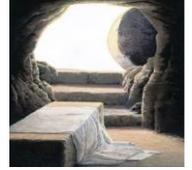




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The Lutheran Letter

April Newsletter 2020



From Pastor Camp...

Dear Union Family,

I hope you are well and abiding in the love, peace, and hope of our Lord and Savior Jesus Christ. These are trying times, but the Lord reminds us in **Isaiah 43:1-3** *“Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior.”*

May God continually remind us that we are so loved that He sent His Son to live, die, rise for our salvation.

We are following the requests of the various local, state, and national leaders and agencies by continuing to keep our church building closed. I am available by phone **610-554-8061** or **email pastor@ulclv.org**. We look forward to the day when we will again joyfully fill the pews!

We are committed to providing the congregation with weekly worship experiences. Look for the links in your email on Wednesdays and Sundays. (daily during Holy Week).

I am very encouraged by how our congregation is seeking to love one another with words and deeds that meet needs. There have been many stories of brothers and sisters making an effort to stay connected and care for each other.

Let's continue to pray for: the end of this pandemic, the health of all, protection for the elderly and those who are vulnerable, those whose jobs may be in jeopardy, our local, state, and national leaders, the spiritual health of the church, and especially our **health workers**.

Christ is Risen! Alleluia!

Pastor Camp



Palm Sunday, Holy Week and Easter are some of the most meaningful worship times in our church year.

Realizing that we may not be able to worship together at Union Lutheran for a while, your church staff is hard at work. We are planning and learning "new to us" technology, so that we will be able to email YouTube devotions and worship services.

All devotionals and services can be found on the homepage of our website www.ulclv.org. If you do not have access to a computer, please use the enclosed Easter devotional.

Palm Sunday (April 5)– Join us for an online worship service complete with music.

Holy Monday – Jesus Cleanses the Temple (Matthew 21:12-17)

Holy Tuesday – Pharisees Challenge Jesus’ Authority (Luke 20:1-8)

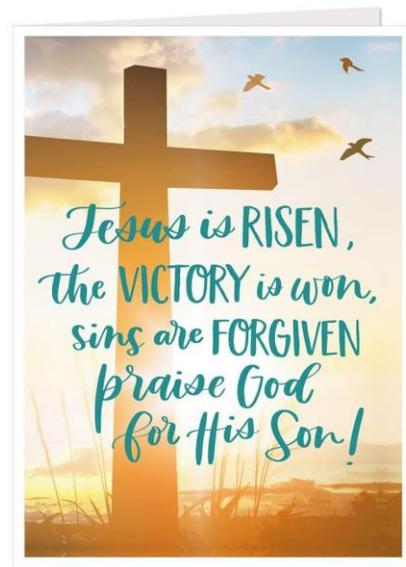
Holy Wednesday – Jesus anointed at Bethany (Mark 14:1-11) Judas paid to betray Jesus (Luke 22:1-6)

Maundy Thursday – The Last Supper (Luke 22:7-65)

Good Friday – The Crucifixion Luke 22:66-23:49)

Saturday – He has bourn our iniquities (Isaiah 53:2-12)

Easter Sunday (April 12) Join us for an online worship service complete with music.



Due to the Covid-19 outbreak, all worship services and activities at ULC are cancelled through April 30.



Every
Donation
Makes A
Difference

Lil Pantry – Food Donations

Hunger does not take a break during times of crisis...our Lil Pantry is being used heavily. Please drop off your food donations and place them directly into the pantry located outside our main entrance.



Sewing Masks

Dedicated members of our church family are prepping fabric and sewing masks which are being donated to local hospitals.

How can you help?

- Order 100% cotton fabric online
- Donate any new 100% cotton fabric that you may have
- Volunteer to sew the masks (pattern provided)
- Lend your sewing machine

If you are able to provide any help, please email the church office at office@ulclv.org or call 610-767-6884 and leave a message. We will be helping to match supplies to those with sewing skills.

Thank you to Linda Geissinger for starting this important project.



The March 16th meeting was cancelled due to the recommendation for social distancing. The next Council meeting date to be determined.

How can you help?



The work of our church continues through times of joy and times of crisis. Your church staff has been working very hard to maintain our ministries for all of our members and community by using new technologies like offering online devotionals and by using old ways like creating a simple phone chain to reach those without access to email/internet.

Our last worship service was held on March 8th.

Since then we have been receiving offerings from folks who are mailing their offerings and by those who are using our online giving methods. Please consider helping to maintain our financial health by contributing to ULC in one of the following ways:

1. Simply use the enclosed offering envelope (or an envelope from your packet) for those who are receiving a paper copy of this newsletter and mail your offering to:
Union Lutheran Church
5500 RT 873
Schnecksville PA 18078
2. To give your offering electronically, go to our website: www.ulclv.org and click on the Give tab or simply follow this link: <https://ulclv.org/give/>

Thank you for maintaining the work of our church!



Meet. . .
Dorothy Lenore Reiss Bealer
by the Communication Committee



If you need a nurse or a real estate agent or someone who is fun to talk with, then you're in good luck. You've found all three in Dottie Bealer!

Born in Easton, Dottie graduated from Easton High in 1968. From there she went to Grace New Haven (Connecticut) School of Nursing, part of Yale New Haven Hospital, one of the leading hospitals in the world. Before finishing her studies, she transferred to the Easton Hospital School of Nursing and graduated from there as an RN (Registered Nurse) in 1973. For five years she worked at Easton Hospital in pediatrics, obstetrics, and surgical ICU (Intensive Care Unit). She then changed jobs and was involved in out-patient kidney dialysis in Allentown.

It was in 1976 that she met her husband-to-be, Ron Bealer, a US Navy Veteran (he served on the USS Enterprise in 1960s) employed at Mack Trucks. They were married at Dottie's home church in Nazareth on October 1, 1977.

In their almost 43 years of marriage, they have had two children and five grandchildren. Daughter Jennifer was born in 1980 and she is married to Chris Onwuzo. They live in New York City and

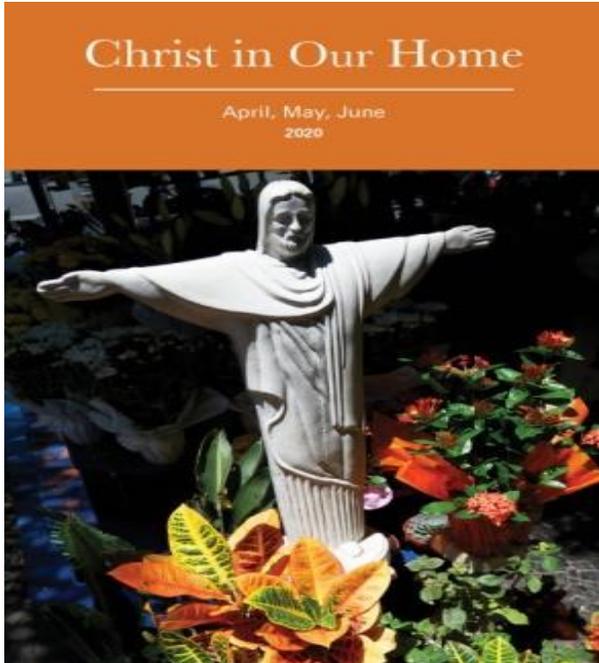
have two children, Sophia age 4 and Evelyn age 3. Son Ron, Jr., was born in 1983 and is married to Rachel Cichonski. They live in Orefield and have three children, Jack age 4, Charlie age 3, and Lillian age 1-1/2.

So how does a nurse become a real estate agent? In Dottie's case it's pretty simple. Her husband had a real estate license and she went with him to a real estate construction class and found it interesting. She said to herself, "I could do that" and took another class and, as they say, the rest is history. She obtained her real estate license in 1978. Since then she has sold many properties. She was deeply involved in the Schnecksville North development. Here at Union she was on the Council when the new church was built. She treats her clients as if they are family, putting their needs first and helping them through the complicated process of buying or selling a home.

Since 2001 Dottie has been a Parish Nurse in our congregation along with Bonnie Krause. They divided up their duties so Bonnie was always at the 8:00 am service and Dottie was at 10:30 am. When Bonnie stepped down, Jane Borbe took her place.

Dottie has been a faithful member of Union since 1982. She says she finds it comfortable place to be. She says it is close to home and she appreciates the various gifts of all the clergy who have served, and are serving, as pastors of the congregation. Currently she is involved in the Northern Lehigh Food Bank and serves with Patty Hersh as co-chair of the Social Ministry Committee.

You'll find Dottie almost every Sunday at the 10:30 am service. She's not very tall (like Zacchaeus in the New Testament story) but just as he plays an important part in the Bible, she plays an important part here at Union Lutheran Church. We are fortunate and grateful to have her among us.



Christ in Our Home Devotionals

To assist with your devotional life, Augsburg Fortress is offering a complementary email subscription. Click on this link and you will receive a daily devotional in your email for April.

https://go.augsburgfortress.org/christ-in-our-home-email-subscription?utm_campaign=AF%20Subscription%20Devotionals&utm_content=122713140&utm_medium=social&utm_source=facebook&hss_channel=fbp-373501085464



We extend our sympathies to the family of **Warren Miller** who passed away last month.



Welcome our new Director of Music

We are proud to introduce Susan L. Frickert as our new Director of Music at Union Lutheran Church. Susan comes to us from St. John's United Church of Christ, Nazareth, with more than twenty years experience in music ministry. She has worked with several choirs accompanying and directing. She has also worked with the Lehigh University Music Department accompanying major choral works and students.

Susan will be directing Union Chorale, the Praise Band, the Bell Choir, the Children's choir, and working with Pastor Camp to prepare our weekly worship music.

Susan will begin her activities at Union Lutheran on May 1, 2020. Her first worship service will be on Sunday, May 10th.

Please share a warm welcome to Susan as she joins our Union Lutheran worship family.

The Music Director Selection Team

Email news – Especially during this time, we are sharing a lot of information via email. If you would like to be added to our email list, contact us at office@ulclv.org.

From the Parish Nurses...

Harnessing the upsides of stress

Blessings as we deal with and learn more about the Covid 19 Virus. The Center for Disease Control www.cdc.gov/covid19 is a good resource for the most up to date information. Here is a copy of an article from a Harvard Newsletter that caught my attention.

Changing your mindset doesn't mean taking a Pollyanna view of the world. The key isn't to deny stress, but to recognize and acknowledge it—and then to find the upside, because a full-throttle fight-or-flight response is not the only possible reaction to stress (at least when the stress does not involve a potentially life-threatening situation).

In people with a more stress-hardy mindset, the stress response is often tempered by the challenge response, which accounts for the so-called excite-and-delight experience that some people have in stressful situations, such as skydiving. Like the typical stress response, the challenge response also affects the cardiovascular system, but instead of constricting blood vessels and ramping up inflammation in anticipation of wounds, it allows for maximum blood flow, much like exercise.

Another modification to the stress response is called tend-and-befriend. It explains why, after the September 11 terrorist attacks in 2001, the 2013 Boston Marathon bombing, or the 2016 massacre at the Pulse nightclub in Orlando, people felt the need to reach out to friends and relatives in the community—to assure themselves that loved ones were all right, to comfort the distressed or bereaved, and to shore up social networks. Connecting in this way actually helps reduce stress as opposed to, say, watching an endless loop of TV coverage. That's because tend-and-befriend also involves different balances of

hormones—in particular, increased levels of oxytocin, which enhances bonding between a mother and child or between sexual partners, for example. It makes the brain's reward centers more responsive to social contact, and it is an important part of resilience.

Dialing back from full-on fight-or-flight can be simply a matter of changing your mindset. Studies have shown that when participants are told "You're the kind of person whose performance improves under pressure," it does—by as much as one-third. How can you shift your mindset? A 2015 book called *The Upside of Stress* by Kelly McGonigal gives multiple ideas. Here are just a few suggestions:

- When you notice a racing heart—for example, before you give a presentation or initiate a tough conversation—realize that your body is trying to give you more energy and see if you can capitalize on that.
- If you are feeling nervous, pause to consider why, and ask yourself if it's because you're doing something that matters to you and therefore reinforces your values and gives meaning to your life.
- Don't deny the stress, but redirect your energy away from it and toward the task at hand.
- If you are feeling overwhelmed with work or cares, try doing some small act of kindness for someone and note the mental reward you reap.
- Nurture your social networks. Caring creates resilience.
- Try to focus on the larger purpose of whatever you're doing. When you're stuck in a traffic jam taking your daughter to school, remember that it's because you love her and want her to get a good education.
- Whatever you're doing, don't pretend that stress doesn't exist. People who

deny it tend to isolate themselves and reinforce their fears. Instead, ask yourself why you're experiencing this stress and look for any positive aspects to it. Are you learning something from it? Are you gaining strength? Are you connecting with people on a more fundamental level? Do you feel more intensely alive?

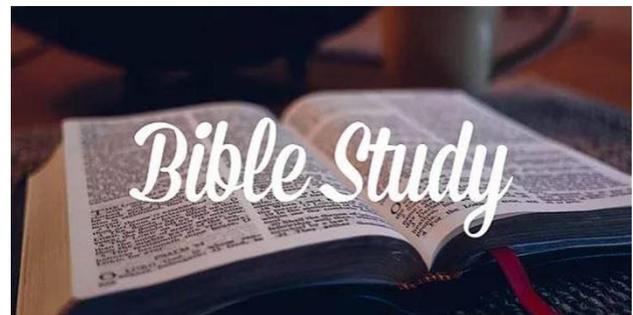
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strength? Are you connecting with people on a more fundamental level? Do you feel more intensely alive?



Look at the time change for our meetings! Calling all those who knit or crochet! Please join us on **the second Wednesday of each month at 1:00 PM** in Room 202. We look forward to seeing you soon, as we continue this important ministry of making scarves, shawls and baby blankets. For more information, please contact Sandy Castaldi, 484-262-0425.



Our Women of the Word meet every month for a Bible Study. They use resources from the Gather magazine published by the Women of the ELCA. Why not check out the free Bible Studies by highlighting and clicking this link:

https://www.gathermagazine.org/bible-study/free-bible-studies/?utm_source=Gather+magazine&utm_campaign=2b24f06acc-EMAIL_CAMPAIGN_2019_08_29_05_03_COPY_01&utm_medium=email&utm_term=0_b36d2311ab-2b24f06acc-366652901

**Winter Youth Group Retreat
High Point Camp- February 2020**



- | | |
|----------------|-------------------|
| Brayden Arnold | Grace Bauer |
| Maggie Bowman | Kylie Braker |
| Jordan Bucks | Abby Fusselman |
| Hayden Gabel | Sierra Hohenshilt |
| Kiki Lutz | JR Marchetti |
| Katy Miller | Elias Miller |
| Jake Rittle | Samantha Rittle |
| Scott Stevens | |

What do these awesome youth have in common....they all said “yes to the faith journey” to the National Youth Gathering in Minneapolis – Summer of 2021.

During this time of social distancing, we have been “meeting” every day at 3:30 PM. We have been investigating Minneapolis, praying for our teachers, and even did a virtual scavenger hunt using Zoom!

There is room for any youth (current Grades 7 to 11) to join us on the trip. Contact Cathy Shaffer at office@ulclv.org for more information!

Clothing Bins Closed

The USAgain Clothing Company has closed the clothing collection bins (located in our lower parking lot) during this health crisis. Please do not bring any donations. The boxes are sealed shut during this time. When they are available, we will inform you. Thanks for your cooperation.

Name: _____

Date: _____

BIBLE EASTER WORD SEARCH



K C T E K A M S R H T O A Q T L T J T S H P
L G D A B H C I A A O Z F S S P C X E U Z I
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Q O U B Q M C N C S L N C H U Y R I R A E T
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P P W Q A R F F I L O O V R Q W T S F R G D
C A Z X H Y I C S E D L X E S S T T R I Y Y
R A S Y J F X Y E S N M S T N R B J E H C U
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N R I V O R O E G O T D U M C R O S S G L Y
I G G C A V N N L P N Q X B Z A J U H H O Q
S Z K M J R E E V R I B L E F Q Z S V P L M
G Z N Z W G Y R S J T G R Y E D F D H R O O
R O B E R O M A N S K S O N O F G O D I X Z
T S Q B E N A I L S Y U H N Z M B A L E S V
P J B T H R E E D A Y S N S N G H G K S L N
N C F A N G E L S W S Z G W Q V C N M T D B

ROMANS
RISEN
SACRIFICE
THREE DAYS
ANGELS
SAVIOR

GOLGOTHA
BLOOD
SIMON OF CYRENE
JESUS
ROBE
LAMB

SON OF GOD
TOMB
APOSTLES
CALVARY
CROSS
NAILS

MARY
CRUCIFIXION
PILATE
HIGH PRIEST
PASSOVER
SUNDAY



Union Evangelical Lutheran Church

5500 Route 873
Schnecksville, PA 18078
610-767-6884 Church Office

Our Mission is to follow Jesus and serve as He would.

Pastor:

The Rev. Gordon A. Camp
email: pastor@ulclv.org
cell: 610-554-8061

Staff:

Cathy C. Shaffer, Asst. to the Pastor
Terry P. Hoffman, Sexton
Dorothy Bealer & Jane Borbe, Parish Nurses

Pastor Emeritus:

The Rev. Dennis W. Moore

Your Congregation Council Members

Officers

President: Dave Geiger
Vice President: Patty Hersh
Secretary: Kandy Lang
Treasurer: Cathy Shaffer

Union Board Representatives

President: Donald Weaver
Secretary: Brian Geren
Delegates: Lynne Banzhoff & Patty Hersh
Alternates: Debra Grundstrom & Gail Lafferty

Committee Liaisons

Christian Education: Gail Lafferty	Library: Sally Grim
Christian Life: Kim Kuhlman	Property: Donald Weaver
Communication: Brian Geren	Social Ministry: Patty Hersh & Kandy Lang
Fellowship: Brian Bucks	Staff Support: Debra Grundstrom
Finance: Jay Marakovits	Worship & Music: Lynne Banzhoff

Learning Ark Christian Preschool: Jackie Bucks, Preschool Director

Website: www.learningarkpreschool.com

Email address: preschool@ulclv.org

Office Hours: M,W,F – 8:00 AM to 3:00 PM; T, Thr – 9:00 AM to 3:00 PM

Website: www.ulclv.org **email:** office@ulclv.org **Facebook.com/ulclv**

Lehigh Valley Hospital & St. Luke's Hospital Church Code #349

Miller-Keystone Blood Center #1258 - ULC