



THE LUTHERAN LETTER

NEWSLETTER

March 2023

Lent- A Time for Spring Cleaning

Have you ever walked past a neighbor's garage and noticed that it was filled with stuff? Does a neighbor or perhaps you have a garage that is packed from floor to ceiling with bicycles, garden equipment, furniture, etc. So much so there isn't room for a single car?

Does your mind ever feel like that garage? Unable to fit anything more into it? Life today is a constant filling of the storage space of our minds. Appointments, lessons, practices, games, email – you name it – all cry for our attention and time.

Scientists tell us of the near infinite capacity of our minds but, if we are truthful, it often feels as if we've reached maximum storage space and could use another hard drive.

Perhaps practicing a little bit of mindfulness can help. Eileen Shiffrin, the mother of Olympic skier, Mikaela Shiffrin, provides us with a good example.

As she watched her daughter race towards the gold medal in the giant slalom, TV cameras caught Eileen silently moving her lips. When asked about this, she said she was saying "Hail Mary, full of grace. The Lord is with thee." She said whenever her daughter skis, she doesn't pray that she will win, but that "she's okay or that she doesn't get hurt, or that she can ski well so that she's happy because she's worked really hard to do this." Eileen finds prayer to be a useful way to relieve worry and place life in its proper perspective.

Pastor Camp



***Please prayerfully
consider how
YOU can
increase your gifts
to our***

Union Lutheran Church Family.

Did you receive a salary increase from your employer?

Did you receive a year-end bonus?

If you did, that's great. I'm sure you are worth every penny!

Did you increase your gifts to your church?

No increase is too small.

The first Saturday of each month at 9 a.m. in room 202



Please consider joining us on **Saturday, March 4**, when we'll continue our look at the Ten Commandments, concentrating on Session 3 (5th and 6th commandments) from the Bible Study in the *Gather* magazine.

The author titles this session "Sanctity of life and love" and says: "we will review some of the major murders of the Bible . . . and also delve into the scriptural witness to the spirituality of sex and the covenant of marriage."

Contact Linda Rebuck with any questions – linda.rebuck@gmail.com or 610-613-6196.

ELCA World Hunger

The Horn of Africa

Kojo is a mother who lives in the Kakuma Refugee Camp in northwestern Kenya. The stresses of drought facing the Horn of Africa, compounded by the global food crisis, have had a big impact on Kojo and her three kids.

“We did not have fresh food, and at the time no one in the whole village practiced farming,” Kojo said. “It was difficult to get food. The children survived on one meal a day, and there wasn’t enough for everyone.”

Things improved for Kojo when she attended trainings, supported in part by **ELCA World Hunger**, to learn about “net-house” farming. This method of farming, employing net-enclosed structures, is cost-effective and allows Kojo to cultivate crops year-round, regardless of harsh climate conditions such as drought.

With the skills and tools to practice this method of agriculture, Kojo now has a sustainable source of food. “My life has really changed,” Kojo says. “I am able to provide food for my family, and I sell some of the produce to my neighbors. In turn I am able to buy things like soap and sugar. I feel better, my children are in good health, and I get some money from selling my farm products.”

Equipping mothers such as Kojo to support their families goes even further than the fresh food on the table. Ensuring economic stability keeps kids in school, improves their health, relieves social pressure on those who have migrated to the area and prevents children from having to enter the labor market.

As the drought in Kenya and the rest of the Horn of Africa intensifies, the work **ELCA World Hunger** supports becomes all the more critical. Kojo is eager to expand her net-house farming for greater success as the effects of climate change deepen. “I hope we can plant more varieties of drought-resistant crops and establish another net house for even greater returns,” Kojo shares. “This way we will be able to generate more income for our families and uplift our community.”

The persistent drought is causing an uptick in migration in the Horn of Africa, and our partners such as LWF in Kakuma Refugee Camp are receiving more requests for services — especially education and agricultural training.

“I am really grateful for the support,” Kojo said. “This will go a long way in ensuring sustainability in food production in our communities.”

Your generous gifts make stories like this possible. Use the envelopes in the pew racks or send your gifts for **ELCA World Hunger** directly to our ULC church office.

† We will have a soup supper each
Wednesday in Lent. No advance RSVP
needed. March 1, 8, 15, 22, 29
5:30 pm soup/7 pm Worship



Joyful Moments, a small group of members without partners, met for a fun night of food, conversation and crafts on February 16th.

Members of the group are hard at work planning fun events for the year for our church and community to attend. Who is considered to be a member of our group?

Anyone that is a member of ULC or a friend of a member that enjoys having fun, but does not like to do things solo. Our members may have lost their spouse, or have gone through a divorce or are single but all can appreciate a friendly face and a pal to join in on activities. Day Trips are being planned, along with smaller get togethers for card games or dominoes or trips to the movies! The only thing missing is you! If you are interested in joining this growing group, please reach out to Kate Geren or Kandy Lang.

Kandy

Email: kandykandy033@yahoo.com

Phone: 484-358-9209

Kate

Email: kateoconn@yahoo.com

Phone: 610-733-9793

Holy Week Schedule



Palmer Sunday Sunday, April 2nd

9 am Indoor and Parking Lot & Virtual Worship

Mandary Thursday Thursday, April 6th

7 pm Indoor and Parking Lot and Virtual Worship

Good Friday Friday, April 7th

7 pm Indoor and Parking Lot and Virtual Worship

Easter Sunday Sunday, April 9th

9 am Indoor and Parking Lot and Virtual Worship

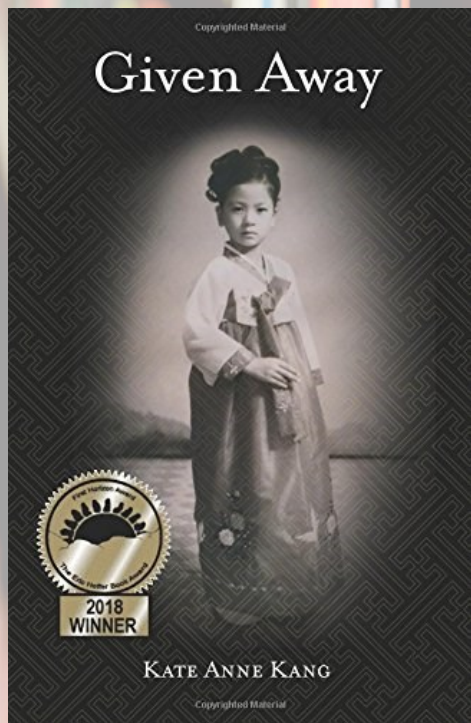
Happy Hour

March 5—The Children's Sunday School will join forces with the Happy Hour attendees to decorate bird houses to take home and nourish God's creatures. Bring your smiles and creativity!

March 9—Good news! On Sunday, March 9, Happy Hour will welcome poet Edwin Romond, a frequent Happy Hour presenter. Ed is the winner of the 2022 Laura Boss Foundation Narrative Poetry Award for his book manuscript, *Man at the Railing*. This national award includes a \$5,000 prize plus publication of the book by NYQ Books, a major New York publisher. Ed will share some selections from his new book that tell stories from his family life as a son, a husband, and father, and also from his 32 year public school teaching career in Wisconsin and New Jersey. Ed's new book won't be released until April so this Happy Hour presentation will offer us a first look at his award winning poems!

March 12—"Meet Glenn McDonald" is the topic led by Herb Gifford on Sunday, March 12, when Happy Hour meets in Rooms 206-207 following worship. Glenn is a Presbyterian Church (USA) minister with 42 years experience as a congregational and workplace pastor. A graduate of Trinity Evangelical Divinity School, he has authored ten books on discipleship and spiritual formation. Glenn was the organizing pastor of Zionsville Presbyterian Church in suburban Indianapolis, which was identified in a 2001 study by Lilly Endowment as one of 300 Excellent Protestant Congregations in America. Come and learn about Glenn's interesting, informative and inspiring "Morning Reflections" and how you can access them. You'll be glad you did.

March 26—Godspell A modern-day version of the gospels, opening with John the Baptist calling a disparate group of young New Yorkers from their workaday lives to follow and learn from Jesus. They form a roving acting troupe that enacts the parables through song and dance, comedy, and mime. Jesus' ministry ends with a last supper, his Crucifixion in a junkyard, and, the following morning, his body being carried aloft by his apostles back into the world of the living on the streets of New York.



Our March book will be *Given Away* by Kate Anne Kang. When Anny Kang was six years old, she was sent by her mother to live in America, where she became Kate Strand. Within the white suburban civility

of Minnesota, Kate struggles as a Korean adoptee, her voice capturing the loneliness and sadness of a young girl forced to forget everything she knows in order to navigate a new terrain.

Never really identifying with her Asian roots or harboring a desire to uncover her ancestry, she comes face to face with her past when her Korean birth family contacts her after more than two decades. Only by reconnecting to her birth family in Korea does an adult Kate begin to understand her past as she faces her long-standing inner conflicts with identity, loss and rejection.

Given Away is the portrait of a childhood spent in two very different worlds: Korea and America. One forgotten, one remembered. It is a story of race, and of belonging, a story that asks the complicated questions of home, family, and self as the author untangles the unlikely strands that formed her destiny.

Join us **March 19th** to hear from a member of our congregation who is a relative of the author, how she discovered the relationship, and events in the book.

Did you know that Thursday, March 2 is National Read Across America Day?

National Read Across America Day is a day to celebrate READING! The day was established in 1998 by the National Education Association to help get kids excited about reading. This is also the birthday of beloved children's author, Dr. Seuss. On this day students, teachers, parents, and community members come together to read books and celebrate the joy of reading.

Our **Church Library** has a wonderful selection of children's books that can be borrowed to read to your favorite child(ren). You can borrow books for up to 3 weeks. Just take the card at the back of the book - date, print your first & last name, and leave a current phone number on the card. Place the card at the front of the card catalogue on the desk nearest the door. When you've finished reading the books, return them to the bin underneath the desk.

Won't you please help set the table? We will be returning to a traditional communion setting, and Altar Guild will be resuming its regular duties of setting up and cleaning up after each service. This takes 15-20 minutes before and after each service, and is a wonderful opportunity for singles, couples, and families to volunteer on a rotating schedule to serve your church family! Contact Valerie Snyder at 610-760-0871, 484-788-3440 or tvsnnyder1990@gmail.com if you would like to help set the table!

[This](#)

Everyone can play.



What: Fun Night out to play Cornhole

When: March 13th

Time: 6:30 until ??

Where: Family Life Center at Union Lutheran

Everyone is invited. If you are interested or need more information, please contact the church office or Ron Pugh, at 610-442-9170.

Bring a snack to share if you would like to.

Northern Lehigh - Crackers and hygiene items

Parkland Cares - Mac & Cheese, Applesauce cups and pouches, Canned Soups, Granola Bars and Tuna and Chicken Snack Pouches

Our Little Pantry - Canned Ravioli and Pastas, Pancake Mix, Mac & Cheese, Boxed Pasta, Pasta Sauce in plastic containers





Paint Party masterpieces



Souper Bowls 489 cans
of soup collected!!



New digital sign installed.
Sign gifted in memorial



Loud offering total
\$665.65

From Parish Nurses & The Mayo Clinic

7 Tips to Improve your Memory

1. Include daily Physical Activity - Physical Activity increases blood flow to your whole body, including your Brain!
2. Stay Mentally Active - Mentally stimulating activities help keep your brain in shape . Do crossword puzzles, Play bridge. Take alternate routes when driving. Play a musical instrument. Volunteer at community, school, or church organizations.
3. Socialize regularly - Social interaction helps ward off Depression & Stress, both of which can contribute to memory loss. Get together with loved ones, friends & others.
4. Get Organized - Jot down tasks, appointments & other events in a special notebook or calendar. Set aside a place for your wallet, keys, glasses & other essentials. Limit distractions & don't do too many things at once.
5. Sleep Well - Try to get 7 - 9 hours of sleep at night.
6. Eat a Healthy Diet - A healthy diet can be good for your brain as well as your heart. Eat Fruits, vegetables & whole grains. Choose low-fat protein sources such as fish, beans & skinless poultry. Avoid too much alcohol /wine which could lead to confusion & memory loss.
7. Manage Chronic Conditions - Follow doctor's treatment recommendations, review your medications with your doctor regularly - some medications can affect memory!
8. Seek help for any memory loss - Your physician will likely do a physical exam , as well as check your memory & problem-solving skills

From all the Journeymen at ULC, we just wanted to say thank you to all of those who volunteered to help prepare and serve a very tasty chicken pot pie dinner.

A special thank you to all who came out and supported the Journeymen, making this year a success.

Thank you, *The Journeymen of ULC*

The Prayer Shawl Ministry will be meeting on Tuesday, March 14 at 1:00 p.m.

Do you know someone who could use some support or comfort in their life? We have prayer shawls that could be the support and comfort they need. Please contact me to arrange to receive a prayer shawl.

Sandy Castaldi

phone – 484-262-0425 or text – 631-697-3078.





Sunday, April 30, 2023

10 am

We need to have 25 donors committed
in order for Miller Keystone to send
out the Mobile Coach.

Please contact the office to sign up.

Appt. times to follow.

J O I N U S

EASTER EGG HUNT

Sat. April 1
@ 1pm

Ages 0-12
Goodie bags & prizes



Union Lutheran Church 5500 Rt. 873 Schnecksville

RSVP: 610-767-6884 or office@ulclv.org

What to bring:

your baskets for egg hunt, smiles for photos with the Easter Bunny
and your neighbors, friends, cousins



DESIGNER PURSE



Coach Michael Kors Kate Spade Vera Bradley

SUN, MAY 21, 2023

Doors open 11:30 am - Bingo Starts at 1 pm

Presale: \$25/20 games

At the door: \$30 (limited availability)

Special games, basket raffle tickets and food available for purchase the day of the event



UNION LUTHERAN CHURCH
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610-767-6884

Union Evangelical Lutheran Church

5500 Route 873 Schnecksville, PA 18078

610-767-6884 Church Office

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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

Congregational Council Members

Charles Mosser, III	Council President/Union Board Member
Kandy Lang	Council Vice President
Valerie Snyder	Council Secretary & Christian Education/Union Board Alt.
Cathy C. Shaffer	Council Treasurer
Robert Drews	Library Committee/Union Board Member
Debra Geiger	Fundraising Committee/Union Board Alt.
Sherwood Geiger	Worship & Music Committee
Brian Geren	Property Committee & Mentoring Committee/Union Board VP
Sally Grim	Social Ministry Committee/Union Board Secretary
Debra Grundstrom	Staff Support Committee
Patti Hoffman	Fellowship Committee
Barbara Mahoney	Christian Life Committee
Jason Marakovits	Finance Committee

