



# THE LUTHERAN LETTER

NEWSLETTER

July 2023

*The man answered, "You must Love the Lord your God with all your heart, all your soul, all your strength, and all your mind." and, 'Love your neighbor as yourself.' "Right!" Jesus told him, "Do this and you will live!" (LUKE 10: 27-28)*

What is OUR purpose in life? It's a question many ask but few really answer. Relationships, careers, possessions, and much more, the focus on oneself always ends up being unsatisfying. God created us for so much more. Jesus made it clear that our purpose is to Love God and Love others.

When we look beyond ourselves to see what needs to be done, we will have a much better idea of what God wants us to do. We will find fulfillment in enriching other peoples lives. We've seen nations go through difficulties and wrestle with problems of war, starvation, or disease that we may never have to worry about.

Our purpose is to serve the Lord and use whatever God has given us to help others. When we focus on that, we find the joy and abundant life Jesus promised. We are more fulfilled when we use our passions and abilities to make a difference in someone's life.

As we prepare to celebrate Our Great Nations Birthday, please remember that all these freedoms have come with a price. They were bought for us by the sacrifices of those who came before us.

Our Nation's Founders pledged their honor and their lives to free us from tyranny and oppression. Jesus Christ gave his life to free us from sin and death. We should continually live our life to the fullest by making God the priority of our lives. We can find peace and happiness in the knowledge that we are satisfying OUR purpose by honoring JESUS.

God bless you and God bless the United States of America!



# 15 Tips to Practice Self-Care and Mindfulness

A well-being coach shares ways to take time for ourselves and reduce stress

In my career as an NYP BeHealthy well-being coach at NewYork-Presbyterian, I've often seen people sacrifice self-care because they are focused on caring for others and they are too busy or feel too guilty about it to focus on themselves. When life becomes overwhelming, self-care is ignored. The paradox is that you need self-care most when you don't think you have time for it.

I learned this firsthand as a breast cancer survivor. My grueling chemotherapy treatments left me feeling mentally and physically exhausted, but also forced me to slow down and take care of my whole self. It was during that time that I realized that self-care is not selfish. Instead, self-love nourished me and nurtured the compassion that I try so hard to show others.

Now more than ever, we need to take small steps to focus on our well-being, because every little thing we do counts in helping manage our stress. To get started, here is my list of 15 simple things you can do to practice self-care.

15 WAYS to PRACTICE SELF-CARE

	EAT A HEALTHY SNACK TO NOURISH YOUR BRAIN & BODY		ENJOY A CUP OF HOT TEA		MAKE A LIST OF SOME PEOPLE & THINGS YOU ARE GRATEFUL FOR		READ A BOOK FOR 10 TO 15 MINUTES		TAKE A STRETCH BREAK IN THE MIDDLE OF EMAILS
	TAKE A WALK OUTSIDE AND PAY ATTENTION TO WHAT YOU SEE		CALL A FRIEND TO CHAT		LIGHT AN AROMATHERAPY CANDLE		TURN YOUR PHONE OFF FOR 30 MINUTES		LISTEN TO A MEDITATION OR WATCH A YOGA VIDEO
	TAKE FIVE MINUTES TO SIT DOWN & TAKE A DEEP BREATH		GET INTO BED 15 MINUTES EARLY		NOTICE THE WAY THE WATER FEELS WHEN TAKING A SHOWER		JOURNAL YOUR THOUGHTS		SMILE, AND REMEMBER TO ENJOY WHAT YOU ARE DOING

Learning to be mindful in your daily life can help when you are overwhelmed. Mindfulness is the ability to be in the present moment and pay attention to the task at hand. Being intentional in whatever you are doing in that moment is mindfulness. If you're feeling a **moment of stress**, try using the S.T.O.P Technique, developed by mindfulness expert [Jon Kabat-Zinn](#).

**Stop:** Interrupt your thoughts and pause whatever you're doing. Sit up straight with a tall spine and calm yourself. Notice the sensations of being present.

**Take a Breath:** Breathe in slowly through the nose, expanding the belly, and exhale slowly and deeply through pursed lips. Take a couple more conscious deep breaths, feeling the body relax with every inhale and release tension with every exhale.

**Observe:** Become the observer of your thoughts, emotions, and physical reactions. What thoughts do you notice? What emotions are present? How does your body feel? Tune in and sit with whatever arises for a few moments.

**Proceed:** Finally, proceed with intention and mindfully take each next step in your day from a place of strength, wisdom, and presence.



**ULC was at The Miracle League of The Lehigh Valley on May 19th and were the Angels in the Outfield for**



**the evening. Dan Grim organized the volunteer portion of this event. Read what Dan has to say; "The Miracle League night was a really great experience for our church participants! Very well run organization, intended to provide the kids with the experience of enjoying sports participation, teamwork and accomplishment. Very thankful for our church member participants, but to a person, we all agreed we received so much more than we gave. Beautiful kids and a wonderful evening sharing experiences with them – thanks all who came out. "**

# Social Ministry call to action!

**Now — July 31st**

School supply collection for

Northern Lehigh Food Bank

Northern Lehigh School District

Highlighters, Dry Erase  
Markers, Crayons, Col-  
ored Pencils, Washable  
Markers, Index Cards, 2  
inch binders, Notebook  
Paper, Kid's Scissors,  
Blue ink pens, Ear Buds

***Wishing all the Youth  
Group***

***a great summer!***

***Love, Jen, Chris & Joann!***



Happy Hour met in early June to plan out an exciting calendar for our upcoming year! We have some SUPER sessions, ideas, and discussions planned. Our first session of the new year will be held on Sunday, September 10<sup>th</sup> at 10:15. Our amazing organizer Susan Frickert will be leading us during our first session to show that anyone can make music! Don't miss out!



**Fri. July 14th 6pm**

*Capo & CO*  
*1375 Chestnut St*  
*Emmaus*

**Thurs. July 27th 6pm**

*Berlinsville Hotel*  
*4588 Lehigh Dr*  
*Walnutport*

**Fri Aug 11th 6pm**

*Berlinsville Hotel*  
*4588 Lehigh Dr*  
*Walnutport*

**Thurs. Aug 24th 6pm**

*Capo & CO*  
*1375 Chestnut St*  
*Emmaus*

**RSVP Here!**

# MUSIC MINISTRIES

## BEGIN REGULARLY SCHEDULED REHEARSALS

Aug. 29 Glory Ringers

Aug. 30 Union Chorale

Sept. 6 Junior Choir

Sept. 9 Praise Band

Oct. 14 StarSong



Do you enjoy working with children?

Do you enjoy sharing the Love of Christ?

Sign up to teach Sunday  
School on a rotating basis!  
Josh designs the curriculum,  
you share on a Sunday  
morning at 10:15!

**Sign up today!**

# Church Family Sharing Time & Talents in our community



Carlton Gillikin is at Ironton Rail-Trail.

June 4 at 11:44 AM · Whitehall · 🌐

I spent this morning volunteering at the IRT 5K Race. Great race on a beautiful morning. I also installed the 2nd Lost & Found Box I made at [North Whitehall Township IRT Trailhead](#). Note the old railroad spike made into a handle.



**Northern Lehigh** - Shampoo, bar soap, toilet paper, mac & cheese, jelly, canned meats

**Parkland Cares** - Granola bars and single serve beverage pouches

**Our Little Pantry** - Vegetables and cereal

**[Click here to donate and we will shop for you.](#)**

# CONFIRMATION SUNDAY



*Rachel Nicole Arnold*



*Hunter Paul Bucha*



*Rebekah Lynn Gottlieb*



*Aiden James Roth*



*Ella Grace Stauter*

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## Pentecost Sunday Decorations & Decorating Team





## Prayer Shawl Ministry

We will meet on July 11 at 1pm

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.



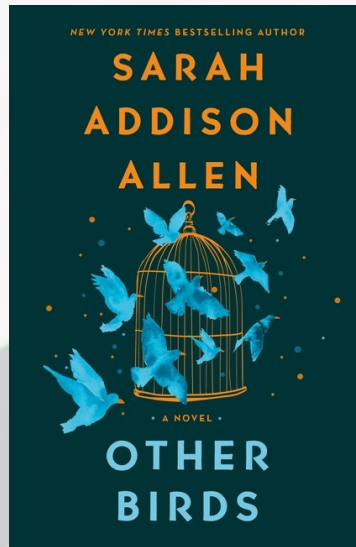
A long time ago, in a church that did not yet know the horror that was COVID-19, a bunch of children gathered once a month to engage in some FUN! They were known as EYG (Elementary Youth Group), and, like a phoenix rising from the ashes, IT IS BACK! We are bringing back EYG! More information will come in the near future, but for now, mark the date for **Sunday, August 6<sup>th</sup> at 6pm!** [RSVP Here](#)

**Book Club**—Our next selection is *Other Birds*  
by Sarah Addison Allen.

Down a narrow alley in the small coastal town of Mallow Island, South Carolina, lies a stunning cobblestone building comprised of five apartments. It's called The Dellawisp and it is named after the tiny turquoise birds who, alongside its human tenants, inhabit an air of magical secrecy.

When Zoey Hennessey comes to claim her deceased mother's apartment at The Dellawisp, she meets her quirky, enigmatic neighbors including a girl on the run, a grieving chef whose comfort food does not comfort him, two estranged middle-aged sisters, and three ghosts. Each with their own story. Each with their own longings. Each whose ending isn't yet written. When one of her new neighbors dies under odd circumstances the night Zoey arrives, she is thrust into the mystery of The Dellawisp, which involves missing pages from a legendary writer whose work might be hidden there. She soon discovers that many unfinished stories permeate the place, and the people around her are in as much need of healing from wrongs of the past as she is. To find their way they have to learn how to trust each other, confront their deepest fears, and let go of what haunts them.

Delightful and atmospheric, *Other Birds* is filled with magical realism and moments of pure love that won't let you go. Sarah Addison Allen shows us that between the real and the imaginary, there are stories that take flight in the most extraordinary ways. Discussion July 16



SAVE THE DATE

Book Fest

September 10th

If you are doing any  
late Spring cleaning,  
save those books!

Donation times and  
dates yet to come.



**REMINDER**

**We do not accept:**

**Encyclopedia,  
National Geographic,  
Magazines,  
Cook Books,  
Stephen King,  
Adult content**

## **ELCA WORLD HUNGER—BRAZIL—Harvesting Hope for the Future**

Tatiane, now 24 years old and a mother of one, remembers eating primarily rice and beans as a child in her rural Kilombola community in southern Brazil. Rice and beans are staples for the Kilombola, but Tatiane and her family didn't have much variety beyond those foods. As Tatiane shared, "We didn't know what lettuce was."

Tatiane and those living in Kilombola communities are descendants of Afro-Brazilian enslaved people who fled cities and farms to live together and start new communities during the 18th and 19th centuries. As a result, they have remained largely isolated from the rest of Brazilian society. They have struggled against inequality and neglect for centuries, often lacking such basic needs as running water, sanitation and health services.

A Brazilian partner of **ELCA World Hunger** helps Kilombola people claim their legal rights to basic public services by incorporating their communities as towns. This step empowers families to access schools for their children and the transportation needed to get there. This work, made possible in part by your gifts to **ELCA World Hunger**, doesn't stop there.

The trust built from these initial efforts enables **ELCA World Hunger** to further support the Kilombola as they build sustainable livelihoods and a healthier future for their communities. For Tatiane this meant agricultural training and a space for selling her surplus crops at the local market. Tatiane was nervous at first about taking her products to market, but participating in the project has increased her confidence. "I used to be super shy," she says, "but now I love being at the fair to meet our customers and tell them that the food I'm selling comes from my garden."

Much of the food grown in Tatiane's garden feeds fellow Kilombola families, increasing healthy options for the whole community. Families such as Tatiane's have access to a vast array of healthy and fresh foods in addition to the shelf-stable rice and beans they remember from childhood. Having access to a diverse diet with many nutrient-rich options is a key step toward food security and long-term well-being.

"Today we have pretty much everything here in the community, just needing a few things from outside," Tatiane says. "If we want to make lunch or dinner, we just go to the vegetable garden to get what is needed." Tatiane is hopeful about her future opportunities now that her garden is thriving, and grateful to be able to provide her own community with a variety of nutritious foods.

**ELCA World Hunger** partners accompany communities such as the Kilombola all over the world. Tatiane's story is a prime example of how we journey with neighbors around the globe: we start with relationships and listen to community leaders so we can support their efforts toward sustainable, long-term solutions. Through your generous giving to **ELCA World Hunger**, you support programs, including agricultural training, that help people facing hunger, homelessness and other challenges to get jobs, increase their earning potential and break the cycle of poverty for good.

Thank you for your faithful partnership in this work. Please continue to give by using the pew envelopes or sending your offering to **ELCA World Hunger** to our ULC Church Office.

The logo for 'Dine Around' is set within a dark blue oval. The word 'DINE' is in large, bold, black capital letters, with a yellow fork and knife crossed to form the letter 'I'. Below 'DINE', the word 'AROUND' is written in a smaller, blue, serif font.

# DINE AROUND

Great way to get to know  
folks in the congregation  
& make meaningful  
friendships.

Small groups will gather together monthly for a meal

**The Group Chooses location**  
(in a home, park, restaurant)  
Each family takes turn hosting.

**EMAIL OFFICE FOR MORE INFO OR TO SIGN UP**

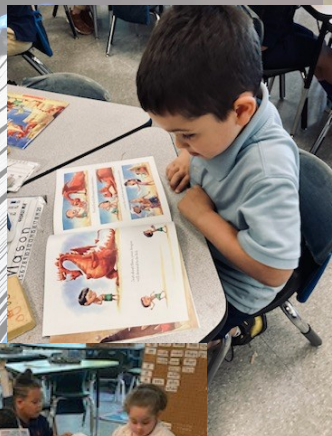
**EMAIL PATTI HOFFMAN WITH ?'S**



VBS: Vacation Bible School blasts off this July! We are having a totally out-of-this-world VBS as we search for God's love throughout the cosmos! Don't miss out! Contact the church office if you're interested in participating. Anyone 3 years old to 6<sup>th</sup> Grade is welcome to attend! Too old to be a student? How about a volunteer? We have a slew of volunteer positions open featuring a variety of needed skill sets. Please contact the office with more information!

# Thank you!!!

**HERE ARE PHOTOS FROM BOOKS  
BENEATH THE CROSS, A LENTEN  
OUTREACH PROJECT YOU ALL  
KINDLY SUPPORTED.  
EVERY STUDENT FROM THREE  
KINDERGARTEN CLASSES AT LUIS  
RAMOS ELEMENTARY SCHOOL IN  
ALLENTOWN TOOK HOME 5 BOOKS  
EACH. THE CHILDREN WERE  
THRILLED AND THE TEACHERS WERE  
GRATEFUL!**





Congratulations to our very  
own

Luke Marakovits  
and his 2010 Parkland Area  
Soccer Club Team.

They  
are the EPYSA  
Challenge Cup Champions!  
Great job Luke and Team!

# SUNDAY SCHOOL

Happy Summer! We are excited to kick off our year season of  
Sunday School on Rally Day

**SUNDAY, SEPTEMBER 10<sup>TH</sup>**

Also, mark your calendar for our Christmas Play Recording Party!

**SUNDAY, DECEMBER 10<sup>TH</sup>**

**10:15AM-12:15PM**

we're going to be throwing a big Christmas Party as we work to  
record all of the scenes for our annual Christmas Play.



Oh, and did we mention we'll have pizza?!



We'll remind you as we get closer, but make sure you mark it on  
your calendar now so you don't miss out!!

# Union Evangelical Lutheran Church

5500 Route 873 Schnecksville, PA 18078

610-767-6884 Church Office

**Website:** [www.ulclv.org](http://www.ulclv.org) **email:** office@ulclv.org

**Facebook.com/ulclv**

## Union Lutheran Staff

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

## Congregational Council Members

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

A copy of the monthly Council Meeting Minutes can be found on the bulletin board in the upstairs hallway or in the church office.

