



News & Views

Volume 39 Number 4

July/August 2010

Purpose Statement

As a community of women
created in the image of God,
called to discipleship in
Jesus Christ and
empowered by the Holy Spirit,
We commit ourselves to
grow in faith,
affirm our gifts,
support one another in our callings,
engage in ministry and action, and
promote healing and wholeness
in the church,
the society,
and the world.



Act boldly.

“So they remained for a long time, speaking boldly for the Lord, who testified to the word of his grace by granting signs and wonders to be done through them.”

Acts 14:3 (NRSV)

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Camp Hebron

**October 29, 30 & 31,
are the dates for this
year's Camp
Hebron re-
treat.**



**Final Registra-
tion Form is in
this Newsletter.**

**Because of our obli-
gation to pay Camp
Hebron we will not
accept registrations
after the postmarked
date of September 18.**

**You may go to the
synod website to
download copies as
needed.**

Program Resource Ideas

Included as an insert in this issue of News & Views is the current Speaker's Bureau. This flyer is provided for the purpose of providing program suggestions for the upcoming year, as well as the opportunity to increase your knowledge in areas of mission and outreach to your CU in the LS SWO. Encourage the Education Committee in your unit to avail themselves of this valuable resource.

Page 3 of this newsletter has an overview of the new Lutheran Women Today Bible Study for 2010-2011. To order your subscription call Augsburg Fortress at 1-800-328-4648. You may view the monthly magazine themes, Bible study topics, Bible study video introductions as well as other resources and articles at lutheranwomentoday.org.

The synod website has a listing of Program Ideas that can be used when planning your upcoming programs for the year. Visit the Lower Susquehanna Synodical Woman's Organization at the synod website: www.lss-elca.org - then select Council Committees (fourth option across top) and then see down the list to the Women of the ELCA. The last selection on the list is "Program Idea Resources". (Thank you to Susan Lyons for cataloging this handy overview of resources found on the synod website.) Here you will find a list of materials provided by churchwide Women of the ELCA, and nearly all of these materials are free of charge. After finding a program of interest, go to the Women of the ELCA website: www.womenoftheelca.org and download the programs of interest. A nice selection awaits your visit!

LWT Bible Study 2010-2011
The People of God:
Unity in the Midst of Diversity

You don't have to look very far to find disagreements among people, even people of faith. The disagreements can be intense and drive us apart. At the least, there is not much conversation between folks who feel differently from each other on any subject.

In fact, if they are able to stay in relationship, it is often because they don't bring up anything controversial. That can work for a time, but as we have seen in many arenas lately, including our church, it can lead to broken relationships and disconnections.

The prophet Amos asks the question: "Can two walk together, except they be agreed?" (KJV) It is an important question for our time. It merits investigation, using biblical texts (central to our Lutheran understanding of faith), and intentional ways of communicating together about some important issues in our faith community.

This study is based on the Book of Faith initiative of the ELCA. It brings us into intentional conversation around issues that divide us from each other. Friends often avoid dealing with difficult topics in the context of God's word. We want to put those topics on the table for groups like yours

that are already formed. We also want to encourage careful and thoughtful conversation on these important realities of our life together as God's people.

We begin the study with how we read the Bible. Biblical interpretation is at the root of many of the differences that divide us and it can be a way we learn from each other. As we discover how others read the Bible, we find new ways to think about it.

We examine ideas like the body of Christ, evangelism and stewardship, spiritual gifts, race and culture, loving relationships in the context of the community of the church, difficulties that keep us from experiencing the wholeness of resurrection life, and what is at the heart of Lutheran worship.

Our hope is that you take this study seriously, yes, but that you will relax and have a good time together in the word.

-Revs. Jensen and Linda Johnson Seyenkulo

You may view the monthly magazine themes and Bible study topics at Lutheranwomentoday.org



Newsletter Deadlines

Please use the grid below as a guide when submitting articles to News & Views.

| Year | Deadline | Mailed | Issue |
|------|----------|---------|-------------|
| 2010 | Aug. 26 | Sept. 3 | Sept/Oct. |
| | Oct. 27 | Nov. 5 | Nov//Dec. |
| 2011 | Dec. 29 | Jan. 7 | Jan./Feb |
| | Feb. 23 | March 4 | March/April |



Happiness is getting your "News & Views" Newsletter.

Greetings,

This is my first opportunity to share my thoughts with you since my election as president at the recent W/ELCA convention at First Lutheran in Chambersburg.

I would like to thank everyone who participated in the convention for their hard work: those who helped to plan, those who represented their various churches as delegates, and also all the women without a specific job, who came to participate. I had the joy of meeting and spending time with Amy, the president from our sister synod in Northern Illinois and JoAnn, who was the church-wide representative.

But, if all we did was have a convention, and enjoy each others company, we have missed the purpose for which we gathered. We are now called to act, and use what we have learned and experienced in these past few days, to make a

difference in the lives of those who are searching for **“Hope in the Midst of Hopelessness”**, which was the theme of the convention.

The big question that arises in my mind, however, is how! The answer will be different for each of us as individuals, and also different for each of the circles and churches which we represent. I have no answers for you. But, I do know that God will work through all of us if we are willing to let him.

“But I will hope continually, and will praise you yet more and more.”

Psalm 71:14

Karen Poe

President, W/ELCA LS SWO



CONVENTION REPORT FOR “GETTYSBURG SEMINARY FOOD PANTRY” and “COVERED WITH GOD’S LOVE QUILT PROJECT”

There were generous contributions of tangible food items for Gettysburg Seminary Food Bank. This included \$1,940 in gift cards and 622 tangible food items.

Seminary student, Peter Roy, expressed thanks for the generous contributions to the food pantry and how the use of the food pantry has become necessary for many of the students. He went on to say that the pantry is used by students plus their families as well as children.



The total number of “Covered With God’s Love” quilts was 38. They were divided among 6 clusters to be given to a charity or shelter by the following cluster representatives:

Upper Dauphin - Fay Nichols

Lebanon - Patti Gartner

Gettysburg - Roberta Anderson

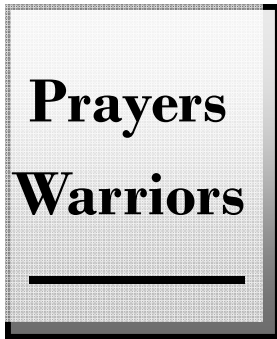
Lancaster - Mary Bleacher

Harrisburg - Edna Hafer

Chambersburg - Sue Lyons

The Women of the ELCA "Prayer Warriors" could use you on their team. What would this involve? The executive board feels a need to be supported more intentionally with the ongoing projects of the women in our synodical organization.

If you want to participate as a "Prayer Warrior," contact Mary Hafer at 234-5442 and talk with her. This prayer ministry is set up much like many prayer chains that are in the churches we represent. Currently there are 10 participants and new women are welcome to join in this prayer ministry at any time.



Please consider participating in the prayer team ministry every Monday at noon time.

Immediate needs are as follows:



Cluster Coordinator for North Lancaster Cluster

Cluster Coordinator for Perry Cluster

Cluster Coordinator for South York Cluster

Cluster Coordinator for West Cumberland Cluster

Cluster Coordinator for Hanover Cluster

Cluster Coordinator for Gettysburg Cluster

At Least One Cluster Meeting Yearly



Act boldly.

Visit the Women of the ELCA churchwide website at:

www.womenoftheelca.org



Check out what is available from W/ELCA on the LS synod website.

Visit the Lower Susquehanna Synodical Woman's Organization at the synod website: www.lss-elca.org - then select Council Committees (fourth option across top) and then see down the list to the Women of the ELCA.

The July/August issue is now on the synod website, the minutes from the 23rd Annual LS SWO Convention, as well as the registration form for Camp Hebron.

From Our Treasurer...

Hope in the midst of hopelessness - what a wonderful convention theme it was. God can do such marvelous things for and with His people, even when we think life may be impossible. My hope right now is that He can help the women in each congregational unit find a way to give an extra measure of offerings. Many CU's did not meet in January and February due to the wilds of winter, and that adds to the reasons



for the decline of Regular Offerings. As of June 23rd, we were over \$1,000.00 behind last year's giving for the same time period. Please take this

to your units with great prayerful consideration, and see if the Lord will bring forth from you a special and extra gift so that we can continue to share our blessings with others.

At the same time I want to thank you for your generosity with the Ingathering and Convention Offering. We almost made our goal in both categories. If you were not able to attend the convention, it is still not too late to send an offering for either the Ingathering or Convention. Send all offerings to the treasurer, Kathy Hefner (her information is on the back of the newsletter) and if sending from a congregational unit please remember to use Form A. Thank you.

Kathy Hefner



I pray that you who attended our 23rd annual convention at First Lutheran Church in Chambersburg, June 25 and 26, left with a renewed sense of "Hope in the midst of hopelessness". You who weren't there, YOU missed it. We were given that sense of hope that we have in our Lord Jesus Christ that no matter what, God is still in charge and will help us make it better.

Thank you to you members of the committee, to the women of First Lutheran who made us feel welcomed and shared with us your beautiful church, the weather, and to you who came and enjoyed the fellowship with your sisters of the Lower Susquehanna Synod. God bless each of you now as you continue to share hope with those you enjoy being with this summer.

Elizabeth Winters,
Convention Chair

A prayer for a treasurer -

Dear Lord,

The LS SWO is in need of a treasurer to serve from 2/1/11 - 1/31/13. Your infinite wisdom knows the women in our synod that have been given the gifts for this ministry.



We pray that you will move her to hear the call and step forward to serve you and the church through the Women of the ELCA. We also pray that you will bring encouragers to her to help her see the direction you are leading. We thank you for your guidance. In your precious name we pray. And all God's people said...**AMEN!**

**"We can complain that the rosebush has thorns ...
"Or rejoice that the thorn bush has roses."**

- Abraham Lincoln

A MESSAGE FROM LUTHERAN COUNSELING SERVICES

Surviving Job Loss

It seems that the phrase: “sorry we no longer need you,” are words anticipated and feared by workers at all levels these days. It makes no difference from administrative to maintenance positions that cuts and corporate “right sizing” are taking place. Whether the words come in the form of a pink slip or an early retirement, they mean a major change in how individuals see themselves and in how they see the world. In many respects, it means someone is joining the ranks of the unemployed or underemployed and that brings feelings of anger, betrayal, frustration, worry and isolation.

Unemployment is a very personal problem, but it can and does affect the lives of families and friends. If you are like most people, you might struggle or cannot find the right words to say to a person impacted by a job loss. So, rather than say the wrong thing, we say nothing at all, failing to communicate our support and concern. Ironically, when people need us the most, we find ourselves short on wisdom, feedback and understanding.

In some instances an impacted person doesn't want to add to the burden of others by sharing their own frustration, doubts and insecurities. Instead, they carry the turmoil and loss of self esteem internally. So what is the appropriate thing for us to do? We will explore some things that could and might make a difference in reaching out to someone in this position.

The first step in coping with unemployment is to remember that the loss of a job is a major life crisis with far reaching consequences. People go through a period of anger and frustration in order to move on. The second thing to remember is that they will feel in control again. In order to make this transition to a position of hope and optimism, be aware of the danger signals which can slow the process down:

- ◆ Extended withdrawal from friends and social contacts.
- ◆ Continued overpowering feelings of anger and hostility.
- ◆ Increased frequency of physical illness and complaints.

- ◆ Radical change in eating and/or sleeping patterns.
- ◆ Increased alcohol consumption or drug usage including those prescribed by a physician.
- ◆ Continued expression of feelings of uselessness, failure and incompetence.
- ◆ Extreme withdrawal from family, often isolating self for extended periods of time.

There are also things the separated employee and his/her family can do to help during the days of transition:

- ◆ Give yourself a short break (take 3-4 days) before you again go looking for work. Find something relaxing that you enjoy.
- ◆ Establish a routine to follow each week. Preparation time, actual job-hunting time and time to follow-up.
- ◆ Set aside time for yourself and family.
- ◆ Maintain social contacts which can lead to networking on job openings and that are supportive.
- ◆ Sit down and develop a realistic budget and build in an occasional reward as well as funds for your job search.
- ◆ Find some reason to smile each day.
- ◆ Set aside specific times for your family to share their feelings about the present and the future.
- ◆ Draw on your faith for comfort, strength and direction.

The loss of a job is a real game changer but there is help available. Counselors can help you and your family face feelings of frustration and helplessness. They, along with vocational schools, colleges and state employment offices, can help you explore career alternatives and maintain a positive attitude about your future. Feeling powerless may prevail for a period of time and weathering a period of unemployment can be a time for the family to draw closer and develop a sense of unity.

Brought to you by George Bennett, M.A., MAMS, LPC and Program Director, Lutheran Counseling Services with offices in Gettysburg, Hanover, York 866-998-2382; Chambersburg 866-319-5137 and State College 866-441-9883. A Community Outreach Service of Lutheran Social Services of South-Central Pennsylvania and a joint ministry of Allegheny Lutheran Social Ministries

WOMEN OF THE ELCA YEARLY PROJECTS

June 2009-June 2010

By: Betty Kincaid

Congregational Units in the LSS were asked to report to the Women of the ELCA Mission Committee the many different projects their units had participated in so that we can rejoice together in the many ways the Women of the ELCA in the LSS reach out to serve our neighbors. Thank you for your service to humankind and to the God we serve. There were 15 Congregational Units that responded. The results are:

Soap (bars) - 693
Health Kits - 1223
Layettes - 146
Pieces of Material - 5
Material - 4 bolts & 1 bag
Quilts - 369
Sewing Kits - 78
School Kits - 796
Baby Quilts/Blankets 53
Prayer Shawls - 199

Lap Robes - 31
Adult Blankets - 19
Pocket Prayer Squares for Servicemen - 420



OTHER PROJECTS

Agape Shelters - Harvest Home & Holiday Gifts
Prison Ministry
LutherCare
Salvation Army
American Cancer Society
Bethesda Mission
Remember Our Veterans
Caitlyn's Smiles
Church Tutoring Program
Gettysburg Seminary Food Bank
Operation Shoe Boxes for Children
Spring & Fall Rummage Sales for Local Charities

Staff Clothing Bank and Provide Free Breakfast 1 x a Month

Provide Breakfast & Lunch for Inner City Children 1 Week in July

Council of Churches
Holiday Food Baskets and Food Gift Cards to local Needy

Shoe Boxes for Head Start Children - 18

Domestic Violence Shelters - Personal Care Items

Church Women United
Women & Children in Crisis
Ronald McDonald House
Bibles to New Babies
Truck Ministry
Marion Medical Mission
Collection of 570 knitwear items (scarves, hats, gloves)

50 stuffed animals for homeless children in the Harrisburg schools

Support the WLBR Lutheran Radio Broadcast in Lebanon County on Sunday morning through various fundraisers in the Fall and Spring

Holiday Food Baskets

Cards for local needy

Habitat for Humanity Lunches

Taste of Trinity Cookbook - 442 recipes - proceeds to World Hunger and Ecumenical Food Pantry in Harrisburg

Fair Trade coffee, tea, chocolate and candy sales

Fair Trade Fairs
Frey Village Birthday Party
Bibles to new babies
Ronald McDonald House

Bingo Party and Birthday party once a month at Sprang Crest Lutheran Home, Lebanon, by various Lutheran Church W/ELCA units

\$400 to New Hope Food Ministries and Family at Christmas

...and the community and churchwide

Quilt Plaza Bricks for 2009-2010

Fifteen churches and one individual in the Lower Susquehanna Synod have contributed at least \$500.00 to Lutheran World Relief's (LWR) Project Comfort Fund from July 1, 2009 to June 30, 2010. These donations were sent through our synod's treasurer's office and qualified the donors for a brick to be engraved in the Good Samaritan quilt Plaza at the LWR headquarters at 700 Light street (near Inner Harbor), Baltimore, MD. The 20 bricks for this year are engraved as follows:

Linda Fockler
Grace Lutheran
Lancaster

Nancy Hill
Grace Lutheran
Lancaster

Pastor Verkouw
Grace Lutheran
Lancaster

Blanket Bunch
Berrysburg, PA

Grace Lutheran
Camp Hill

Evangelical Lutheran
Lutheran Youth
Greencastle

St. Paul Evangelical
Carlisle

First Lutheran
Chambersburg

First Lutheran (2 bricks)
Carlisle

Elaine Hock
Carlisle

Memorial
Shippensburg

St. Matthew (2 bricks)
Hanover

Redeemer
Lancaster

York Pastors
G.E. Folkemer
W. Leigh Bell

Trindle Quilts
Trindle Spring
Mechanicsburg

Quilting Ladies
St. John
Boiling Spring

Sewing Bells
Evangelical Lutheran
Waynesboro

Church Council
Christ Lutheran
Spring Grove



[see the following page for
more LWR news and instructions]

Contributions from these congregations and one individual totaled \$11,987.29! In addition, 62 other congregations gave a total of \$9,309.72. The new year for 2010-2011 bricks begins with donations sent to the synod treasurer's office after July 1, 2010 and ends June 30, 2011. Remember, you must list your contributions on the monthly treasurer Remittance Report that your church treasurer sends to synod, and the total listed on the line that reads "Ingathering (Proj. Comfort)...(9400/3920) \$_____ : (see diagram)

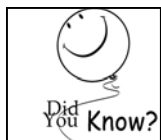
| | | |
|--|----------------|--|
| IV - Special Support (80320) | | |
| (Non-Churchwide Non-synodical Programs) | | |
| LUTHERAN WORLD RELIEF | | |
| General.....(9400) | \$_____ | |
| Ingathering (Proj. Comfort)...(9400/3920) | \$_____ | |

When your contributions accumulate to \$500, I will contact your congregation and mail a form to you to complete and return to me, so that I can arrange with LWR to have a brick engraved. The Project Comfort donations are used to process and ship material aid donations to areas where they are greatly needed. Thanks to all for the 2009-2010 contributions!

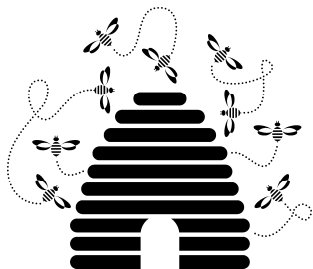
Article by Norma Good

2010 Lutheran World Relief Ingathering

The weekend of October 2 and 3 have been set as the dates for this year's annual LWR Ingathering. A packet of informational materials has been distributed to EVERY church. If you or your W/ELCA CU handles this drive in your congregation, please check with your secretary, pastor or Social Ministry Committee chairperson to obtain the packet. There is a poster and a new "Be Involved" booklet included in the packet.



Beehive



This modern symbol represents the church and its many, varied "workers." A multitude of people, each with different tasks and gifts, works to build up the body of Christ. Often, nine bees are pictured near the hive to represent the nine fruits of the Spirit (see Galatians 5:22-23). The fruits of the Spirit are:

Love, Joy, Peace, Longsuffering, Kindness, Goodness, Faithfulness, Gentleness, Self-control.

Dear Friends, The demand for water is growing as the world's population increases. But at the same time, clean water is becoming more scarce. Of the limited water resources that are available, many are contaminated. And increasing droughts across the globe limit agricultural growth.

Did you know that:

- 1.2 billion people lack access to clean and affordable water.
- 2.6 billion people lack proper sanitation services.
- 5 million people, mostly children, die each year from water-borne diseases.



LWR is pleased to announce a one-year, \$1 million campaign to help provide water to those in need throughout the world. Will you help LWR *Fill the Well*?

The official start of the *Fill the Well* campaign is on March 22, World Water Day. Make plans now to get your congregation involved in a World Water service on Sunday, March 21, to help LWR *Fill the Well*.

Visit lwr.org/water to download a bulletin insert, devotional, children's sermon and more. We hope you and your congregation will help LWR *Fill the Well* and provide plentiful water to our brothers and sisters who so desperately need it.

In Christ,

John A. Nunes

President and CEO, Lutheran World Relief



The Women of the ELCA, Chambersburg Cluster, met Saturday, April 24, 2010, from 9:00 a.m. - noon at Evangelical Lutheran Church, Green-castle, for a Spring Cluster Event. There were 31 in attendance. Offering was \$250.00.

There were two speakers for the event. Dr. Robert Skelly is a licensed psychologist and program director of Lutheran Counseling Services in Chambersburg and State College. Dr. Skelly spoke on the subject of "Caring for Others and Caring for Yourself."



He pointed out the fact that more people are taking on the challenge of caring for others with a variety of medical and financial needs. Medical care services are shifting more toward people getting care

in the home which is provided by medical professional and family members. A new and growing generational grouping, the "Sandwich Generation", describes families who are providing care for both children and parents. How does a person manage to care for another and prevent becoming overwhelmed and physically ill as well? The importance of balancing care for others and care for self; when and where to turn for assistance as the need for care becomes

greater than the family's resources; and making peace with the circumstances associated with providing care for loved ones were all addressed.

Kathy Dixon, of Life Lutheran Services, Franklin County, spoke about the services provided by LIFE, and also gave a Power Point presentation about the program, and the services available to those in the caregiving role.

Lunch was served by the churches kitchen committee: Sandy Kinzer, Betty Lee Fisher, Lucille Talhelm. Also helping were Merle Ritchey, Anne Bender, Martha McCleary and Sue Miller. Many thanks to those women who prepared the meal and helped with the clean-up.

Ida Jean Smith, led us in music, and Fran Elliott was the pianist for the morning.

Merle Ritchey and Donna Greifzu did a skit titled "Rest", which showed the importance of mental, physical and spiritual rest in our lives

Announcements were made about upcoming synodical events in 2010, and the 23rd Triennial, to be held in Spokane Washington, in July of 2011.

Participants found the topic helpful in dealing with caregiving.
