace Gathering Aug. 10-13 • New Orleans

The Grace Gathering in 2016 provides an opportunity for all ELCA members to experience the same inspiring worship, Bible study, service learning activities, fellowship, and other experiences that voting members have when they attend the 2016 ELCA Churchwide Assembly in New Orleans.

All are welcome to register to participate in Grace Gathering, to be held Aug. 10-13, the last four days of the assembly.

A special feature of Grace Gathering will be an opportunity to celebrate the 500th anniversary of the Lutheran Reformation which will take place in 2017.

The Grace Gathering will also offer workshops and presentations that equip congregational leaders and synod planning teams to prepare for observing the 500th anniversary in their communities.

For more information, visit the ELCA website at <http://www.elca.org/gracegathering?>

If you plan to attend, please contact the synod office. Perhaps we can facilitate shared travel arrangements.



Zion, Womelsdorf Endowment Committee

Team Work Makes the Dream Work!

Jerusalem, Schuylkill Haven and Zion, Womelsdorf both had the dream of stimulating stewardship and establishing a mission endowment fund to expand the ministry capacity of their congregation. Last year, each congregation began working with ELCA Foundation to figure out next steps to make their dreams come true.

Zion had already organized their Endowment Committee, set up by-laws, and identified the funds they would allocate to begin building their mission endowment fund. Working with the ELCA Foundation, Pr. June Bair and Zion's Endowment Committee decided to invest their endowment funds with the Foundation's Pooled Trust - Fund A.

To help build their endowment fund, Zion's Endowment Committee set up a series of Table Talks to share planned giving strategies with families in the congregation. They explained that with a good plan, even families of modest means can leave gifts that will provide for their loved ones and still bless the ministries they care about.

Meanwhile, at Jerusalem, Don Smith, Chair of Zion Womelsdorf's Endowment Committee, came to visit Pr. David Rowe and the Congregation Council. He shared Zion's endowment fund story, answered their questions, and gave a heartfelt testimony of the reward Zion experienced in establishing their Mission Endowment Fund. Jerusalem now is pursuing their own dream of stimulating stewardship and taking the next steps in establishing a mission endowment fund.

If your congregation is interested in exploring this, you can contact Yvonne Lembo, ELCA Foundation Regional Gift Planner, at yvonne.Lembo@elca.org.