



*Epistle from*

# *St. Timothy*

*Evangelical Lutheran Church*

*Transforming Lives by Connecting Communities*

May 2018  
Volume 23, Issue 9

## **Life Among the Believers**

*Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people.*

(The ACTS of the Apostles 2:43-47a, NRSV)

The edition of the Holy Bible from which I copied the above passage names the description "Life Among the Believers." Recently I preached a sermon titled "Christ is risen! So... what?" The writer of Acts provides an answer to that question: Christ is risen! So... life among those who believed in the risen Christ was characterized by awe and praise, efficacious acts of healing and mercy done by those who were sent (the word "apostle" means "one who is sent"), a common life of sharing and caring, a letting go of attachment to personal possessions, and great generosity.

The reality that "Christ is risen" made a difference in how those early believers viewed the purpose of their lives—and in how they lived day to day. The way of Christ was their reality, lived with a sense of profound hope, abundance, and liberality. The description in Acts 2 sounds happily idyllic, and yet, as we read the book of Acts, we see that there also were perils and struggles for these early followers of Christ. They were stewards of it all.

The community of the faithful described in Acts 2 presents a model of "stewardship." A "steward" is someone who manages what belongs to another in such a way that the owner's intentions are served. In the freedom and the joy of the gospel, these early Christians apparently were able to treat everything—the good news of Christ Crucified and Raised, the material possessions in their

*Continued on page 3—see **SR. JANET***

### **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 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
May 6	Sunday 10:30 a.m.	<b>6th Sunday of Easter</b> <b>Youth Choir</b> <b>Children's Day</b>	1 Corinthians 12:4-11; Psalm 95; Matthew 25:34-40
May 13	Sunday 10:30 a.m.	<b>7th Sunday of Easter</b> <b>Praise Worship</b> <b>Mother's Day</b>	Acts 1:15-17, 21-26; Psalm 1; 1 John 5:9-13; John 17:6-19
May 20	Sunday 10:30 a.m.	<b>The Day of Pentecost</b>	Acts 2:1-21; or Ezekiel 37:1-14 Psalm 104:24-34, 35b; Romans 8:22-27 or Acts 2; John 15:26-27; 16:4b-15
May 27	Sunday 10:30 a.m.	<b>Holy Trinity</b> <b>Bell Choir</b>	Isaiah 6:1-8; Psalm 29; Romans 8:12-17; John 3:1-17

### NE PA SYNOD WEB SITE

[www.godslove.org](http://www.godslove.org) or [www.nepsynod.org](http://www.nepsynod.org)  
for information about our synod

## 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.

### AS PASTORAL CARE NEEDS ARISE...

Please help Sister Janet provide timely pastoral care by informing her if you or another member of the congregation goes into the hospital or if you have any other pastoral care needs (in-home visit, spiritual counsel, baptism, funeral, wedding). You can reach her mobile phone at 570-401-5251 (please leave a message and she will get back to you) or by calling the church office at 610-435-6512 Ext. 200 and leaving a message with Cheryl.

## ELCA WEB SITE

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

for information about our national church

### ST. TIMOTHY'S EMAIL

[office@sttimothy.org](mailto:office@sttimothy.org)

FIND MORE EMAIL ADDRESSES AT:

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



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[facebook.com/sttimothyallentownpa](https://www.facebook.com/sttimothyallentownpa)



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[twitter.com/StTimAPa](https://twitter.com/StTimAPa)

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## SR. JANET *(continued from page 1)*

control, the relationships within their faith community, and their very lives—as belonging to God. Since God had entrusted them with these gifts, they were stewards (managers) of these things for the sake of God's loving, reconciling intentions in the world.

I pray that we in St. Timothy Church in the 21st century are able to see with spiritual eyes that our whole life belongs to God, too. That includes the mission of the church, opportunities to share the gospel in word and deed, challenges that can help us grow, the particular abilities and talents that each of us has, our time, our relationships, our daily encounters and activities, the material resources of our congregation and of each individual member, the financial resources in congregational accounts and in our "personal" accounts—yes, everything that we appear to own or control. All of it is God's, and God has entrusted us with the management of it and gives us the Holy Spirit to empower and guide us. Amazing!

We ARE stewards of God's gifts. Like the early believers of Acts 2, may we carry out our "stewardship of life" with abundant joy, keen awareness, profound trust in the Crucified and Risen One, great liberality of spirit, and daily faithfulness—so that all may experience God's love!

Your fellow steward in the  
Life that we share in Christ,  
Sister Janet

# AARP News

The next meeting of the Allentown AARP Chapter #5415 will be at noon, May 3, 2018 at St. Timothy Church, 140 So. Ott St., Allentown. Program: Mary Wozniak, Medical Identity Fraud. Non-members and guests always welcome. Bring a non-perishable food item for the Allentown Food Bank. For more information call 610-437-4265.

## Calling All Knitters and Crocheters

Do you enjoy knitting and crocheting? Do you have left over yarn from previous projects? Our supply of prayer shawls has been exhausted. Perhaps you would enjoy making one. The shawls are given to individuals who have experienced surgery, the birth of a baby, a lengthy illness, the loss of a loved one, and other unexpected events in one's life that could be comforted by being wrapped in a handmade shawl. When a shawl is given to an individual, a written prayer for comfort accompanies the shawl.

If interested, please let Charlotte Cruse know of your interest. The directions are printed below.

Thank you to everyone who makes a shawl.

### Knitting and Crocheting Instructions for Prayer Shawls

**Yarn:** Lion Brand Homespun is suggested, but you can use anything you think is pretty. For knitting you'll need about 550 yards and for crochet about 700 yards—three to three and ½ skeins.

**Needles:** *Knitting:* #13 or 15

*Crochet:* Size M, N, or P

#### Knitting instructions:

Cast on a multiple of 6 stitches plus 3. 57 or 63 is suggested.

K 3, P 3 every row until shawl is about 57 to 60 inches long.

This stitch is called seed stitch, so you will always be knitting the purl stitches and purling the knit stitches. The fabric is the same on both sides and has a lovely lengthwise grain.

#### Crochet instructions

Chain 54 stitches or desired width of shawl (24-30 inches) Row 1: Ch 1, turn, sc in each ch across.

Row 2: Ch 3 turn. Dc in each sc across. Rows 3 & 4: Repeat row 2.

Repeat these four rows until shawl measures 57-60 inches long. Finish off with one row of sc.

**Finishing:** If desired, add fringes to the shawl. I like to use 1 yard of yarn per tassel. Fold the yard in half three times. Pull folded end through edge of shawl with a large crochet hook, put ends through loop, pull snug and cut the loops.

*Compiled by Elaine W. Good (elgood@dejazzd.com)*



## Health Topic of the Month

by Charlotte Cruise



### More Potpourri Helpful Bits of Information Foods That Aid in Improving Health

- **Apricots** and joint pain relief—A nutrient in apricots is believed to be able to prevent osteoarthritis. In addition, the high levels of magnesium in apricots may contribute to lessening pain.
- Do you like **walnuts**? An ounce of walnuts (18 halves) a day can contribute to lowering blood pressure in high stress situations.
- **Beans**, not jelly beans, are high in fiber and antioxidants, and have very little fat. They can prevent muscle shrinkage and help maintain muscle strength free moving joints. Red kidney beans and pinto beans are among the top antioxidant foods.
- **Tart cherries** can mimic the effects of non-steroidal anti-inflammatory drugs such as Advil. People with osteoarthritis who have been encouraged to drink tart cherry juice two times a day for three weeks have reported a fifty percent drop in inflammation, thus less pain.
- The **peppermint** fatigue connection. Research has found that sniffing peppermint aids in diminishing the feeling of fatigue. Peppermint stimulates the part of the brain responsible for energy output.
- The nutrients in **sweet potatoes**, vitamin C and beta-carotene, are associated with a lower risk of knee and spine osteoarthritis.
- **Mushrooms** may be bland in taste, but they are packed with vitamin D., especially those packaged with the label “high in vitamin D.” Low levels of vitamin D may lead to weaker bones.
- Even spices play a role in our health. The spice **Turmeric** works like a prescription medication but has no side effects that generally accompany some prescription drugs for arthritis. It is a vibrant yellow and it has a mild taste.
- There is a lot printed in magazines and newspapers today about the beneficial effects of **apple cider vinegar** in curing arthritis. According to the Arthritis Foundation there is no evidence to support the claim.
- Eating **pumpkin seeds** which are high in zinc, can result in faster healing of wounds or scrapes. The zinc promotes healing and aids in repairing and regenerating tissue.

*Adapted from the Arthritis Foundation*

**DEADLINE**  
for the  
**JUNE NEWSLETTER...**  
**MAY 15!**

## Bread for the World

"Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. Moved by God's grace in Jesus Christ, we reach out to our neighbors—whether they are next door, in the next state, or on the next continent. Each year thousands of churches from many faith traditions take part in Bread for the World's Offering of Letters."

*From "Bread", bi-monthly newsletter of Bread for the World, March-April 2018*

St. Timothy members will have an opportunity in a few weeks to join the many churches across the country that are writing letters to their Congress members urging them to protect key programs that provide hope and opportunity for people living with hunger. Watch for more information in upcoming bulletins about St. Timothy's Offering Letters.



## 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*)

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

**Virginia (Ginny) Stetz**, Woodland Terrace at the Oaks, 1263 S. Cedar Crest Blvd., Apt. 310, Allentown, PA 18103 (*July 23*)

**Shirley Hingberger**, Above and Beyond, Rm 203, Emmaus, PA 18049

These members at home celebrate birthdays in May:

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

## 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> )
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 <b>ONLY</b>	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	Coatroom by upstairs restroom	Nancy Fennell ( <i>recycled @ FundingFactory</i> )
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> )		
<b>(Must be Clean, Good Condition/gently used laundered/ironed)</b>		
<b>IN SEASON ONLY!!!</b>	Coatroom by upstairs restroom	Gloria Hinrichs

**Thanks for your help and cooperation with these projects!**

# Seen Around...



Easter egg hunt, April 1, 2018



# MONTHLY CALENDAR OF MEETINGS AND EVENTS

## MAY 2018

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
		<b>1</b> 7 am- <i>Prayer for Peace</i> [L] 9 am-12 pm-Quilters [L] 12-3 pm-Office Open 3 pm-Worship Committee [L] 6 pm- <i>Prayer for Peace</i> [L] 6:30 pm-Cub Scouts [F]	<b>2</b> 10 am-Hope Church & St. Timothy Worship Reps Meeting [L] 12-3 pm-Office Open 6-8:30 pm-Glorious Day Rehearsal [L] 7 pm-Allentown Hiking Club [F]	<b>3</b> 12-3 pm-Office Open 12-3 pm-AARP Meeting [F] 7-9 pm-3-D [L]	<b>4</b> 12-3 pm-Office Open 6:30-11 pm-Chess Club [L]	<b>5</b>
<b>6 EASTER 6</b> 9 am-Sunday School [F] 9 am-Adult Forum [L] 10:30 am- <b>Worship Children's Day Youth Sing</b> ~11:30 am-Blood Pressure Screening [L] 1-7 pm-Private Event [F]	<b>7</b> <b>OFFICE CLOSED</b> 7 pm-Boy Scouts [F]	<b>8</b> 7 am- <i>Prayer for Peace</i> [L] 12-3 pm-Office Open 6 pm- <i>Prayer for Peace</i> [L] 6:30 pm-Cub Scouts [L] 7:30 pm-Congregation Council Meeting [L]	<b>9</b> 12-3 pm-Office Open 5:30-7:30 pm-Glorious Day Setup & Rehearsal [NV] 7:30-8:30 pm-Adult Choir Rehearsal [NV]	<b>10</b> 12-3 pm-Office Open 2 pm-Daybreak Mission Team 6-9 pm-Scout Leaders Meeting [F]	<b>11</b> 12-3 pm-Office Open 6:30-11pm-Chess Club [L]	<b>12</b> 9 am-Outreach Committee [L]
<b>13 EASTER 7</b> 6:30 am-Mission Team @ St. Paul's 9 am-Adult Forum [L] 9 am-Sunday School [F] 10:30 am- <b>Praise Worship</b> 12-1 pm-Private Meeting [NV]	<b>14</b> <b>OFFICE CLOSED</b> 9 am-Property Committee 7 pm-Boy Scouts [F]	<b>15</b> 7 am- <i>Prayer for Peace</i> [L] 9 am-12 pm-Quilters [L] 12-3 pm-Office Open 6 pm- <i>Prayer for Peace</i> [L] 6:30 pm-Cub Scouts [F]	<b>16</b> 12-3 pm-Office Open 4 pm-Mutual Ministry Meeting [L] 6-7:30 pm-Glorious Day Rehearsal [L] 6:45-7:30 pm-Bell Choir Rehearsal [NV] 7:30-8:30 pm-Adult Choir Rehearsal [NV]	<b>17</b> 12-3 pm-Office Open 6 pm-Rehearsal [NV] 7 pm-3D [L]	<b>18</b> <b>OFFICE CLOSED</b> 6:30-11pm-Chess Club [L] AARP in Parking Lot	<b>19</b>
<b>20 Pentecost</b> 9 am-Adult Forum [L] 9 am-Sunday School [F] 10:30 am- <b>Worship</b>	<b>21</b> <b>OFFICE CLOSED</b> 7 pm-Boy Scouts [F] 7 pm-Mental Health Support Group [L]	<b>22</b> 7 am- <i>Prayer for Peace</i> [L] 12-3 pm-Office Open 6 pm- <i>Prayer for Peace</i> [L] 6:30 pm-Cub Scouts [F] Operation Sunshine in Parking Lot	<b>23</b> 12-3 pm-Office Open 6-7:30 pm-Glorious Day Rehearsal [L] 7 pm-AA Meeting [F] 7:30-8:30 pm-Adult Choir Rehearsal [NV]	<b>24</b> 12-3 pm-Office Open	<b>25</b> 12-3 pm-Office Open 6:30-11pm-Chess Club [L]	<b>26</b>
<b>27 Holy Trinity</b> 9 am-Adult Forum [L] 9 am-Sunday School [F] 10:30 am- <b>Worship Bell Choir</b>	<b>28 Memorial Day</b> <b>OFFICE CLOSED</b> 7 pm-Boy Scouts [F]	<b>29</b> 7 am- <i>Prayer for Peace</i> [L] 12-3 pm-Office Open 6 pm- <i>Prayer for Peace</i> [L] 6:30 pm-Cub Scouts [F]	<b>30</b> 12-3 pm-Office Open 6-7:30 pm-Glorious Day Rehearsal [L] 7:30-8:30 pm-Adult Choir Rehearsal [NV]	<b>31</b> 12-3 pm-Office Open		

# SYNOD NEWS

## Northeastern Pennsylvania Synod, ELCA



NEPA Synod Assembly 2018

**June 8-9**

**Mohegan Sun Arena  
Wilkes-Barre, PA**

### Special Guest:

**Pastor Gustavo Gómez Pascua**

President of the  
Iglesia Evangélica  
Luterana Unida  
(the United  
Evangelical  
Lutheran Church  
in Argentina and  
Uruguay).



### Festival Worship Service

4:00 pm on Friday, June 8.  
All are welcome.

### Service Projects

There will be two blocks of time on Friday for Bear Creek Camp, Ministry Displays, and Service Projects.

For more information and to register, please visit the synod website at <http://nepasynod.org/synod-assembly-2018>.

## United Proclamation of the Gospel St. Matthew, Messiah & St. Peter, Bethlehem



What do you get when you take three distinct congregations and turn them into one community of faith? Chaos? In house fighting and bickering? No, silly! You get the United Proclamation of the Gospel (Bethlehem).

In September of 2017 the congregations of St. Matthew, Messiah, and St. Peter entered into a bold vision of proclaiming the gospel of Jesus Christ in

Bethlehem, Pennsylvania! Unlike previous models of "shared ministry," this model calls for **one** community of faith on **two** campuses!

In bringing these ministries together in this way, the three congregations have been able to share leadership, bring new and exciting ministry opportunities to more people, and allow the members of these faith communities to feel the power and the presence of God in deeper and more profound ways! At the same time, they have been able to be much better stewards of the available financial resources that they enjoy.

Indeed, at the six month point of their journey together, there have been many "opportunities for them to excel" as they have encountered various obstacles in their path. There have been many difficult discussions held about the best way in which to proceed. Yet through all of these adjustments and all of these moments, a Spirit of unity, peace, and joy in sharing God's word with many more sisters and brothers in Christ has been present!

If this sounds like a ministry that you or your congregation might be interested in pursuing, please pray about it, then feel free to contact Pr. Jerry Kulp at St. Peter.

## Do You Subscribe to the Weekly Synod E-News?

Each Tuesday morning the synod emails a newsletter to nearly 1,000 people. Are you one of them? If not, why not?

Synod E-News contains up to date information on happenings and upcoming events that are of interest to Lutherans in Northeastern PA.

You can subscribe on the synod website (<http://nepasynod.org>) under the "Publications" tab. Give it a try! If at any time you wish to stop the subscription, you can do so by clicking "Unsubscribe from this list" at the bottom of any edition of E-News.

## Major Anniversaries Celebration on May 8

On May 8 at the Lutheran Center, there is a worship service at 11:00 AM to celebrate major anniversaries of rostered ministers in our synod. All are invited to join in recognizing the many years of service for these servants of the church.

## Talking About Racism

### Education - *The Level Playing Field*

Women of the ELCA have done some good work addressing racism. The Level Playing Field is a program to help people make the connection between racism and real life. It hopes to make people see that to be anti-(against) racism is a good thing!

## Stations of the Cross at Prince of Peace, Johnsonville



This Lent the congregation at Prince of Peace, Johnsonville was invited to walk the "Stations of the Cross." The Stations or the Way of the Cross refers to a series of images of Jesus Christ on the day of his crucifixion. They are placed in order so that Christians may contemplate the Passion of Christ as a spiritual pilgrimage.

The use of the Stations goes back to at least the 15th century. Today, the Stations can be found in and around the churches of many Western Christian denominations, including Anglican, Roman Catholic, Lutheran, Methodist, and Western orthodox parishes.

The images at Prince of Peace were completed by both youth and adult members of the congregation, using a variety of media. The Stations were hung around the walls of the sanctuary during Lent. Devotional booklets and a brochure depicting the work of the artists and their stories was made available. Members of the congregation walked the stations on their own or in groups.

A mid-week Lenten series focused on the images of the Stations using *Visio Divina* (Latin for "divine seeing"). As *Lectio Divina* is a method of praying with scripture, so *Visio Divina* is a method for praying with images or other media. The Orthodox tradition has long practiced praying with images through icons; but the western church, and Protestantism in particular, has been less comfortable with this type of prayer. A cursory glance through scripture will show, however, that images have been an important part of God's way of communicating.

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View the full color edition online at <http://nepasynod.org/publications/synod-news>.

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June 2018 LMD NL news will be due May 18, 2018.  
 E-Mail any information to me at [lmd.newslettereditor@gmail.com](mailto:lmd.newslettereditor@gmail.com).

**There's Room for You in a Centering Prayer Group** - Centering Prayer is a particular form of quiet, receptive prayer as taught by Father Thomas Keating and Rev. Dr. Cynthia Bourgeault. A portion of each one-hour gathering will include some teaching about centering prayer. So, whether you never heard of centering prayer, are a beginner, or an experienced pray-er, all are welcome. **First Friday of each month - May 4<sup>th</sup> - Jun. 1<sup>st</sup> - Jul. 6<sup>th</sup>, 10:30 - 11:30 AM.** Led by Rev. Maritza Dolich and Rev. Dr. Tom Lichner. Center for Spiritual Awakening at Christ Lutheran Church, **1245 W. Hamilton Street, Allentown, PA 18102.** Parking available in Lot across Hamilton St. from Church. **Please let us know if you will be joining us.** Inquiries to Rev. Dr. Tom Lichner, Director Center for Spiritual Awakening [tlichner@rcn.com](mailto:tlichner@rcn.com) / [610-533-9362](tel:610-533-9362)

**REVISED APIL 16, 2018:**

**Ascension Day dinner** at St. John's Lutheran Church, 501 Chestnut St. Emmaus, is for their congregation **ONLY**. The public is invited to the abbreviated worship service starting at 7:30PM. Any questions, please **contact the church office** at [610-965-9885](tel:610-965-9885) speak with our office administrator Barbara Walck.

**Spiritual Care for Elder Care-Givers 2018** - Do you provide part time or full-time care for an elder? Would you like a safe place to share your joys and struggles with other care-givers? Would you appreciate companionship in nurturing your spirit? In today's American culture, many adults are providing full-time or part-time care for their elder parents, relatives, friends, or neighbors. Elder-care-giving can certainly be challenging, presenting both joys and frustrations to elders and their care-givers. This every-other-month gathering will provide participants with a time of guided prayer, supportive conversation around joys and struggles, and sharing new ideas for offering care. Come and go to these gatherings as you might need and desire. There is no need to make a commitment to each one. Parking is available in a lot across Hamilton Street from the church. Meetings will be held at the Center for Spiritual Awakening at Christ Lutheran Church, [1245 W. Hamilton St., Allentown, PA 18102](http://1245.W.Hamilton.St.,Allentown.PA.18102). **1:30 - 3:00 PM Wednesday's: May 16<sup>th</sup>, July 18<sup>th</sup>, 2018.** Each gathering will be led by Rev. Dr. Tom Lichner, specially trained in Pastoral Counseling and Spiritual Direction. Please direct your interest to Pastor Tom Lichner at [tlichner@rcn.com](mailto:tlichner@rcn.com) OR [610-533-9362](tel:610-533-9362).

**Attic Treasures Sale** – St. John's Lutheran Church ([1028 Church Street, Fogelsville](http://1028.Church.Street,Fogelsville)) will be having an indoor sale of various "attic treasures" (new and gently used items including: clothing, toys, books, jewelry, decorations, household items and more) **The sale will be held from 8 AM-2 PM on Fri, June 8<sup>th</sup> and Sat, June 9<sup>th</sup>.** There will be lunch items and baked goods available both days. For more info call [610-395-5535](tel:610-395-5535) or visit [www.stjohns-fogelsville.org](http://www.stjohns-fogelsville.org). We hope to see you there!

**SAVE THE DATES!**

**CROP Recruiters' Pizza Party/Kick-off: Sun., Aug. 26, 2018, 1:30-2:30 p.m.** (to receive materials, ideas, and inspiration for yourself and your congregation)  
 at St. Timothy Lutheran Church, [140 S. Ott St., Allentown, PA 18104](http://140.S.Ott.St.,Allentown,PA.18104)

**CROP Hunger Walk: Sun., Oct. 14, 2018, 1:30 p.m.,**  
 with registration beginning at 12:45 p.m.  
 at St. Timothy Lutheran Church, [140 S. Ott St., Allentown, PA](http://140.S.Ott.St.,Allentown,PA)

Thank you for your support of our neighbors in need locally and around the globe!

**Contemplative Prayer - Prayer Around the Cross** - You are invited to join with others for a time of contemplative opening to the Spirit of God in and around us. We invite God's Light to shine in our hearts and to awakening our consciousness to live lives of mercy, justice, and love. Please join together in this brief time of sacred reading, silent reflection, poetry, chanting, candle lighting, intercessory prayer, and ample space for quiet reflection. **Third Sat. of each Month, 5:00 - 5:45 PM** at Christ Lutheran Church, 1245 W. Hamilton Street, Allentown, Pa, 18102. Parking lot across street from church. Address inquiries to Rev. Tom Lichner at [tlichner@rcn.com](mailto:tlichner@rcn.com).

**Can you provide an hour or two per week** to help someone who wants to change their life? St Luke's at 417 N 7<sup>th</sup> St, Allentown still has an ongoing need for volunteers to assist as tutors or substitutes for our growing multi-level ELL Program for individuals who desperately want to learn English. No foreign language needed. **ELL days and hours are, Monday and Thursday 9:30-11:30 a.m. and Wednesdays from 5:00-7:00 p.m. We always need help. We are especially looking for people who a comfortable around computers.** Contact Leslie Talago or Pastor Lamb at [610-434-3943](tel:610-434-3943) or [stluke@enter.net](mailto:stluke@enter.net).



## LESSONS IN MERCY Fall Workshop

Let's begin by expressing our gratitude to the continuing leadership of our Lehigh Mission District. Although, like virtually all of our Mission Districts, we are dealing with continuing change as parishes merge and dissolve. Indeed, many members of our District Council have a long enough history with this group that they have little difficulty remembering how things used to be. Nevertheless our leadership is continuing to open new doors and lead us in new directions.

This happened again recently as they found themselves involved in discussion about the possibility of sponsoring a five-session workshop entitled **We Thirst: Lessons in Mercy – Christian Reflections On Addiction**. It was brought to their attention by retired Pastor Sandra Birchmeier from the Bethlehem-Easton Mission District, who had already had experience with this unusual event. Additional description of this program will follow, but let's first establish that it has been scheduled as a shared program of the Lehigh, Bethlehem-Easton and Northern Lehigh Mission Districts on the **five Wednesday evenings in October (3, 10, 17, 24 & 31) between the hours of 7:00 & 9:00PM (6:45 – 7:00 for coffee or tea)** at Nativity Lutheran Church, 4004 W. Tilghman Street, Allentown, PA 18104. Registration materials will be available in the near future and the **registration fee of \$10 per person (or \$15 per family or companion unit)** can be sent to Nativity Church (Attn. Lessons in Mercy). **The registration deadline is October 1<sup>st</sup>, although walk-ins will be welcome.**

Now, let's define this program and introduce its leader. We're talking about a five-session program which is appropriately subtitled Christian Reflections On Addiction and which will focus our attention on the epidemic of addiction which is paralyzing our society and the ways in which we, as followers of Christ, can respond to those who are suffering – including the marginalized, the sick, and the oppressed. This series is designed to educate and spread awareness, but unlike other secular programs of this nature, this Christian series offers Hope and Support, Encourages Community, and Fosters Mercy, Faith and Love. The five sessions are subtitled 1) Biology; 2) Psychology; 3) Sociology; 4) Spirituality; and 5) Action.

The leader of this program will be Nina Marie Corona, M.A., C.R.S. Nina is a graduate of Muhlenberg College. In addition, she possesses a Master of Arts in Spirituality from Loyola University Chicago and is pursuing a Doctor of Ministry at Fordham University. Interestingly, her degree from Muhlenberg focused on Studio Arts and, consequently, when not teaching, presenting, or writing, she utilizes her artistic gifts in painting, drawing, and sculpting to express herself and the experiences that have brought both joy and pain to her life. Nina also obtained education certification in Alcohol & Drug Counseling from Villanova and is a Pennsylvania Board Certified Recovery Specialist. She is looking forward to sharing these evenings with us!

**Pastor Richard Stough**  
LMD Secretary



## OPERATION SUNSHINE

36 S. 8<sup>th</sup> St, Allentown, PA 18101

Phone: 610-435-9155

Open: Mon 11-3 Wed. 9-4

E-mail: [LMDopsunshine@aol.com](mailto:LMDopsunshine@aol.com)

Web site: [www.LMDopsunshine.com](http://www.LMDopsunshine.com)

Paula & Dick Skelly Co-Trip Coordinators

Day of Trip Emergency Number [610-417-3286](tel:610-417-3286)

***Operation Sunshine is a non-profit fellowship opportunity within our Mission District, run solely by volunteers. Please join us and invite your friends as we enjoy a variety of venues together.***

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### **May 22 (Tues) – Mount Airy Lodge – ELVIS JAILHOUSE ROCK -**

Come spend an afternoon with young Elvis. Not just any Elvis, but "The Worlds #1 Elvis". Performing all over the world, he was cast as Elvis in the hit musical "Million Dollar Quartet". Our Elvis won multiple Elvis competitions around the world. This high energy Elvis Tribute is filled with all your favorite hits such as: "Jailhouse Rock", "Blue Suede Shoes", "Don't Be Cruel", "Love Me Tender" and so many more. Our Elvis has the looks, the charisma, and the moves that will leave you all shook up! Lunch Buffet and \$15 slot play included with this trip.

**Bus leaves St. Timothy's at 10 AM and will return approximately 5:30 PM**

**Cost \$ 64.00 Payment Deadline: Thurs., May 3**

### **June 27 (Wed) – Fulton Theatre - Hunchback of Notre Dame-**

The musical begins as the bells of Notre Dame resound through the famed cathedral in 15th-century Paris. Quasimodo, the deformed bell ringer who longs to be "Out There," observes all of Paris reveling in the Feast of Fools. Held captive by his devious caretaker, the archdeacon Dom Claude Frollo, Quasimodo escapes for the day and joins the boisterous crowd, only to be treated cruelly by all but the beautiful gypsy, Esmerelda. Quasimodo isn't the only one captivated by her free spirit, though - the handsome Captain Phoebus and Frollo are equally enthralled. As the three vie for her attention, Frollo embarks on a mission to destroy the gypsies - and it's up to Quasimodo to save them all. Lunch at The Pressroom.

**Bus leaves St. Timothy's at 9:30am and will return approximately 6:30pm**

**Cost \$97.00 Payment Deadline: Thursday, May 17**

### **July 26 (Thursday) - Bucks County Playhouse - 42nd Street-**

When revered Broadway director Julian Marsh falls on hard times with both his health and his finances, he helms an ambitious musical as a final production before his retirement. His lead actress, Dorothy Brock, is torn between two loves - the show's wealthy backer, Abner Dillon, and the earnest but penniless actor Pat Denning -- while aspiring young performer Peggy Sawyer waits in the wings, hoping for her big break. Lunch will be at the Lambertville Station Restaurant. **Lunch Choices:** Chicken Moscato (sautéed chicken breast in a grape tomato and white wine sauce with fresh thyme), Maple Mustard Salmon, both of these entrees are served with rice pilaf and seasonal veggies, Top Sirloin with wild mushroom butter served with roasted red potatoes and seasonal veggies. **Please choose your entree at the time of reservation.**

**Bus leaves St. Timothy's at 10:00am and will return approximately 6:30pm**

**Cost \$99 Payment Deadline: Thursday, June 28**