

THE PARISH VOICE

Newsletter of Christ Evangelical Lutheran Church of Milton, PA
“God’s Work, Our Hands.”

June/July, 2011

LOOK What's Going On at CLC!

(Read the related articles for detailed info.)

Social Ministry Project for June – Health Kits

Celebrations of Graduates, Baptisms, Growing Disciples

Gerasene Team Fundraiser for Prison Ministry

Vacation Bible School

Children’s Day Service

Chiz Ryder Trumpet Concert

Mission Statement of Christ Evangelical Lutheran Church

We are called by God to follow Christ’s example and teachings by worshipping, witnessing, learning, supporting one another, and reaching out to others.



Public Office Hours are Monday through Friday from 10 a.m. to 2 p.m. (*unless previously noted in the weekly bulletin or monthly newsletter*). Please feel free to stop by with bulletin announcements or monthly newsletter articles.

Deadlines:

Bulletin announcements are due in office by ***Wednesday at 12:00 noon.***

Newsletter articles are due in office by the ***10th of each month*** (*unless otherwise noted on newsletter calendar or bulletin*).

Deadline for the next newsletter is July 10, with assembly on Thursday, July 28.

Please e-mail secretary@christlutheranmpa.org with any bulletin announcements or newsletter articles.

ADDRESS/EMAIL CHANGE/ADDITION

Name _____

Address _____

City _____

State _____ Zip Code _____

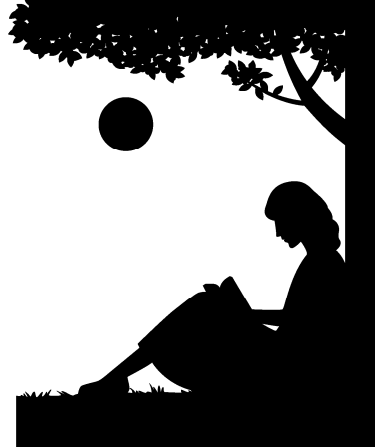
Phone (____) _____

email _____

“It’s That Time Again...”

As the sun returns more often, and the weather grows grass and flowers and leaves, bringing us the joy of an approaching summer once more....we remember it’s that time again when we scatter to our outdoor activities and joyous times with friends and family in God’s beautiful outdoor creation.

This is also the time again when we take a break from our “normal” schedules and soak in some Sabbath time – time to sit by the water and read a book, time to travel to places we’ve never seen, time to soak in cool mountain air when the thermometer challenges our heat tolerance and calls us to rest in the quiet and serene.



Enjoy your days of Sabbath and the gift of God’s holy creation. Bring your rest to worship with you to share with your brothers and sisters who worship alongside you. Lift up God’s summer opportunities, and cherish each moment you have. We will rest and renew, and grow in the slower, less hectic days that are coming.

God bless you.

“The Lord is my Shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul... --Psalms 23:1-3a

Your partner in mission and ministry,

Pastor Pat ☺

Prayer Concerns



For the sick: Richard Bingaman; Wm. Delsite; Marlin Frederick; Larry Graby, Sr.; Michelle Konkoly; Joyce Long; Jeff Mensch; Jane McHenry; Aja Pyers; David “Pops” Quinn; Robert Raup; Zelma Rule; Christine Scholl; Harrison Shirk; Deb Snyder; Lisa Snyder; Ronald Spotts; Katie Thompson; Mackenzie; Bill Whitmyer

For those with ongoing, extended illness: Faith Bacon; Leesa Bankert; Geraldine & Christopher Betts; Joan Bilger; Inez Bingaman; Ralph Bogle; Bruce Bolich; Emmaline Brown; Mike Butler; Jason & Ryan Caldwell; Evelyn Campbell; Karen Campbell; Carol Conrad; Miles Crawford; Charles Danowsky; Rose Deaner; Travis Deitrick; Cy & Christine Eminhizer; Barbara & Dick Emley; Joann & Jack Ficks; Catherine Finn; Laurie Fisher; Rosella Follmer; Virginia Frantz; Marie Gray; Dana Habecker; Miya Hadcock; Sylvia Hoffman; Mary & Jim Hollinbaugh; Lisa Hughes; Lisa Huntington; Camille Kreisher; Keith Kurtz; Patricia Leonard; Sonya McDonald; Shirley Menges; Lois, Rachel, & Jessica McDonald; Terry Moll; Stephanie Neal; Lucia Nolan; Andrew Ostrowsky; Hunter Page; Agnes Rathfon; Terry Rathfon; Joy Reaser; Katie Richards; Ned Roush; Lori Smith; Shirley Smith; Mackenzie Snyder; Florence Stahlnecker; Mary Steeley; Dorothy Stevens; Hubert Stouffer; Kisha Suarez; George & Tresha Sudol; Allen Sullender; Janet Swisher; Terry Valiquette; George Van Riper; Tim Walsh, Jr.; Carol Watts; Percy Webb; Paul Wiles; Sherry Yingling; Lois

For those in sorrow: All who have lost loved ones; those in our community and the world who are recovering from fires and natural disasters

For those anticipating and recovering from surgery: Doug Erickson; Kayce Hill; Charlene Hodge; Barbara Johnson; Joe Korizno; Martha Reese; Jim Shambach; Bill Scott; Ray & Susan Trate; John Travers; Todd Whitmyer; Darlas Yost; Dan Young; Donald Zerbe; Deb

For those adjusting to life changes: All those affected by political upheavals in eastern Nations

For those struggling with personal problems: Sue Bickel & family; Nicholas Machusak; Brandon Rathfon; Gary Wilson

For the imprisoned

For the homebound: Phyllis Albertson; Caroline Bobb; Lucille Bruss; Mary Burns; Edith Coup; Betty Dotts; Isobel Feehrer; Gladys Fisher; Bessie Hartzel; Merritt & Doris Heffelfinger; Paul Heimbach; Tom Kline; Mary Kathryn Leiby; Elva Mazeall; Dix & Pauline Reitz; Marguarite Ruth; Camille Schillig; Walter Scholl; Connie Sholly; Marie Springer; Leah Walker; Kenneth Webb; Nancy Weikel

For those serving in the military: Amy Brown; Joshua Brown; Christopher DePellegrin; Matthew Dorman; Justin Gonzales; Gabriel Gonzales; Larry Graby, Jr.; Dan Moll; Anthony Nudson; Ken Ring; Eric Strobeck

For leaders, guides, students, and workers: Pr. Pat; Pr. Keith; Sunday School & Bible Buddies teachers; Viking & Marissa Dietrich, missionaries; Bishop Robert Driesen & Synod Staff; Bishop Mark Hanson & ELCA Staff

For those needing daily strength: Mary Cromis; Steve Ishler family; Dale Kriner & family; Lubrecht family; Rebecca Ulmer; Stephen & family

For our partners who serve with us in Appalachia: WV/WMD Synod's social ministry organization, Community Lutheran Partners and its director, Sherri Schafer, who work to unify the Synod through their work in disaster response, parish nursing, and care for the elderly

More prayers needed... These are *member families* we have prayed for in Church since last issue: Betty Baumer; Terry Abell; Todd & Laura Beck; Tom Kline; Phyllis & Stephen Albertson; Dale & Pat Bender; Dale Kriner; Terry Benfer; Carson Berge; Mary K. Leiby; Todd & Garrett Beck



Our **love and prayers** are with the family and friends of Margaret Kline, who died on Saturday, April 30, 2011. When she was able, Margaret was an active participant in our Wednesday afternoon worship service. Her private family remembrance will take place at a later date. *“Lord, receive Margaret into the arms*

of your mercy, into the blessed rest of everlasting peace, and into the glorious company of all your saints in light. Amen.”

God’s blessings and congratulations to Julie (Fisher) and Joe LaNunziata on the birth of their son, Salvatore Charles, on Sat., April 23. Salvatore weighed in at 9 lbs. 6 oz., and was 23 inches in length. He joins grandparents Don & Laurie Fisher, and great-grandparents, Lee & Darlas Yost. *“O Lord, our God, creator of all that exists, we thank you for the joy of watching new life begin and for the privilege of sharing with you in your continuing creation. Bless Salvatore and his family with many years of joy and growing in faith together! Amen.”*



A Special
THANK YOU



- To all those who participated in our Good Friday Way of the Cross worship service. THANK YOU for your reverent, inspiring, and humbling re-telling of our Savior’s journey to the cross.
- To Brenda Bartlett, for volunteering to coordinate our baptismal banner names.
- To all of you who so generously supported Pastor Pat’s “lock-up” to benefit the Muscular Dystrophy Association. Her “bail” offerings amounted to \$625.50, with an additional \$500 gift from our church Endowment Fund, to bring the total gift to \$1125.00. That gift will send an MDA child to camp for the summer AND help provide education, medication, and support to other families dealing with this disease. God bless you!!!

- To all those who donated, prepared, sold, & purchased the second batch of Easter Eggs. \$504 was raised to benefit Relay for Life!!
- To all who participated, contributed, worked, and supported our May Outreach Event. Our net profit to benefit 10 local charities is \$1,401.02!!

Thank You Notes



Thank you for the lovely flowers. I appreciate the thoughtfulness.
- Sincerely, Marguarite Ruth

The postcard from the children of the church arrived today. It was very timely. Please let the children know how much I appreciated it!

- Karen Lubrecht

A special thank you to all of you who have been such a huge support to me during my recent illnesses. I'm on the road to recovery, and prayerfully, will be blessed to stay there for a while! I so appreciate your cards, your calls, your words and arms and deeds of support, and with God's help, will continue on the path to complete healing. God bless you all!

- With love, Pastor Pat ☺

Worship Attendance Records

<u>Week of</u>	<u>Sun.</u>	<u>Wed.</u>	<u>Other Services</u>	<u>Total</u>
April 3	74	5		79
April 10	66	7		73
April 17	73	7	2 private comm.. 27 Maundy Thurs.	
			35 Good Friday	144
April 24	83	5	3 private comm..	91

Remember the Sabbath Day, to keep it holy...

Loose Cash Offerings in Worship & Special Appeals Envelopes

**Camp Mount Luther & Upper Susquehanna Synod
AND**

Missionaries and Upper Susquehanna Synod

(envelopes provided with newsletter)

Please make checks payable to "Christ Lutheran Church."

Be a cheerful giver!

Please give generously to help others!!!



*Tithes and
offerings*

Weekly Giving Per Envelope April 2011

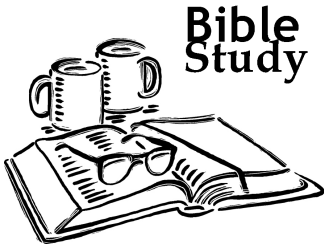
This information was not available...check next month's
Newsletter for the update.

From Your Finance Leaders...

No report available this month...check next month's Newsletter for
the update.

Thank you for all you do to support the ministry God calls us to do
at Christ Church!

Bible Study Opportunities



Bible Study

- Thursdays, 2 p.m., in the parlor – studying the book of Genesis, using Book of Faith resources
- Sunday School for all ages – We'll resume in September!
- Our Sunday Bible Study and our Bible Buddies youth gatherings will take a break for the summer. Be sure to join us again next Fall!
- Gerasene Team ministry – is planning a summer fundraiser for our local prison ministry

Help us help others!

- Campbell's Soup labels and Labels for Education for the Navajo Lutheran Mission project
- Can tabs for Ronald McDonald House
- Pennies for Social Ministry projects
- Caps for Creation (box located to left of narthex door)

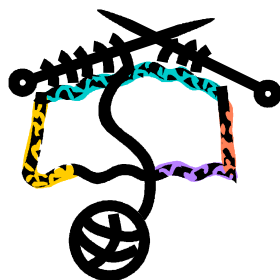


Church Website & Facebook

Go to www.christlutheranmpa.org or www.facebook.com and search for “Christ Evangelical Lutheran Church” for up-to-date Church information! Email celcnetwork@christlutheranmpa.org (James Bartlett) to have events posted on Facebook or post a status/comment on the page. For postings/ideas/suggestions regarding the website, contact Donna Spear, Webmaster, at speardonna@gmail.com.

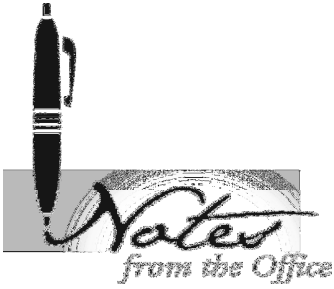
Knitting Group

If you knit, or would like to learn, or you crochet, needlepoint, etc., come to Christ Church on Thursdays, 11 a.m. to 1 p.m., for a time of fun and fellowship.



Zumba Classes

Zumba dance fitness classes are held here at Christ Church on Mondays, 8:30-9:30 a.m. They are led by Cheri Nicholas, certified Zumba instructor. Cost is \$4 per class – no set number of classes to attend; just come when you can. This is a small group at this time, hoping to grow! Lots of fun!



We'll be starting something new very soon – to make it easier to find the signup sheets in the narthex!! ☺ For your “one-stop volunteering,” there will be a *black binder* clearly marked “*Volunteer Schedules - Signup Sheets*” on the table in the narthex. All signups will be located there. So...don't forget to check it out –

and thank you for giving of your time to the many programs and events which Christ Church has to offer! “*We have different gifts, according to the grace given us.*” - *Romans 12:6*

Also, please note that information for the Sunday bulletin should be submitted to the Office no later than *noon on Wednesday*.

Thinking about giving your time to one of our ministries here at Christ Church?

Join the Spiritual Growth Ministry that works together to plan our worship, Christian education, Witnessing, and Social Ministry needs AND/OR join the Stewardship Ministry that works together to plan our Finance, Property, Endowment, and Staff Support ministry.

We are currently in the process of re-thinking how we gather and serve together to do God's work at Christ Church. YOUR ideas, and YOUR presence is a great gift you could offer in either of these ministry groups.

Spiritual Growth meets on the 4th Monday of the month in the parlor; and Stewardship meets on the 4th Tuesday – same place. Come, bring the talents God has given you to share!!

seeking God

Little Needs...Little Things...Little Ways You Can Help

The church needs these items on a regular basis. If you can provide any of them, THANK YOU!

- Paper plates, cups, napkins, plastic silverware
- Boxes of tissues
- Hand sanitizers
- Dishwashing soap for kitchen & sacristy
- Items for Health Kits (see related article)

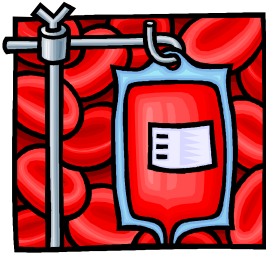


HandUP Foundation

Food Bank – The Milton Food Bank is collecting *pancake mix & syrup* for the month of *June*, and *crackers* for the month of *July*. Please place your donations in the grocery cart in the narthex.



New hours: The Food Bank will be open **only** the 1st and 2nd Wednesday of the month from 9 a.m. – 3 p.m., and on the 3rd Wednesday from 9 a.m. – 12 noon. It will be closed all other Wednesdays. Qualified recipients are still eligible to receive their food allotment once per month. Questions, call 742-3000.



Red Cross

Sandwich Sale
July 9

Watch for sign-up sheet in narthex.

Thank you to those who helped in any way
with the June Bloodmobile!



On Sunday, June 5, we will recognize the following graduates:

Kristen Bastian is the daughter of Rodney Bastian & Cindy Feudale. She graduated in May, 2011, from Luzerne County Community College with a degree in Culinary Arts.

Lauren Byers is the daughter of Bob & Stephanie Byers. She will graduate from Milton High School on June 9, 2011. Lauren was an Outstanding Senior for January. She participated in the High School musical; Link crew, National Honor Society, and Tri-Hi-Y. Lauren plans to attend Bloomsburg University majoring in Special Education.

Reagan Campbell is the daughter of Lisa and Steve Campbell. She graduated from Meadowbrook Christian School in May, 2011, from K5/1st Grade.

Brody Gray is the son of Larry & Barbara Gray. He will graduate from Milton High School on June 9, 2011. Brody was involved in the High School Concert and Marching Bands, Jazz

Band, High School Musical orchestras, Art Club, and community service painting in downtown Milton. Brody plans to attend Penn College in August for Graphic Design.

Morgan Greenly is the daughter of Steve and Roma Greenly, and the granddaughter of Gerald & Ruth Greenly. She will graduate from Milton High School on June 9, 2011. Morgan has the honor of being Valedictorian for her Class. She will be attending Bucknell University.

Curtis Schneider is the son of Dana and Kelly Schneider. He will graduate from Lewisburg High School on June 7, 2011. Curt was involved with football, wrestling, Key Club, Prom Committee, Relay for Life, and Ronald McDonald House. Curt received a 4-year Army ROTC scholarship and plans to attend Lock Haven University majoring in Computer Science. After college graduation, he will serve in the U.S. Army.

Vanessa Schneider is the daughter of Dana and Kelly Schneider. She graduated from Shippensburg University on May 7, 2011, with a Bachelor of Science degree in Education/History. Vanessa was a member of the Phi Alpha Theta Society. She plans on securing a Social Studies teaching position.



Gerasene Team “going nuts for Jesus!”

Inspired by our conversations this year and a special visit from Linda Meckley, assistant chaplain at the Muncy prison, the Gerasene Team is planning to reach out to some folks at home with the good news of Jesus.

We will be selling packages of peanuts in June to support the purchase of Christian resources for our local prisons. There is a great need for Bibles, teaching supplies, concordances, as well as activity items such as crossword and word search puzzle books.

Remember Jesus' mission to “proclaim release to the captive” by supporting this very important way we bring the good news of Jesus to those who are imprisoned.

Come Sunday morning or Wednesday afternoons to see how this project gets started! Go “nuts for Jesus” with us!



Health Kit In-Kind Offering Social Ministry Project for June



Information about the Project:

All 136 congregations of the Upper Susquehanna Synod are being challenged to "think globally and act locally" by compiling and collecting health kits for Lutheran World Relief. Boxes of health kits will be received as an "in-kind" offering at the 2011 Synod Assembly on June 17-18, 2011

at Susquehanna University. The kits will be presented as an offering during the worship service on Friday morning, June 17.

Why Health Kits?: People who must flee their homes quickly often do not have time to pack up essential items. Health kits can help refugees maintain personal hygiene while living in exile. Items may contribute to a new start for those who can return home. Lutheran World Relief distributes health kits and other aid to victims of natural and man-made disasters around the world.

What's in a Health Kit?: (Include the following in each health kit)

- One hand-towel, dark color recommended
- One washcloth, dark color recommended
- One bath-size bar (4 to 5 oz.) of soap, any brand, in its original wrapping
- One adult-size toothbrush in its original packaging (Lutheran World Relieve will add toothpaste to each kit)
- One sturdy comb, remove packaging
- One metal nail file or nail clippers with file attached, remove packaging (do not substitute cardboard emery boards for the file)
- Six Band-Aids (or similar brand), preferable 1/2" to 3/4"; secure together with a rubber band

How can We at CELC Help?: Our goal is to create three health kits to be presented by our Synod Assembly participants this year. Please sign up on the sheet in the Narthex to donate any of the above items. Place them in the basket anytime through June 12. The social ministry committee will package up the kits for offering at Synod Assembly.

Thank you for your participation in the social outreach projects at Christ Evangelical Lutheran Church!!

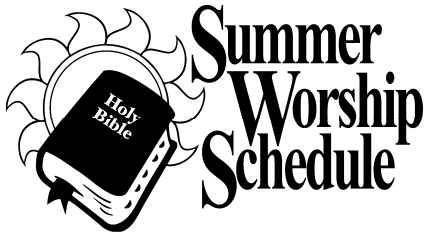
Donna Spear
Social Ministry Chairperson

Don't miss these worship opportunities in June:

- Sunday, June 5 – the Seventh Sunday of Easter: We will celebrate the baptism of Joshua Emmanuel Ramos-Valentine and Taneila Lee Ramos-Valentine. Come be with these little ones whom God is calling to the family of Jesus Christ!
- Sunday, June 12 – the Day of Pentecost: We will celebrate the confirmation of Curtis Van Schneider, Julia Suzanne Spear, Rachael Marie Spear, and Blake Anthony Wargo
- Sunday, June 19 – the celebration of our God's Holy Name: Father, Son, and Holy Spirit – on the Sunday of the Holy Trinity
- Sunday, June 26 – the celebration of our children – Children's Day!
- All 4 services will be held at the usual Sunday morning time – 10:30 a.m.

Summer Worship Opportunities...

Beginning Sunday, June 5, our joint worship with our brothers and sisters at Trinity Lutheran Church (across the street from CVS, downtown Milton) will begin.



You will have the opportunity to worship at Trinity at 8:30 a.m. OR at Christ at 10:30 a.m.

We will share the gifts of both our pastors and organists through June, July, and August.

As we think about the changing of the seasons to the long, green, growing-in-faith Season after Pentecost, let us learn and worship together with our sister church in Milton.

The Wednesday worship service at 4 p.m. will continue throughout the summer. That week's worship will include a look at the birds, plants, and flowers of the Bible.

Vacation Bible School

Hey kids!! Vacation Bible School is coming June 19-23, 5:30-8:15 pm! Join us this year for God's Big Jungle Adventure! Classes will be held Sunday through Thursday evenings. An evening meal will be provided each day at 5:30 p.m., with a closing program for all our church family, friends, and neighbors. Be sure to register at church!



Northern Lights Upcoming Events

- July 31 - Northern Lights Picnic and Concert at Christ Church. Covered dish picnic will start at noon with a concert by Chiz Ryder to follow @ 1 p.m. More details to come!

Camp Mt. Luther News

Birthday Bash to be held Thursday, June 30, at 6:45 p.m. – bottom of the field, near Maple Village, at Camp Mount Luther. This event is on the day of the camp's dedication service and coincides with Mount Luther Heritage Week during the summer program. There will be a concert by Van Wagner. A freewill offering will be taken to help defray costs. In case of inclement weather, the event will be held indoors.

Upper Susquehanna Synod News

Special thanks...To our *voting members to Synod Assembly this year*: Pastor Pat, James Bartlett, Nancy Mensch, with alternates Ed Coup and Rose Deaner. Our Synod Assembly will take place June 17 and 18 at Susquehanna University. Please pray for God's direction and love as we gather as Synod brothers and sisters to plan our ministry for the next year.

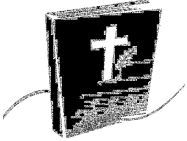
Copies of USS ARK (Upper Susquehanna synod news) and CAMEL TRACKS (Camp Mt. Luther news) are available in the narthex. Help yourself!

Here's some great summer ways to be a disciple to someone in need!

- Offer a cool drink to the one who mows your yard
- Offer to mow the yard of someone having a rough week
- Buy a hotdog for your Mom or Dad who came to watch your game
- Go on a coin collecting adventure – donate all you find to our pennies for the needy container
- Clean out a closet, have a yard sale, and donate your money to a special need in the community
- Write a thank you note to your school principal while school is NOT in session
- Start collecting toys for the needy at Christmas
- Lie down in your yard (or sit on your porch) at dusk and count the stars – remember how many blessings God has given you
- Walk around your neighborhood, praying this prayer for each home you pass: “Lord, bless those who live here with a special reminder of your love today.”

- If you have big plans for Sunday morning, come to church on Wednesday at 4 p.m.!
- Have a great day – every day – enjoying God’s gift of summer.

Bible Trivia



BIBLE TRIVIA

Who said, “I know that my Redeemer lives”?

Answer on Page 22.

ELCA : Did You Know?

Working love in the heart of Appalachia

WEST VIRGINIA

In rural Boone County, West Virginia, Jennifer Massey (pictured left) and her neighbors began to experience unusual illnesses. They discovered significant contamination in the community’s primary water source—contamination that has been linked to nearby mining activity. As many of Jennifer’s neighbors began to suffer adverse health effects, she lost her 29-year-old brother to an illness believed to be caused by the contamination.



Community Lutheran Partners, Inc. (CLP)—a social ministry organization supported by your gifts to ELCA World Hunger—stepped in to lend a hand. Sarah Soltow, executive director of CLP, worked with Jennifer to organize “Water Weekend.” CLP provided 2,000 gallons of safe drinking water for Jennifer’s community. Jennifer coordinated local efforts to assemble two public panel presentations. One panel was made up of local educators who discussed the importance of safe water, and another panel hosted community members who spoke about personal experiences with water contamination.

After the presentations, groups of CLP volunteers—including many young adults—and community members went door-to-door delivering water and educational pamphlets about the importance of safe water. Jennifer and her husband led one of four groups that together visited nearly 200 homes that day.

“Although the 2,000 gallons of water was a wonderful form of relief,” Jennifer said, “in my opinion the greatest thing that came of...’Water Weekend’ was knowledge.”

Your gifts to ELCA World Hunger help support Community Lutheran Partners, Inc. and many other ministries like it through the ELCA Domestic Hunger Grants Program. The mission of CLP is “to enable and support congregations of the West Virginia–Western Maryland Synod and others in service to their neighbors



BIBLE TRIVIA

Bible Trivia Answer: Job (See Job 19:25 – and visit hymn #352 in [The Lutheran Book of Worship](#) to read how Samuel Medley was inspired by this famous verse in the Bible.)



Anniversaries this Month

Gerald & Ruth Greenly	6/3	56 years
Tim & Pam Walsh	6/7	36 years
Gregory & Kelly Solomon	6/10	22 years
Joanne & John Ficks	6/12	62 years
Travis & Stacey Bartlett	6/17	11 years
Gary & Peggy Drum	6/17	27 years
Michael & Pamela Roush	6/18	23 years
George & BeBe Bolich	6/21	59 years
Stanley & Laura Beck	6/26	42 years
Ed & Penny Coup	6/28	36 years
David & Evelyn Yost	6/28	31 years
Brad & Debra Bartlett	6/29	37 years
Jamie & Scott Faust	6/30	10 years



Birthdays This Month

AJ Gonzalez	6/1
Lauren Byers	6/2
Susan Berger	6/3
Glenn Snyder, Jr.	6/5
Nancy Walters	6/5
Tonya Wargo	6/5
Todd Twist	6/6
Linda Short	6/9

Robert Byers	6/10
Larry Gray	6/12
Linea Brouse	6/13
Nancy Weikel	6/17
Stacey Winner	6/18
Stephanie Ulmer	6/21
Evelyn Yost	6/22
Steven Ishler	6/23
William Dotts	6/25
Bruce Bolich	6/26
Tim Walsh, Sr.	6/27
Rachel Solomon	6/28
Cory Templin	6/30

July Anniversaries

Scott & Carol Reed	7/2	12 years
Peggy & Daniel Neuhard	7/7	21 years
Roger & Nancy Watts	7/7	54 years
Jack & Patsy Aunkst	7/10	52 years
Rusty & Kellie Brouse	7/23	23 years
Harry & Lois Berger	7/26	59 years
William & Stacey Winner	7/27	20 years

July Birthdays

Leroy Hauck	7/1
Tyler Perrin	7/3
Shawn Roush	7/4
Mackenzie Snyder	7/6

Jeremy Herr	7/9
Ed Coup	7/10
Sandra Koser	7/11
Cody Winner	7/16
Kyle Kovilaritch	7/17
Debra Bartlett	7/18
Michael Roush	7/18
Kenneth Ulmer	7/21
Stanley Beck, Jr.	7/22
Tatum Brittingham	7/22
Deb Snyder	7/22
Leah Walker	7/22
Jane Streeter	7/23
Isobel Feehrer	7/25
Sharon Randolph	7/25
Betty Baumer	7/26
Barry Yeager	7/26

(If we missed your birthday, call the Church Office
and let us know!)

Nurse's Notes

- ❖ Raw or cooked? Though raw produce is often assumed to be more nutritious than cooked, a mix of both kinds give you more healthy options. For example: *tomatoes* – Cooked, these have a higher dose of cancer-fighting lycopene; *green bell peppers* – You'll keep more vitamin B if you eat these raw; *zucchini* – Squash delivers more beta-carotene when cooked; *spinach* – Raw spinach has more Vitamin C and Folate. Cooked, it's richer in Calcium and Zinc; *Garlic* – Garlic's health-protecting antimicrobial power is dimmed by cooking (*Prevention, May 2011, p.86*)
- ❖ Strawberry Bliss! This fruit doesn't continue to ripen after picking. Choose deeply colored berries and avoid mushy ones. Consider buying organic. Strawberries retain a high

level of pesticide residue. Chill whole, unwashed berries in a single layer, loosely covered. Just before using, rinse gently in a bowl of cold water – not under the tap) and dry on paper towels (wet berries spoil faster). Then enjoy! Strawberries are rich in antioxidants and, ounce for ounce, have more Vitamin C than oranges. (*Prevention, May 2011, p. 135*)

- ❖ Did you know? Green tipped bananas may be better for you than their brown spotted counterparts. Under-ripe bananas have less sugar and more resistant starches, which may help burn fat and lower blood glucose. (*Prevention, May 2011, p. 86*)

Beloved Rest

Busy. We're all so very busy, and we consider that a virtue. We measure our days by how much we accomplish.

Long ago, the psalmist was aware of mankind's workaholic tendencies. "It is in vain," he wrote, "that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved" (Psalm 127:2, NRSV).

Balance, beloved. God isn't a slave driver. Work and rest in good measure, for God is pleased to give you both.





June 19

My father didn't tell me how to live; he lived,
and let me watch him do it.

- Clarence Kelland

Like Father, Like Child

As we celebrate Father's Day, we likely see traits in our dads (or other father figures) that we hope to be known for ourselves: integrity, gentleness, a great sense of humor, a love of learning, a humble spirit.

Amy Grant's song "Father's Eyes" tells of a young girl who wants nothing more than for others to recognize her father – and her heavenly Father – in her. "When people look inside my life, I want to hear them say, 'She's got her father's eyes.'"

What characteristics of God your Father are reflected in your eyes, heart and life? And what godly qualities would you like to cultivate?

May others see our heavenly Father in us!

**CHRIST EVANGELICAL LUTHERAN CHURCH
1125 MAHONING STREET, MILTON, PA 17847**



**NON PROFIT
ORG.
PRESORTED
STANDARD
U.S. POSTAGE
PAID
Milton, PA
Permit No. 14**

ADDRESS SERVICE REQUESTED

**Public Office Hours: Monday thru Friday 10 a.m. – 2 p.m.
Phone (570) 742-7473
Pastor E-mail: pastor@christlutheranmpa.org
Secretary E-mail: secretary@christlutheranmpa.org
Church Website: www.christlutheranmpa.org**

Staff:

**The Rev. Patricia A. T. Pittsnogle, Pastor
Lorei Comerer, Church Office Manager
Donna Spear, Webmaster
Nancy Walters, Director of Church Music
Brett Hosterman, Organist
Rose Deaner, Treasurer
Ruth Greenly, Financial Secretary
Rich Olsen, Custodian
Bob Greenly, Groundskeeper**