



*Epistle from*

# *St. Timothy*

## *Evangelical Lutheran Church*

*Transforming Lives by Connecting Communities*

## **Tipping the Scales Toward Peace**

"I lift up my eyes to the hills—from where will my help come?" wrote the psalmist (121:1). It is a question borne of feeling overwhelmed, ill-equipped to deal with circumstances at hand, exhausted, perhaps on the verge of defeat.

I don't know about you, but sometimes—as I think about all the distress, unrest, division, pain, and violence in the world—I resonate with those feelings and with the psalmist's question. We hear of the plight of Syrians, the Rohingya people, Palestinians, and others who are displaced or oppressed. Our hearts break for families who are being separated through deportation and for refugees of poverty and strife who long for a new home but have not found welcome. We are aware of those in our own country and others who continue living in the tragic aftermath of earthquakes and ravaging storms and floods. We feel the tensions between our country and other nations, such as North Korea and Iran. We are aware of the ongoing struggles in Afghanistan and Iraq. And, we anguish over the gun violence in the streets of many U.S. cities, even as we find ourselves grieving over yet another mass shooting in one of our nation's schools. We see families and communities divided, and sometimes we get wrapped up in tensions within our own relationships. The list goes on... *From where will our help come?*

I don't know how much time elapsed between the psalmist's writing of the question noted above and his continuing the composition of the psalm, but I imagine that there was some agonized hand-wringing in between. We human beings normally do not leap quickly from feelings of despair and overwhelm to "having the answer." However, the psalmist did come to some enlightenment—a place of hope and, I believe, renewed energy and purpose. He wrote (v.2), "My help comes from the LORD, who made heaven and earth."

*Remembering that God—the loving Creator of the universe—IS our help, I am inviting members and friends of St. Timothy (and anyone else who wishes to come) to*

*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.

## March 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
March 4	<b>Sunday</b> 10:30 a.m.	<b>3rd Sunday in Lent</b>	Exodus 20:1-17; Psalm 19; 1 Corinthians 1:18-25; John 2:13-22
March 7	<b>Wednesday</b> <b>5:30 p.m.</b>	<b>Midweek Lenten Worship</b> <b>Soup &amp; Salad Meal</b> <b>Joint West End Collaborative Worship</b>	Topic varies each week. Ending by 7 p.m.
March 11	<b>Sunday</b> 10:30 a.m.	<b>4th Sun. in Lent</b> <b>Praise Worship</b>	Numbers 21:4-9; Psalm 107:1-3, 17-22; Ephesians 2:1-10; John 3:14-21
March 14	<b>Wednesday</b> <b>5:30 p.m.</b>	<b>Midweek Lenten Worship</b> <b>Soup &amp; Salad Meal</b> <b>Joint West End Collaborative Worship</b>	Topic varies each week. Ending by 7 p.m.
March 18	<b>Sunday</b> 10:30 a.m.	<b>5th Sunday in Lent</b>	Jeremiah 31:31-34; Psalm 51:1-12; Hebrews 5:5-10; John 12:20-33
March 21	<b>Wednesday</b> <b>5:30 p.m.</b>	<b>Midweek Lenten Worship</b> <b>Soup &amp; Salad Meal</b> <b>Joint West End Collaborative Worship</b>	Topic varies each week. Ending by 7 p.m.
March 25	<b>Sunday</b> 10:30 a.m.	<b>Palm/Passion Sunday</b> <b>Youth sing and ring</b>	Isaiah 50:4-9a; Psalm 31:9-16; Philippians 2:5-11; Mark 14:1-15:47
March 29	<b>Thursday</b> <b>7:30 p.m.</b>	<b>Maundy Thursday</b>	Exodus 12:1-14; Psalm 116:1-2, 12-19; 1 Corinthians 11:23-26; John 13:1-17, 31b-35
March 30	<b>Friday</b> <b>12:00 p.m.</b> <b>7:30 p.m.</b>	<b>Good Friday</b>	<b>At Evangelical Lutheran Church of the Redeemer</b> 822 N. 19th Street
March 31	<b>Saturday</b> <b>6:00 p.m.</b>	<b>Easter Vigil</b>	<b>At Christ Lutheran Church</b> 1245 W. Hamilton Street
<b>April 1</b>	<b>Sunday</b> <b>7:00 a.m.</b> <b>8:00 a.m.</b> <b>9:45 a.m.</b> <b>10:30 a.m.</b>	<b>Sonrise Easter Worship</b> <b>Breakfast</b> <b>Egg Hunt</b> <b>Easter Holy Communion</b>	<b>Land of Promise</b> ( <i>weather permitting</i> )  <b>Fellowship Hall</b> <b>Land of Promise</b> ( <i>weather permitting</i> )

### 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

### ST. TIMOTHY'S EMAIL

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

FIND MORE EMAIL ADDRESSES AT:

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

### ELCA WEB SITE

[www.elca.org](http://www.elca.org)  
for information about our national church

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

join me in *Tuesday Prayer for Peace*. Each Tuesday there will be the opportunity to gather with other peace-seekers in *St. Timothy's lounge (Ott Street level)* for thirty minutes of prayer. We will begin with a *brief* reading from Scripture and another reflection related to peace. There will be opportunity for those who feel moved to speak a sentence or two in response. Then, I will offer a brief spoken prayer after which we will spend the remaining minutes in silent prayer and meditation. Twenty-nine minutes into our gathering, we will share a greeting of peace with one another and then be on our way. For the time being, these Tuesday prayer gatherings will begin promptly at **7:00 a.m.** and again at **6:00 p.m.** Should it become apparent that a slight change of time will allow more people to participate, we will make the adjustment.

Now, in inviting you into these times of prayer, I am **not** suggesting that "all we need to do is pray and God will fix the problems." We need to be engaged through various pathways in helping to heal the world—making peace with others in

our lives; helping to bring communities together; tending to the needs of the lonely, the suffering, the disenfranchised; as citizens of a representative democracy, insisting that lawmakers boldly work for compassionate justice, mutual understanding, and peace between nations and within our own nation; etc.

I am, however, saying that faithfully, regularly turning our attention to the God of peace is what heals and empowers our hearts and transforms us into effective peacemakers. With the help of the Divine Spirit, we can BE peace, and thus we tip the scales toward peace in our world—the world that God so dearly loves. Attentive prayer moves us in that direction. Praying in the presence of one another provides us with mutual support.

I am committed to showing up for *Tuesday Prayer for Peace*. I hope that you will join me.

May the peace of Christ fill your heart and bless our world.

In faith, *Sister Janet*

**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
<b>Please send my copy of the newsletter to me via:</b>	<input type="checkbox"/> Mail (Post Office) <input type="checkbox"/> Email

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

**DID YOU KNOW?**

*Did you know that you can keep up-to-date with what's happening at St. Timothy by checking our website? Just go to [www.sttimothy.org](http://www.sttimothy.org) Click on "News & Events" in the menu bar near the top or left side of the page... and you won't miss a thing!*



Find us on Facebook at [facebook.com/sttimothyallentownpa](https://facebook.com/sttimothyallentownpa)



Follow us on Twitter at [twitter.com/StTimAPa](https://twitter.com/StTimAPa)



## Health Topic of the Month

by Charlotte Cruise



### Pain Relief

There is a lot in the news today about medications used for pain relief. For individuals who have chronic or severe pain, relief from the pain improves their quality of life. Medications are usually prescribed for control or relief of the pain. However, in today's world, there is an increasing tendency across the United States to over use and abuse pain relievers. In particular, strong pain relievers known as opioids, cost the country billions of dollars and accidental deaths related to the abuse of the drugs are increasing. In an article posted in the Annual Review of Public Health, an estimated 4.5 million U.S. Citizens are addicted to opioids prescribed by their physician. This translates to a cost of \$56 billion per year.

There are non-medication, non-addictive alternatives that are safe and can be used with good outcomes.



- Regular exercise is great for reducing pain, restoring motion, and decreasing the chance of further disability. Walking, yoga, and stretching aid in increasing range of motion. A regular exercise regimen also has the benefit of leading to weight loss, which will contribute to reduced pressure on joints, resulting in reduced pain.

- Physical therapy will restore range of motion after an injury. The type of exercises depends on the condition.
- Cognitive Behavioral Therapy is a process that teaches the individual to learn to identify and manage their emotional and behavioral response to pain.
- Acupuncture is a traditional type of Chinese medicine that relieves obstacles in the body's energy system through the use of needles, thus encouraging healing.
- Massage therapy has proven to relieve pain and contribute to relaxation which in turn leads to pain reduction.

Several of these pain management modalities are covered by insurance. Consult with your physician to decide on the best course of treatment for you.

#### And, relating to health insurance...

If you are currently on Medicare, you will receive a new Medicare ID card, which will be distributed between April 2018 and April 2019. It is expected to take the full year to complete the distribution. **DO NOT** throw your current card away until you receive your new one. Your new card will not use your social security number as your identifier. You will be given a Medicare Beneficiary Identifier (MBI). Once you receive your new card, you can start using it just as you did your old card for Medicare transactions.

*Adapted from HOP News, Pennsylvania Public School Employees' Retirement System*

**DEADLINE**  
for the  
**APRIL NEWSLETTER...**  
**MARCH 15!**

## “Connecting Communities” – a “Hope”ful Possibility

Dear Brothers and Sisters in Christ at St. Timothy,  
 As I was in the call process with St. Timothy, I heard much about the congregation’s vision of “Transforming Lives by Connecting Communities.” I heard that there was a desire to understand more fully God’s intention within that vision, to “flesh it out” in action, and to call a new rostered leader to help with that endeavor. I felt excited by the vision and about what it *could* mean, even though I did not know exactly what it *would* mean. I still don’t know where the Spirit of God may lead us with the vision. However, I believe that one very real possibility has arisen. While the development of its shape is still in infancy stages and there are *many* factors to be considered and many details yet to be discussed, I would like to share with you what has occurred to date:

- At the end of last year, Pastor Mia White of Hope United Church of Christ (Flexer Ave.) phoned me to initiate a conversation regarding the possibility of Hope sharing St. Timothy’s building.
- When Pastor White and I met, I learned that Hope was planning on selling their building and grounds and had been in an intensive visioning process regarding how God might be calling them into mission opportunities that could open up without building ownership.
- At the December meeting of St. Timothy’s Church Council, I shared Hope’s “vision” document (provided by Pr. White) and have updated our council at each meeting since then. St. Timothy Council members have noted similarity between Hope’s stated sense of mission and vision and ours. Our council has directed me to continue the conversation to see where it may lead.
- Three members of Hope’s church council have toured St. Timothy’s building to get a feel for the layout.
- Some members of Hope U.C.C. have attended worship services in St. Timothy, and, reports Pr. White, have felt our congregation to be friendly and welcoming. I have attended a contemporary Sunday worship service at Hope and have felt similarly welcomed.

- Pastor White and I have conversed prayerfully several times since our initial contact and feel the Spirit inviting us to work together in some fashion, still to be fully understood.
- Hope has sold its property and has approximately one year to vacate.
- Pr. White and I have identified several dates in April when representatives from committees and council in each congregation may meet for conversation and information gathering.

As yet, none of us knows exactly where all of this is leading. Might God be calling us simply to share our building? (Or not.) Might God be calling us to share in mission/ministry opportunities in Allentown and beyond? (Or not.) Might God be desiring us to share in congregational life and fellowship? (Or not.) Might God be calling us in some way that we have not as yet envisioned? At this point, we have more questions than hard answers... and yet... could there be something graciously transformative in this engagement—for both congregations and for the world?

I ask that you be deeply in prayer around this possibility that has arisen. Pray God’s blessing upon Hope U.C.C. as they have stepped boldly away from property ownership and onto a pathway of re-inventing themselves as a congregation in Christ. Pray God’s blessing upon St. Timothy as we continue working to flesh out the vision of “transforming lives by connecting communities.” Pray God’s wisdom and guidance for leaders and members of both congregations as we engage in discernment around the possibilities before us.

I also suggest that, in order to know Hope better as a congregation, you plan to attend one or two of their worship services. Their Sunday schedule is: 9:00 a.m.–Contemporary Worship; 10:15 a.m.–Traditional Worship.

Please let me know if you have any questions about any of this. And, let me know your thoughts and inspirations as you consider this information.

Peace and good to all! May God’s intentions be fulfilled in us!

Yours in service to Christ, *Sister Janet*



# Mail Bag

We are so very grateful for the many prayers, cards, and expressions of concern during our daughter-in-law, Miriam's recent serious illness. She is back at her position as pharmacy manager at CVS (at the Crossings' Target). As Monsignor Murphy exclaimed the first time he saw Miriam walking down the hallway with a nurse, "It's truly a miracle"!

Miriam has asked to send her love and appreciation through this note and a promise that next year's flu shot needles will be extra small and extra sharp.

The Maehrer Family



# 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*):

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

**Barbara Fletcher**, Lehigh Commons, Rm. 212, 1680 Spring Creek Rd., Macungie, PA 18062 (*December 22*)

None of our members at home celebrate birthdays in March.



# AARP News

Allentown AARP Chapter #5415 meets at noon March 1, 2018 at St. Timothy Church, 140 So. Ott St., Allentown. The program featuring Martha Lieberman from Project Lifesaver begins at 1:00 p.m. Guests and non-members welcome. Bring a non-perishable food item for the Allentown, Food Bank. For more information call 610-437-4265.

# Seen Around...

The Sunday School visits Episcopal House



# Seen Around...

Big Band Dance to aid Sixth Street Shelter





**ROAST  
BEEF  
DINNER**

Buffet Style  
Homemade Desserts

**Friedens Evangelical  
Lutheran Church**

2451 Saucon Valley Road  
Center Valley, PA

**Saturday, March 24th  
4:00 p.m.—6:30 p.m.**

Adults—\$12.00  
12 & Under—\$9.00  
3 & Under—Free

**No Waiting  
To Be  
Seated**

**Call 610-865-4144  
for more information**

**Take Out Meals Are Available**

**Proceeds to benefit  
Meals on Wheels of Lehigh County**

# MONTHLY CALENDAR OF MEETINGS AND EVENTS

## MARCH 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> 12-3 pm-AARP Meeting [F] 12-3 pm-Office Open 6:30-8:30 pm-AA Board Meeting [F] 7-9 pm-3-D [L]	<b>2</b> 12-3 pm-Office Open 6:30-11 pm-Chess Club [L]	<b>3</b> Council Retreat at Luther Crest
<b>4 LENT 3</b> 9 am-Sunday School [F] 9 am-Adult Forum [L] 10:30 am-Worship	<b>5</b> <b>OFFICE CLOSED</b> 7 pm-Boy Scouts [F]	<b>6</b> 7 am-Prayer for Peace [L] 9 am-12 pm-Quilters [L] 12-3 pm-Office Open 3:30 pm-Worship Committee [L] 6 pm-Prayer for Peace [L] 6:30 pm-Cub Scouts [L]	<b>7</b> 5:30-7 pm-Lenten Meal & Worship [F] 6:30-8:30 pm-Glorious Day Rehearsal [NV] 7:30 pm-Allentown Hiking Club [F] 7:30 pm-Venture Crew [F]	<b>8</b> 12-3 pm-Office Open 2 pm-Daybreak Mission Team 6:30-9 pm-Scout Leaders Meeting [F]	<b>9</b> 12-3 pm-Office Open 6:30-11 pm-Chess Club [L]	<b>10</b> 9 am-Outreach Committee [L] 6 pm-Setup for AA Event [F]
<b>11 LENT 4</b> 8 am-Glorious Day Rehearsal [NV] 9 am-Adult Forum [L] 9 am-Sunday School [F] 10:30 am-Praise Worship 7 am-6 pm-AA Event [F]	<b>12</b> <b>OFFICE CLOSED</b> 9 am-Property Committee 7 pm-Boy Scouts [F]	<b>13</b> 7 am-Prayer for Peace [L] 12-3 pm-Office Open 6 pm-Prayer for Peace [L] 6:30 pm-Cub Scouts [F] Operation Sunshine in Parking Lot	<b>14</b> 12-3 pm-Office Open 5:30-7 pm-Lenten Meal & Worship [F] 6-7:30 pm-Glorious Day Rehearsal [L] 7:30 pm-Senior Choir Rehearsal [NV] AARP in Parking Lot	<b>15</b> 12-3 pm-Office Open  <b>APRIL NEWSLETTER DEADLINE</b>	<b>16</b> 12-3 pm-Office Open 6:30-11 pm-Chess Club [L]	<b>17 St. Patrick's Day</b>
<b>18 LENT 5</b> 6:30 am-Mission Team @ St. Paul's 9 am-Adult Forum [L] 9 am-Sunday School [F] 10:30 am-Worship	<b>19</b> <b>OFFICE CLOSED</b> 7 pm-NAMI Mental Health Support Group [L]	<b>20</b> 7 am-Prayer for Peace [L] 9 am-12 pm-Quilters [L] 12-3 pm-Office Open 6 pm-Prayer for Peace [L] 6:30 pm-Cub Scouts [F]	<b>21</b> 12-3 pm-Office Open 5:30-7 pm-Lenten Meal & Worship [F] 6-8:30 pm-Glorious Day Rehearsal [L]	<b>22</b> 12-3 pm-Office Open 7-9 pm-3D Meeting [L]	<b>23</b> 12-3 pm-Office Open 6:30-11 pm-Chess Club [L]	<b>24</b>
<b>25 PALM/PASSION</b> 9 am-Adult Forum [L] 9 am-Sunday School [F] 10:30 am-Worship Youth Choir Ring & Sing	<b>26</b> <b>OFFICE CLOSED</b> 7 pm-Boy Scouts [F]	<b>27</b> 7 am-Prayer for Peace [L] 12-3 pm-Office Open 6 pm-Prayer for Peace [L] 6:30 pm-Cub Scouts [F]	<b>28</b> 12-3 pm-Office Open 6-7:30 pm-Glorious Day Rehearsal [L] 7:30-9 pm-Senior Choir Rehearsal [NV] 7-9 pm-AA Board Meeting [F]	<b>29 Maundy Thursday</b> 12-3 pm-Office Open 7:30 pm-Joint Worship (at St. Timothy) [NV]	<b>30 Good Friday</b> 12-3 pm-Office Open 12 pm-Joint Worship (at Redeemer) 7:30 pm-Joint Worship (at Redeemer)	<b>31 Easter Vigil</b> 6 pm-Joint Worship (at Christ Lutheran)

# SYNOD NEWS

## Northeastern Pennsylvania Synod, ELCA

### Learning Ministries Day

Held on Saturday, January 27, at Christ Hamilton United in Stroudsburg, this year's theme was: "Church as Wonder-Land."

Pr. David Danneberger led the opening worship and welcomed attendees to a day that included a keynote address, workshops, meals, and time to share ideas and excitement.

Keynote speaker Pr. Lori Kochanski (former NEPS Pastor and Assistant to the Bishop) spoke about "Transforming Faith Communities from 'Places to Go for Answers' to 'Places to be with the Big Questions.'"

Afternoon workshops included Special Needs Ministries, Caring for Creation, and Wonder: "Godly Wonder," "Science and Wonder," and "Wonderful Crafts."

An offering raised \$625 for scholarships to Bear Creek Camp.

Learning Ministries Day 2019 will be Saturday, January 26, at Jerusalem, Schuylkill Haven. Save the date!



### Inside Outside Gift Giving



Caren (not her real name) told Pastor Sue Ruggles of St. John, Easton that her daughter has trouble with an addiction and is incarcerated. While her daughter is in jail, Caren cares for her children, trying to keep them together in one house. Christmas is especially hard because there is not enough money. This is just one of many stories told in December.

Members of St. John downtown historic Easton, one block from the Northampton County jail, believe the children should not be punished because of their parent's mistakes or addictions. So every year, those inside the jail can request their family members receive gifts. This year, St. John expanded their work and filled the requests from 56 people inside the jail. Over 150 children received gifts that were wrapped and deemed age appropriate.

Toys for Tots helps with some of the toys; and a Thrivent Action Team Grant helps with the rest, including mailing seven packages for families out of the area. Children received love and prayers for every gift wrapped, and the caregivers who picked presents up were able to share their stories and receive encouragement. "Inside Outside Gift Giving" enables parents inside the jail to show children outside the jail they are loved while someone is trying again.

## Talking About Racism

### The White Privilege Conference April 4-7, 2018

In 2016 the Youth, Young Adult, and Family Ministry Team of the Synod received a grant to help young people learn about racism, and how they could help heal the wounds of racism. Several of them attended the "White Privilege Conference" which was held in Philadelphia. The next conference will be held in Grand Rapids, Michigan, April 4-7, 2018. Take a team of folks from your congregation. For more information visit: [whiteprivilegeconference.com](http://whiteprivilegeconference.com).

### ORGANIZATION - Race Forward

Taken from their website:

"Race Forward's mission is to build awareness, solutions, and leadership for racial justice by generating transformative ideas, information, and experiences. We define racial justice as the systematic fair treatment of people of all races, resulting in equitable opportunities and outcomes for all; and we work to advance racial justice through media, research, and leadership development."

Check out their website at [raceforward.org](http://raceforward.org) for all kinds of resources including links to training. A small group of youth and adults from our synod attended a training event in 2016 and found it helpful.

## Evacuees to PA following Maria: LCS Helps Congregations Connect



Like many before who have sought refuge with friends and family following disaster, over 2,500 people have evacuated from the Caribbean to Pennsylvania following Hurricane Maria. As of mid-January, the number of displaced students in the Allentown school district was 367; in Reading, 229; and in Bethlehem, 160. There are also displaced students in Hazelton, Scranton, Wilkes Barre, and other places.

Because of support from strong Hispanic communities here, many families are becoming self-sufficient quickly. There are some circumstances, however, where the most vulnerable have significant needs, especially related to housing. LCS is seeking to be an ally to organizations and churches who are caring for newcomers. Some of the efforts underway include:

- Supporting the Reading Lutheran Parish in hosting Camp Noah this summer. Camp Noah is a disaster camp developed through the Lutheran Disaster Response network to support children recovering from disaster.
- Forming partnerships with Lutheran leaders who are leading outreach efforts to families who are providing temporary housing to friends and family from Puerto Rico.
- Helping congregations connect with the most vulnerable families in their communities in order to help them with rental assistance and other support.
- Working with Pennsylvania Emergency Management, FEMA, and other faith based and disaster organizations to coordinate efforts for helping people make decisions for their families.

Interested in learning more about Camp Noah or other ways to support those affected by Hurricane Maria? Contact Julia Menzo at 267-464-7740 or [jmenzo@libertylutheran.org](mailto:jmenzo@libertylutheran.org).

The Rev. Jerel W. Gade, Dean 610-966-3030  
The Rev. Kurt E. Garbe, Assoc. of the Bishop 610-266-5101

Mr. Joshua Fink, Mission District Chair 484-358-5720  
Mrs. Linda Smith, Newsletter Editor 610-437-9927

**April 2018 LMD NL news will be due March 16, 2018.**  
E-Mail any information to me at [lmd.newslettereditor@gmail.com](mailto:lmd.newslettereditor@gmail.com).

**Lenten Morning Reflections...Paying attention to God** – Sat. Feb. 24, 2018, 9:00a.m. – 12:00p.m. Center for Spiritual Awakening at Christ Lutheran Church, 1245 W Hamilton St, Allentown, PA 18102. For more information contact, Rev. Dr. Tom Lichner, [tlcichner@rcn.com](mailto:tlcichner@rcn.com) or [610-533-9362](tel:610-533-9362).

**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 - starting Mar. 2<sup>nd</sup> - Apr. 6<sup>th</sup> - 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 [tlcichner@rcn.com](mailto:tlcichner@rcn.com) / [610-533-9362](tel:610-533-9362)

**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: March 14<sup>th</sup>, 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 [tlcichner@rcn.com](mailto:tlcichner@rcn.com) OR [610-533-9362](tel:610-533-9362).

**Roast Beef Dinner** – Sat., March 24<sup>th</sup>, 4:00-6:30p.m., Friedens Evangelical Lutheran Church, 2451 Saucon Valley Rd, Center Valley, PA. Call [610-865-4144](tel:610-865-4144) for more information. Proceeds to benefit Meals on Wheels of Lehigh County. **Please see flyer located at your church.**

**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 [tlcichner@rcn.com](mailto:tlcichner@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).

**Crossroads at St. Paul's-Allentown:** "Lord, when did we see you?" Crossroads is Allentown's only day shelter, where the homeless can gather out of the cold, and hopefully improve their lives. Thanks to our partners, we are pleased to announce that Crossroads is now open **Monday-Thursday - 9am-4pm, Friday - 11am-4pm and Saturday - 11am-3pm! Additionally, a lite breakfast is served Monday-Wednesday - 8:30am. Just 30 or 60 minutes can make such a difference!** Contact St. Paul's-Allentown at [610 435-9065](tel:610-435-9065), or email [jennstpauls1st@ptd.net](mailto:jennstpauls1st@ptd.net).

#### SAVE THE DATE!

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!



**CROSSROADS**  
**Special Ministry**  
**ST. PAUL'S IN ALLENTOWN**  
**Continued....**

*Last month's Pastoral Article from Pastor Steven Shussett of St. Paul's, Allentown, concluded with a paragraph that noted "Crossroads opened four years ago...starting as simply a place to be out of the cold, but growing year by year, now hosting up to 60 people a day. Thanks to partners like those in the Lehigh Mission District, St. Paul's has expanded the drop-in center in a variety of ways." Following is the conclusion of his article.*

Crossroads is the anchor for a multitude of ministries to care for body, mind, and spirit, from Sacred Heart Parish Nurses and nursing students from throughout the Valley and from Lehigh Valley Medicine to mental health and other health care providers. Stephen Flowers of Suddenly Samantha Salon in Easton cuts hair at least once a month and Synergy Services for Homeless Youth is onsite weekly.

What was once a Monday through Thursday ministry just expanded to include Friday and Saturday, thanks to our partners at Ripple Church (who worship at St. Paul's on Sunday afternoons). Ripple provides service opportunities for those staying with us, so they are giving, not just receiving. And all the while, contributions from Ingathering and other benefactors allow us to provide food and health care items to the many who have so little, to the point that we now provide a light breakfast on Monday, Tuesday, and Wednesday.

We could not do what we do at St. Paul's without the help of those who contribute goods, time, and energy. The seeds were planted long ago, but watering by our many partners means the world when it comes to bearing fruit. And in so many ways our cup runs over, ***thanks to the One "who is able to do far more abundantly than all that we ask or think" (Ephesians 3:20).***

God is doing more than any of us could have imagined! Since it began at St. Paul's, the overflow shelter has moved several times, from one rented space to another. No place is perfect, and while there have been annual improvements, the instability has meant everything was looked at as temporary.

St. Paul's is moving to bring that uncertainty to an end. The Council of St. Paul's agreed to use our Education Building as the next, and theoretically last, warming station. This building has more space than any of the previous efforts, enough to increase women and family space. Moreover, being permanent means that capital improvements can be made with an eye toward the long term. With the help of our partners, the third largest city in Pennsylvania will come a step closer to providing all of its citizens with the resources they need.

The seeds were planted long ago, and so many people, from St. Paul's and beyond, have watered in common purpose. Thank you to all who work alongside us as God's servants, working together in God's field, creating something unique in God's special "home."

**Pastor Steven Shussett**  
St. Paul's in Allentown

**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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**Tuesday, May 15 to Thursday, May 17 – RIDE THE RAILS OF WEST**

**VIRGINIA** – This exciting trip includes 2 nights lodging, 2 breakfasts, 2 dinners and not one, but two train trips, the Cheat Mountain Salamander with lunch on board the train and the Durbin Rocket. On day three we will visit the Seneca Caverns before heading home.

**Contact the Operation Sunshine office for a flyer with the full itinerary and pricing.** Travel Protection is available and suggested.

**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**