

THANKSGIVING IN TURBULENT TIMES

How can we be thankful in the middle of life's turbulence? Let's be reflective, historically.

October 1621, 53 Pilgrims gathered in Plymouth, MA to celebrate the successful Fall harvest along with 90 Native Americans who had helped them survive a very difficult year. They viewed the harvest as a life-giving bounty from God that would sustain them through the long winter. This time of "Thanksgiving" was a tradition the Pilgrims brought with them from England and shared with their new American friends.

In 1789, President Washington proclaimed a National Day of Thanksgiving to be celebrated each November. From that time on, the observation of Thanksgiving varied by state until President Lincoln on **October 3rd 1863**, declared the last Thursday of November (later the 4th Thursday of November) as a national "day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens." Did we notice the year of President Lincoln's proclamation? **1863!** Our nation was in the middle of the Civil War. The union was divided and families experienced brothers fighting against one another. Our nation was experiencing our most turbulent time.

In our Civil War, President Lincoln drew our nation's attention to "the Most High God, who, while dealing with us in anger for our sins, hath nevertheless remembered mercy." He knew that focusing on the goodness of God changes our perspective. President Lincoln understood that the greatest weapon against national or personal turbulence is thanksgiving!

In 2022, we still experience COVID-19's devastation upon our families, the war in Ukraine rages on and now consumer pricing is increasing at an alarming rate. Also, this November, mid-term elections are shaping up again to be contentious. With all of this and more, what is our attitude to be on the 4th Thursday of November this year?

As believers, we can find God's hand leading, providing, and protecting us in everything. God has brought us through our difficulties and He will always be, according to the psalmist, "our Strong Tower." Let us celebrate the truth of God's Words as recorded by the Apostle Paul:

God has “delivered us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have received redemption, the forgiveness of sins,” (Col. 1:13-14).

We have been “raised up with him and seated us with Him in the heavenly places in Christ Jesus,” (Eph. 2:6).

“Our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ; who will transform the body of our humble state into conformity with the body of His glory, by the exertion of the power that He has even to subject all things to Himself,” (Eph. 3:20-21).

“God is able to make all grace abound to you, that always having all sufficiency in everything, you may have an abundance in every good thing,” (II Cor. 9:8).

As Christ followers, we have infinite reasons to be thankful. Let me encourage us to shift our eyes away from the turbulence of 2022 and focus on the truths that we are saved, sanctified, and sustained by the blood of Jesus and the power of the Holy Spirit for the glory of our Heavenly Father. When we focus on Jesus, no matter what happens, thanksgiving will flow naturally and freely, not just on the 4th Thursday in November, but all day every day!

Pastor Camp



**Ryan, Monica,
Nolan & Aaron
Parker**

NOVEMBER HAPPY HOUR

Nov. 6

TBD

Nov. 13

**PRESENTER KAITI
SNYDER**

Nov. 20

TBD

Nov. 27

**HAPPY
THANKSGIVING
NO CLASS**



Prayer Shawl Ministry

The Prayer Shawl Ministry will be meeting on Tuesday, Nov. 8 at 1:00 p.m. in rooms 206-207. Anyone is invited to join us. We knit AND crochet prayer shawls, scarves and hats. Call if you have any questions, Sandy Castaldi 484-262-0425.



Bakers Needed
Sunday, Nov 13th
Pumpkin Sunday-
Pumpkin goodies

WOW Bible Study
Saturday, November 5,
9 am



Women
of the
Word

Join us as we continue our study of women in the Bible using the book *FIERCE* by Episcopalian Pastor and college chaplain Alice Connor. These women's stories are messy, challenging, and beautiful and not often heard in church. No worries if you weren't able to join us in October – just come. Questions? Call or text Linda Rebeck at 610 613 6196 or email Linda.Rebeck@gmail.com



VBS 2023

July 16 — July 21

Week long VBS is back in person!!!

Save the date and stay tuned for details!

VBS will be in the evening!

How to prevent stroke

Here are seven ways to start reining in your risks today to avoid stroke, before a stroke has the chance to strike.

1. Lower blood pressure

High blood pressure is a huge factor, doubling or even quadrupling your stroke risk if it is not controlled. High blood pressure is the biggest contributor to the risk of stroke in both men and women. Monitoring blood pressure and, if it is elevated, treating it, is probably the biggest difference people can make to their vascular health.

Your goal: An ideal goal is maintaining a blood pressure of less than 120/80. But there may be good reasons why you and your doctor will not want your readings to be this low. For some, a less aggressive goal (such as no higher than 140/90) may be more appropriate.

How to achieve it:

- Reduce the salt in your diet to no more than 1,500 milligrams a day (about a half teaspoon).
 - Avoid high-cholesterol foods, such as burgers, cheese, and ice cream.
 - Eat 4 to 5 cups of fruits and vegetables every day, one serving of fish two to three times a week, and several daily servings of whole grains and low-fat dairy.
 - Get more exercise — at least 30 minutes of activity a day, and more, if possible.
- Quit smoking, if you smoke.
If needed, take [blood pressure medicines](#).

2. Lose weight

Obesity, as well as the complications linked to it (including high blood pressure and diabetes), raises your odds of having a stroke. If you're overweight, losing as little as 10 pounds can have a real impact on your stroke risk.

Your goal: While an ideal [body mass index \(BMI\)](#) is 25 or less, that may not be realistic for you. Work with your doctor to create a personal weight loss strategy.

How to achieve it:

- Try to eat no more than 1,500 to 2,000 calories a day (depending on your activity level and your current BMI).

Increase the amount of exercise you do with activities like walking, golfing, or playing tennis, and by making activity part of every single day.

3. Exercise more

Exercise contributes to losing weight and lowering blood pressure, but it also stands on its own as an independent stroke reducer.

Your goal: Exercise at a moderate intensity at least five days a week.

How to achieve it:

- Take a walk around your neighborhood every morning after breakfast.
- Start a fitness club with friends.
- When you exercise, reach the level at which you're breathing hard, but you can still talk.
- Take the stairs instead of an elevator when you can.

If you don't have [30 consecutive minutes to exercise](#), break it up into 10- to 15-minute sessions a few times each day.

4. If you drink — do it in moderation

Drinking a little alcohol, such as an average of one per day, is okay. Once you start drinking more than two drinks per day, your risk goes up very sharply.

Your goal: Don't drink alcohol or do it in moderation.

How to achieve it:

- Have no more than one glass of alcohol a day.
- Consider red wine as your first choice, which some studies suggest might help prevent heart disease and stroke.

Watch your portion sizes. A standard-sized drink is a 5-ounce glass of wine, 12-ounce beer, or 1.5-ounce glass of hard liquor.

5. Treat atrial fibrillation

[Atrial fibrillation](#) is a form of irregular heartbeat that causes clots to form in the heart. Those clots can then travel to the brain, producing a stroke. Atrial fibrillation carries almost a fivefold risk of stroke, and should be taken seriously.

Your goal: If you have atrial fibrillation, get it treated.

How to achieve it:

- If you have symptoms such as heart palpitations or shortness of breath, see your doctor for an exam.

You may need to take an anticoagulant drug (blood thinner), such as one of the direct-acting anticoagulant drugs to reduce your stroke risk from atrial fibrillation. Your doctors can guide you through this treatment.

6. Treat diabetes

Having high blood sugar damages blood vessels over time, making clots more likely to form inside them.

Your goal: Keep your blood sugar under control.

How to achieve it:

- Monitor your blood sugar as directed by your doctor.
- Use diet, exercise, and medicines to keep your blood sugar within the recommended range.

*Happy
Thanksgiving
from the
church office!*

*The office will be
closed*

Nov. 24 & 25

ELCA WORLD HUNGER

Malawi

Lucia is from the village of Mtathila in central Malawi. The mother of two boys, she delivered her firstborn Patulania eleven years ago with the help of a traditional birth attendant from a nearby village. She experienced significant complications during birth, some of which were life threatening.

In the part of Malawi where Lucia lives, mothers practice home delivery. This practice and information surrounding pregnancy and delivery are passed down from generation to generation. Women such as Lucia rarely, if ever, receive prenatal care from a clinic or hospital.

Nine years after giving birth to Patulania, Lucia became pregnant again. She and her husband received a knock on their door from a local health care worker of the Evangelical Lutheran Development Service (ELDS), whose Maternal and Child Health Improvement Project is supported by gifts to **ELCA World Hunger**. By using door-to-door conversations, health workers and volunteers encourage families to seek prenatal care and emphasize the benefits of delivering babies at the nearest hospital.

After talking with the local health care worker who knocked on their door, Lucia's family decided to attend prenatal care sessions at a local clinic and deliver the baby at Chimoto Health Centre. Lucia gave birth to a healthy, 7-pound baby boy they named King.

Lucia had access to all necessary vitamins and medications during her pregnancy and King was monitored at the clinic near their home. Lucia and her husband continued to receive information relating to child health through door-to-door visits and clinic sessions which have helped King to become a happy, healthy young boy.

Your generous giving to **ELCA World Hunger** makes stories like this possible. Please use the World Hunger envelopes in the pew racks or send your gifts to the ULC church office.

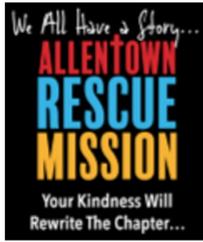


Saturday,

Nov. 12th 7:00 am

Journeymen-
Second Saturday of
the month 7 am
meet at church for
the meeting por-
tion, After the
meeting, anyone
who wishes will
drive to breakfast
and socialize from
there. You can con-
tact the church
office or Journey-
men Secretary, Ron
Pugh at
RonPugh@rcn.com
or by calling 610-
442-9170.

Ingathering 2022



Single serve beverages, canned chicken, tuna fish, coffee, creamer paper towels.



Large print books & word search, playing cards, change purse, hair brushes, writing paper, socks.



sweatshirts/sweaters-lady or man, sweatpants-girls or boys, scented lotions, puzzle books, any paint or coloring supplies, deodorant.

Sayre Center

baby cereal-rice or oatmeal, batteries-AA,C,D, bibs, Kitchen dish towels, single serve fruit/vegetable baby food stage 2, glue sticks.



applesauce, batteries-AAA, blankets, candles, individual cookies/crackers.

Depends Large or XLarge, tampons, sanitary pads.



baby towels/wash cloths, baby bottles 4oz/8 oz., diaper cream, nursing pads, newborn onesies, pacifiers, receiving blankets.

Fall work day @ ULC



8am to Noon

Nov. 12th

Help keep our church building beautiful inside and out! Come for all or just a bit!

Our Lil Pantry

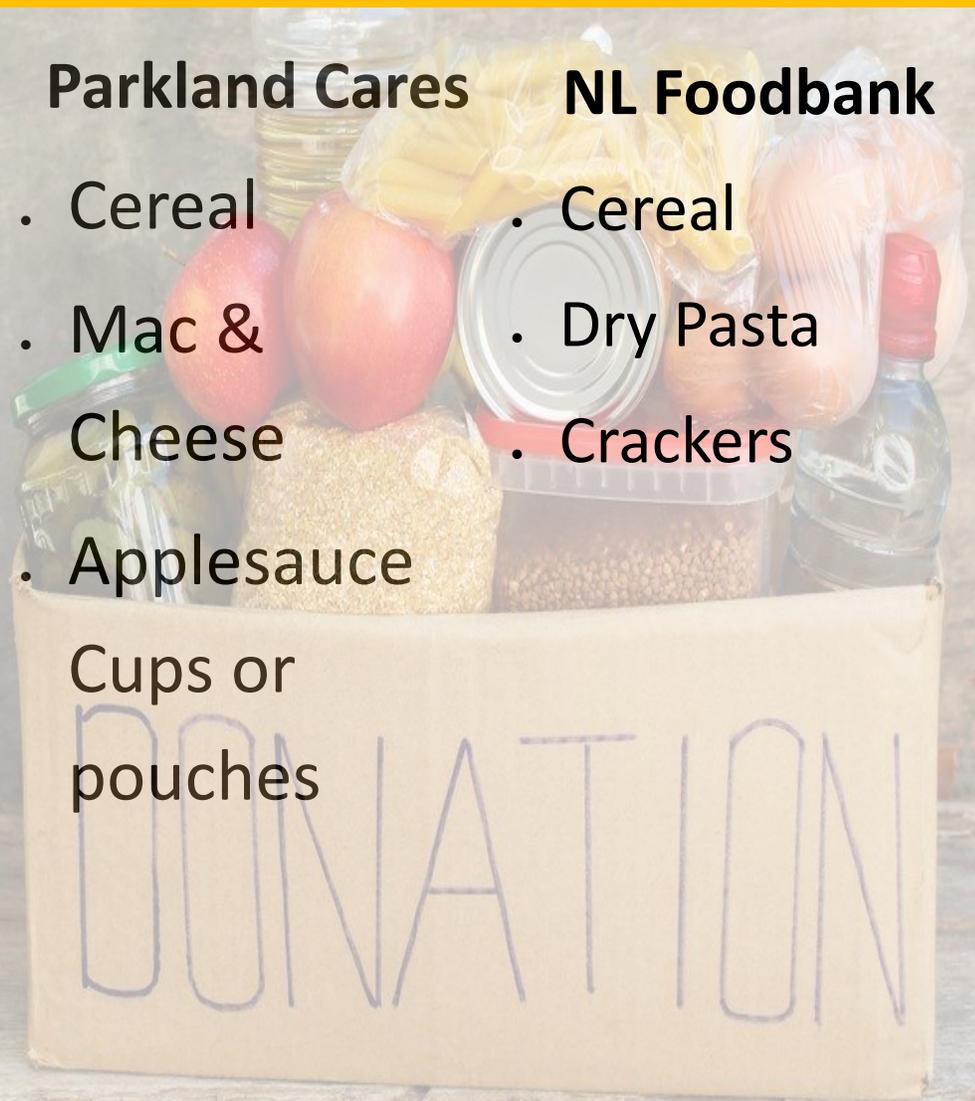
- Tuna & Chicken in cans
- Canned Pasta
- Jelly Grape & Strawberry in Plastic Jars

Parkland Cares

- Cereal
- Mac & Cheese
- Applesauce
- Cups or pouches

NL Foodbank

- Cereal
- Dry Pasta
- Crackers



Advent Food Collection

The social ministry committee is sponsoring a collection of food for the Northern Lehigh Food Bank and Parkland Cares that will take place like an Advent Calendar. Each day during Advent there will be a certain food item on the calendar to add to your box.

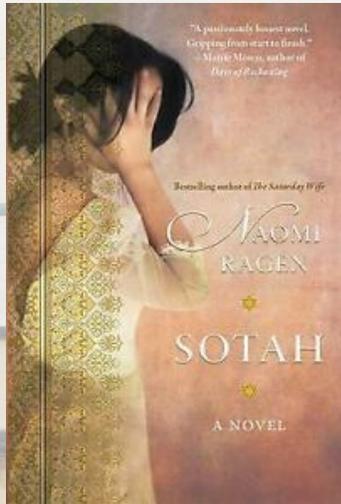
Once Advent is over you will have a full box of essential items for someone in need. We will have a drop off for the boxes at the church the week of December 26th

and will deliver for the new year. Please be sure all contents are plastic or cardboard.

December 1 -	Chicken Noodle Soup
December 2 -	Pancake Mix
December 3 -	Box of Granola Bars
December 4 -	Strawberry Jelly - Plastic container
December 5 -	Peanut Butter
December 6 -	Box of Cereal
December 7 -	Canned Tuna
December 8 -	Box of Crackers
December 9 -	Canned Green Beans
December 10 -	Oatmeal Packets
December 11 -	Syrup
December 12 -	Canned Chicken
December 13 -	Box of Pasta
December 14 -	Rice
December 15 -	Canned Corn
December 16 -	Pasta Sauce - Plastic or canned
December 17 -	Can of Chef Boyardee Pasta
December 18 -	Toothbrush
December 19 -	Can of Soup of Your Choice
December 20 -	Applesauce Pouches or Cups
December 21 -	Canned Fruit
December 22 -	Toothpaste
December 23 -	Tomato Soup
December 24 -	Toilet Paper

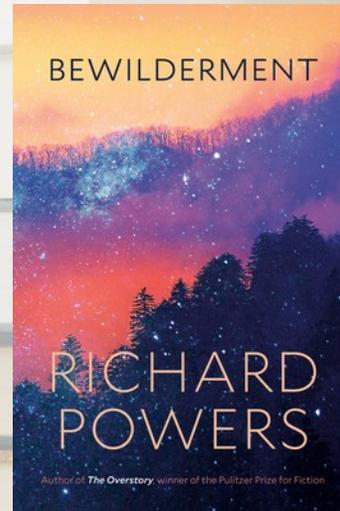
Please help us to help our neighbors in need!

Our next book will be *Sotah* by Naomi Ragen. A glimpse into the ultra-orthodox world of the Haredim in modern Jerusalem.



Ninety three weeks on the best-seller list. *Sotah* introduces us to a family from Jerusalem's ultra-religious haredi enclave with three daughters approaching the age of marriage. In the strict orthodoxy of their world, a *Sotah* is a wife suspected of infidelity who can be tried by ordeal to prove she is guiltless. This is the story of beautiful, fragile Dina Reich who is accused of the community's most unforgivable sin: adultery. Although Dina was brought up to be an obedient daughter and dutiful wife, she has yearnings -- for knowledge, for romance, for excitement -- that she knows her life will never satisfy. In her willing, but arranged marriage, Dina finds these deeply repressed passions increasingly difficult to ignore. Even her loving and generous husband cannot completely satisfy her, and eventually, her frustration finds a dangerous outlet in a sudden and intense obsession with a married man. But when the flirtation is exposed by the community's self-appointed vigilantes, Dina is separated from her husband and child and forced to leave the country. In New York City, the freedom and the shallowness of modern American life appall Dina, but they also inspire her to fashion her own tradition, one that will enable her to confront her accusers and reclaim her life. Set against the backdrop of Jerusalem's ancient rituals, *Sotah* is a contemporary story of sacred and blasphemous love, and a young woman's struggle to reconcile tradition with freedom.

Meet November 13th to discuss!



January 2023 Book Club

Our next selection is *Bewilderment* by Richard Powers

Theo Byrne, an astrobiologist, searches for life throughout the cosmos, It's a dream job for a sci-fi-loving loner. He is

also single-handedly raising his unusual nine-year-old, Robin, following the death of his wife. Robin is a sensitive, introverted boy who spends hours painting elaborate pictures of endangered animals. He's also prone to erratic behavior and about to be expelled from third grade for smashing his friend in the face. As his son grows more troubled, Theo hopes to keep him off psychoactive drugs. He learns of an experimental neurofeedback treatment to bolster Robin's emotional control, one that involves training the boy on the recorded patterns of his mother's brain.

With its soaring descriptions of the natural world, its tantalizing vision of life beyond, and its account of a father and son's ferocious love, *Bewilderment* invites us to ponder the question: At what cost do we allow our capacities for fear, jealousy and appetite to crush other equally intrinsic gifts, like empathy, courage and forbearance?

The logo for the Church Council, featuring the words "CHURCH" and "COUNCIL" stacked vertically in a bold, black, sans-serif font. The text is centered within a rectangular area that has a light blue, textured background.

CHURCH COUNCIL

Highlights from the October meeting.

Financial Review – Givings are lower this month compared to last year at this time and expenses are higher in respects to high inflation rate causing costs to be inflated.

Help Needed – Council will be looking for new members to join! 2 positions will be available for a 3 year term and 1 position is available for a 1 year term.

Lehigh Valley Pops Orchestra will be giving a concert benefiting Abby Graham on Sunday, October 23, 2022 at 3:00 p.m. Tickets are available or Donations will be accepted.

Our Sound System is almost complete, work will be happening this week to fix needed items and prepare to move into the original Tech area at the rear of the Nave.

Sunday School and Adult Sunday school are up and running and we would love to have you and your children join us for this fun time!

Look for information about the pictorial directory coming soon! Dates will be available to sign up to have our own Katie Stauter and Kim Kuhlman take your photos!

Trunk or Treat is ready to see your costumes! Please join us for safe Trick or Treating on 10/22, 1:00 – 3:00pm.

15th Anniversary Basket Social is on it's way, join us for fun games, baskets, and food. Can you help set up, bake or volunteer? Please contact the office.

Volunteers Needed! Do you want to help make ULC a great place to be? There is a committee or a musical group for you! Sign ups are available in the office, check out the calendar on our website to see when our committees and musical groups are meeting to see if it fits your schedule. We would love to have you!

The new Outside LED sign has been approved and will begin construction.

Social Ministry is very thankful for all of the food and monetary donations to help support the less fortunate people in our area. Please continue to support these vulnerable persons.

If you have signed up for a college care package for your college student, packages will be mailed on 11/1.

Church Directory

Save the date (s)/Photo sessions-

November 2nd, 3rd, 5th & 6th

November 25th & 26th

Call the office or click the link below
to schedule

<https://www.signupgenius.com/index.cfm?go=w.manageSignUp#/37273804/slots/>

Photos taken for use in directory are free to the membership.

Directory will be digital and printable upon request.



Don't miss out! Feb. 3, 4 & 5

Past youth have LOVED this experience! Sign up
today! **Guest speaker Ron Jones**

<https://secure.myvanco.com/YK49/>

Deadline November 13th!



ULC Youth Group

Thomson's Hoagie Fundraiser

Order November 1-22

Delivery will be December 1, 4-5:30 pm in the family life center.

Red – Cooked Ham, Cooked Salami, White American Cheese, Lettuce, Tomato, Onion, Hot Peppers, & Italian Dressing Pack
White – Cooked Ham, Cooked Salami, White American Cheese, Lettuce, Tomato, Onion & Italian Dressing Pack
Yellow - Cooked Ham, Cooked Salami, White American Cheese, Lettuce, Tomato, Hot Peppers, & Italian Dressing Pack
Green - Cooked Ham, Cooked Salami, White American Cheese, Lettuce, Tomato & Italian Dressing Pack
Orange – Ham & Cheese, Lettuce, Tomato & Mustard Packet
Tan – Turkey, Lettuce, Tomato & Mayo Packet
Black – Roast Beef, Lettuce, Tomato & Mayo Packet
Blue – Tuna, Celery, Lettuce, Onion, Mayo, Eggs & Tomato
Veggie – Cheese, Lettuce, Tomato & Italian Dressing Packet

Select the hoagies by color and quantity and then:

\$4 each - Money due at time of pick up - cash or check
Click below to order

<https://nartail.com/sm/WpLybD7SY>



All things Journeymen

OUR FAMOUS CHICKEN POT PIE DINNER IS BACK

JOURNEYMEN



Chicken Pot Pie Dinner

Saturday January 14, 2023

4:30 to 7:00pm

(Snow Date January 21, 2023)

Union Lutheran Church

Family Life Center, Rt. 873, Schnecksville

Cost: Adult Ticket: \$12 or \$15 at the door
children (3-12) \$5.



ADMIT ONE ADULT

Our November meeting is 11/12 at 7:00AM in room 104 and we will elect officers for 2023. Following the meeting we will meet and socialize for breakfast at the Schnecksville Dinner. Then if available volunteer for a few hours back at the church to help with Fall Work Day.

At the December meeting on 12/10 breakfast will be provided at the church and it's our Christmas Party and Gift Exchange. Bring a wrapped gift with a value up to \$20 and participate in the always interesting, entertaining, and fun exchange.

All men of ULC are members of the Journeymen and we encourage you to join us. If you have a question do not hesitate to contact Carl Gillikin at Carlgillikin@yahoo.com, at 610-533-4706, or any active member of the Journeymen.



We thank you Cathy for your tremendous help over the years. We could not have done it without you, and will miss you!

-ULC Youth Group



Ready to laugh, learn, and grow in faith? Join us on Sundays from 10:15-11:00am for Sunday School! We run, we play, we read, and we love! Come and grow your love for God with us!

- Hoagie Sale
 - High Point Retreat
 - Christmas Party
 - Shopping and wrapping for Jerusalem House
 - Youth Sunday Prep
- ...and **so much** more! Join us!

Lutheran Disaster Response – Eastern PA. We continue to appreciate (and need) volunteers like yourselves in the Eastwick neighborhood of Philadelphia. We are making great progress, but we want to get families' homes finished as soon as possible so they feel like they can get on with their lives. Volunteers learn on the job how to lay flooring, spackle drywall, and do basic carpentry. You can come as an individual or as part of a group. Please email Sharon Sgriccia at sgriccia@dejazzd.com, our volunteer coordinator for that project, for more info. We would love your help! (We will likely have similar projects related to Hurricane Ida recovery available soon, and Sharon can field those inquiries as well)

YouthWorks. YouthWorks provides Christ-centered [mission trips](#) for thousands of teenagers and Adult Leaders in communities across the U.S. and beyond. YouthWorks believes Christ-centered mission trips disciple students, develop leaders and serve communities. For more information go to youthworks.com or email Heidi Shilanskas hshilanskas@gmail.com to connect with someone locally.

Appalachian Service Project. Just a few days at ASP can transform the lives of those who come to serve. Home repair will strengthen you physically while also deepening your relationship with God. Serves 31 impoverished communities in Kentucky, North Carolina, Tennessee, Virginia & West Virginia. Youth Program operates 7 weeks in the summer (early June to late July). Minimum age is 14. Construction & building experience is helpful, but not required.

For more information go to ASPHome.org or email Dave Weber at davidweber623@gmail.com with someone locally.

Save the Date

Fellowship is hosting a

Winter Paint Party

\$20 per person

February 12, 2023

More details to follow



ULC's Manger Scene Open House

DECEMBER 3RD FROM 3 - 7PM

DECEMBER 4TH FROM 11 - 2 PM

- Come see the festive display of manger scenes
- Stay busy with crafts for the kids and kids at heart
- Listen to a variety of Christmas music performances
- Enjoy light Refreshments
- Give to our community food pantrys

Union Lutheran Church
5500 Rt. 873 Schnecksville



610-767-6884



Calling all ULC...want to know how you can help make this event a success:

- Set up tables Nov. 27 after worship
- Drop off your manger scene Nov. 27 - Dec 2 during office hours
- Help bake cupcakes Nov. 30th at 9am
- Set up manger scenes Dec 1, 2, 3 at 10am
- Help host the refreshments
- Monitor manger scenes during event
- Take down manger scenes Dec 4 at 2pm

Contact the office with ?'s

Union Evangelical Lutheran Church

5500 Route 873 Schnecksville, PA 18078

610-767-6884 Church Office

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

Union Lutheran Staff

Pastor	The Rev. Gordon A. Camp
	pastor@ulclv.org Cell 610-554-8061
Pastor Emeritus	The Rev. Dennis W. Moore
Treasurer	Cathy C. Shaffer
Director of Music	Susan Frickert
Communication Specialist	Katie Stauter
Sexton	Terry P. Hoffman
Faith Formation Coordinator	Josh Dietz
Parish Nurses	Dottie Bealer and Jane Borbe

Congregation Council Members 2022

Officers		Committee Liaisons	
President	Patti Hoffman	Worship and Music	Lynne Banzhoff
Vice President	Gail Lafferty	Worship and Music	Sherwood Geiger
Secretary	Kandy Lang	Library Committee	Robert Drews
Treasurer	Cathy Shaffer	Property Committee	Ron Pugh
Union Board Representatives		Finance Committee	Jason Marakovits
President	Brian Geren	Communications Committee	Brian Geren
Secretary	Sally Grim	Social Ministry	Kandy Lang
Member	Robert Drews	Staff Support	Debra Grundstrom
Member	Sherwood Geiger	Christian Life	Barb Mahoney
Alternate 1	Lynne Banzhoff	Christian Education	Gail Lafferty
Alternate 2	Debra Grundstrom	Fellowship	Sally Grim