
March 2018

Brunch Club – Sun, March 4, 10:30am (following the worship service)

Brunch food will be provided, but you can bring a food item to share if you choose.

Topic: “People Are Good”

Free-will donations will benefit “Caroline Furnace Lutheran Camp” (information about this printed in this newsletter)

Thrivent Members: This is a reminder to direct your Thrivent Choice Dollars by the end of March 28!

OPPORTUNITIES for INVOLVEMENT for ALL YOUTH !

MS/HS Youth: Brunch Club - Sun., March 4 (1st Sunday each month): Please come at 9:30am help prepare food and set up. Bring a dish to share if you are able.

Topic: “People Are Good”. Speaker: Scott Schlentner

Free-will donations during this event will benefit “Caroline Furnace” (www.carolinefurnace.org). Info. on camps offered at Caroline Furnace is posted on the Youth bulletin board in the hallway.

Grades K - 5: Sunday School classes during worship service (approx. 9:40am) – These students will be excused from the worship service.

An Easter Egg Hunt is being planned for Easter Sunday, April 1, 9:45am! Watch e-mails and Sunday bulletins for details.

All Youth:

- ❖ Join us Sundays at 9:30am for Worship Service: Volunteer as an acolyte, crucifer, greeter, or tray holder, etc.
 - ❖ Bring canned items for the Strasburg Compassion Cupboard: Canned Tuna & Paper Towels
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Strasburg Compassion Cupboard is requesting the following items during March:

Canned Tuna & Paper Towels

Bring these items to church. A drop box is in the Narthex.

Mission Quilters will continue meeting for their weekly quilting sessions on Tuesdays through March.... weather permitting.
Contact: Gwen Abruzere

If you didn't receive electronic versions of the * **2017 Report of the Congregational** and the * **2018 St. Paul Congregational Directory** (listing of church members) – Copies are available in the narthex.

March Birthdays

Erik Bauserman - 1
Loretta Dyke - 2
Paul Fravel - 4
Mamie Putnam - 5
Danny Wymer - 5
Betty Morris - 8
Bonnie French - 9

Susan Conway - 11
Betty Jo Lumpkin - 11
Paulette Barringer - 13
Phyllis Larrick - 14
Phillip Stickley - 15
Kamryn Boyer - 17
Martha Brill - 17
Pat Keister - 17
Jarod Stickley - 19

Larry Miller - 21
Holly Stickley - 22
John Schaffstall - 23
Bethany Neel - 24
Ethan Kibler - 25
Gwyn Plauger - 27
Jay Winkfield - 28
Diana Settle - 29
Brenda Stover - 29

If your name and birth date is not listed, please contact the church office: (465-3232; stpaulstrasburg@gmail.com)

FROM OUR PARISH NURSE

Greetings to everyone.

As I sit here in rehab with my leg propped up following surgery to replace my ankle, I think back to the events that led me to this place. The bottom line is that it was a fall. So let's talk about Falls.

Did you know that falls are the primary cause of injury and accidental death in adults over 65?

There are several types of risk factors:

- **Physical Risks** are changes that are going on as we age: Vision changes (important to have yearly eye exams), health changes (heart, arthritis, etc.), and impaired balance.
- **Behavioral Risks** are things we do or do not do; for example, not asking for help when doing something that might cause a fall. Climbing on a chair to reach something rather than waiting and asking for help.
- **Environmental Risks** are things in our personal world that might cause us to trip and fall; for example throw rugs, unclear pathways, and even our pets can trip us up.

Prevention is best. As we age, being safe in our homes is a key to remaining in our own homes. You certainly do not want to fall and risk an injury. Most serious falls occur in and around the home. They can be life-changing. So to maintain your independence, you need to know ways you can protect yourself from falls.

So let us walk through our homes. Ask yourself these questions:

- Do you have **rugs**? Are they secured? Scatter rugs should be secured, Double-backed tape can work.
- Do you have **stairs**? Do you have hand rails? Are they secure? Do you have a rail on each side?
- Do you have **adequate lighting**? Night-lights? Switches at both the top and bottom of the stairs? A light near your bed and a phone?
- What about **bathroom safety**? Do you have grab bars? Are there no-slip strips in the bath or shower? Can you move safely in your bathroom?
- Now to the **kitchen**; do you keep the things you use regularly within reach? What about those items on the top shelf-- how do you get to them? Do you use a step stool with a bar at the top?

These are just a few things to think about. I would like to plan a program on Falls Prevention and get a Physical Therapist and/or an Occupational Therapist to talk more about safety and prevention of falls. I would like suggestions from you as to when and where might be the best time to have a program.

There is also an 8 week program available that includes information *and* exercise, with a cost and commitment necessary. If you are over 60 and complete the 8 weeks, your \$25.00 will be refunded! However, to set this program up, I need the commitment of at least 10 people. If there is anyone interested please contact me (540-975-1990) to discuss dates and times.

Each day, I am getting stronger and healing. I thank each of you for your prayers, thoughts, cards, emails and calls as I recover.

Wishing you enough,
Jeannie

"I can do all things in Him who strengthens me." Philippians 4:13

Join us every Sunday at St. Paul Lutheran Church

- 9:00am St. Paul Singers practice
- 9:30am Worship Service with Holy Communion
- 9:40am Sunday School for K-5 graders

Invite
Friends
and
Family!

HOLY WEEK:

Maundy Thursday, March 29, 6:30pm *Worship Service with Stripping of the Altar*

Good Friday, March 30:

Noon at Esbie Baptist Church (the 7 Last Words), Ash Street, Strasburg

7:00pm *Worship Service at St. Paul*

Easter Sunday, April 1

7am Community Sunrise Service at the Strasburg Presbyterian Church (Holliday Street). The offering taken during this service will benefit the Strasburg Local Relief Fund. 100% of these offerings help folks in need in our community (with immediate needs).

8:30 & 11:00am *Worship service with Holy Communion at St. Paul.*

An Easter egg hunt at 9:45am

Children in 5th grade and younger are encouraged to bring friends to hunt eggs!

Easter Eggs will need to be filled! ☺

Empty Easter eggs will be bagged and ready to be filled during the month of March.

Watch e-mails and Sunday bulletins for more information!

Mid-Week Lenten Gatherings at St. Paul

Every Wednesday in Lent (Feb 21 – March 21)

We will come together for food and fellowship at 5:30pm.

A short mid-week Lenten service begins at 6:30pm.

Please join us - Bring a friend or 2!

Strasburg's Community Lenten Bible Study -- Theme: "God Speaks"

Thursdays in Lent ❖ Noon-1pm

Host church provides soups, desserts, and drinks. Bring your Bible.

March 1 @ Christian (High Street)

March 8 @ St. Paul Lutheran

March 15 @ St. Stephens Lutheran (15737 Back Rd)

March 22 @ Round Hill Church of the Brethren (28138 Old Valley Pike)

*Offerings collected during these Lenten Bible Studies will benefit the
Strasburg Local Relief Fund.*

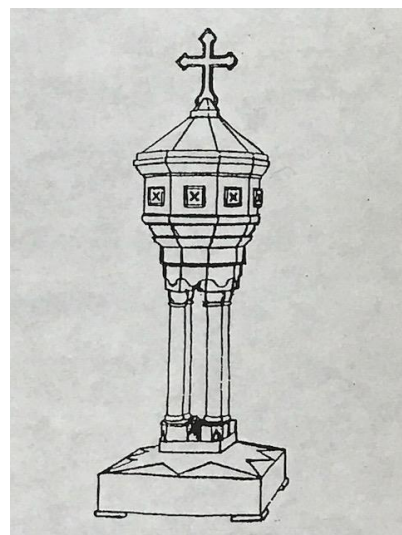
If you are a voting member of St. Paul and are interested in attending the 2018 Virginia Synod Assembly (June 8-10 at Roanoke College, Salem, VA) as a representative of St. Paul please contact any Council member (Cathy Frenz, Judy Grubb, Terry Muir, Byron Brill, Steve Piper, Jay Winkfield, Brian Doman, Paul Fravel, Carolyn McKiernan and Erika Rauhala) or the church office.

Synod Assembly is an annual gathering of rostered leaders and elected voting members of congregations that gather together to experience and express what it means to be called to be Church together as the Body of Christ – as we care for necessary items of business, engage in fellowship, participate in and experience corporate worship, and are inspired by the theme and speakers.

S. O. L.
For The History of St. Paul Lutheran Church

The Baptismal Font

1. In what year was the font first used?
2. Who made the font?
3. The Font is made out of what kind of wood?
4. How many pieces of wood were used to make the font?
5. What was the original bowl made of?
6. How many sides are on the font?
7. What is the symbolism in the number of sides of the font?
8. What was the occasion for the dedication of the font?
9. Who was the pastor of St. Paul when the font was first used?
10. This picture of the font is used on baptism and funeral bulletins. Who drew this picture of the font? (to the right)



WORDS OF APPRECIATION

Thanks to all who donated items to the Mitten Tree! These warm, winter outerwear items were offered to community members who visit the Strasburg Compassion Cupboard.

Words can't express how grateful I am for the prayers, the warm thoughts, the emails, texts, cards and calls. The surgery went well and I have great faith that once totally recovered that life will be blessed by less pain and more energy. I am currently recovering and relearning how to accomplish getting around doing the simple things like dressing, bathing, and getting around in the one foot hip-hop mode in rehab at Harrisonburg Health and Rehab. I cannot say enough good things about the staff and the therapists
Jeannie Coffman, Parish Nurse

GOD'S GEMS CELEBRATION COMING UP SOON! SAVE THE DATE!

WHEN: Sunday, April 22, 2018, following worship (11:00 am)

WHAT: Potluck

WHERE: The Fellowship Hall

PURPOSE: To honor our members age 75 and over

This will be the fifth celebration dinner for our God's Gems occurring every three years since 2006. Again, we take this time to celebrate these faithful servants of God for their dedication and service to our church and community. We lift up with thanksgiving these who have paved the way and nurtured the St. Paul Family in faith and service to our Lord.

We ask for your help. If you are willing to admit that you are age 75 or over, please call the Church Office. If you have pictures or memorabilia of any of our "gems", please let us borrow them. We will take good care of them and get them back to you in good order.

We ask all members to help spread the word so this reaches everyone, and to mark your own calendars to help make this a celebration to remember!

Sponsored by the Evangelism Committee

POTTERY BINGO to Benefit Shenandoah Alliance for Shelter (a 501c3)

Saturday, March 10 – 11am at Woodstock Presbyterian Church (142 E. Court St., Woodstock)

\$30/person (Only 100 tickets will be sold)

Ticket includes 20 cards for 20 games. Additional cards available for purchase.

Purchase tickets at the door or call 540-459-3212.

Food will be available for purchase. Winners will receive local hand crafted pottery

Complete this form. Return the completed form with your money/check - by dropping both in the offering plate during worship service, or by mailing or hand delivering it to the church office.

**Lily Order and/or
St. Paul Scholarship Fund Donation**

Please write names as you want them to appear in the dedications that will be printed in the Easter Sunday bulletins.

Given by: _____

Lily Order: Deadline to order lilies is Sunday, March 11.

Cost: \$13.00 each Make checks payable to 'St. Paul Lutheran Church' with "lily" on memo line.

In memory/honor of: _____

Lilies may be picked up following the 11:00am Easter Sunday worship service.

Scholarship Fund Donation: Deadline – Sunday, March 25.

*Make checks payable to
St. Paul Lutheran Church Scholarship Fund*

In memory/honor of _____

Thank you for your continued support!

**St. Paul Lutheran Church
Congregation Council Meeting
HIGHLIGHTS**

Tuesday, February 20, 2018 ❖ 7:00pm

Guest Speaker: Bishop Robert Humphre, & Nate Robinson (Dean of the Central Valley Conference):

- *Bishop Humphreys talked with counsel and congregational members about what we can look forward to going into the call process. He asked the congregation members what they think St. Paul needs in regards to a pastor.*
- *Bishop Humphreys will provide a list of names for interim pastors*

Meeting Highlights:

- *Patti Byrnes seeking membership transfer to St. Paul's was approved by council*
- *Property Committee: Still waiting on estimate to repair pipes in Annex*
 - *Problem with the kitchen lights and fan was investigated and a temporary fix has been implemented. However, if the problem cannot be solved we may require replacement of the fixture.*
- *Evangelism/Social Ministries:*
 - *Easter Egg Hunt will be Easter Sunday between 8:30 and 11 o'clock services*
- *Finance recommended we add attendance, offerings received, budget (what we need) and balance to the bulletin each week. Council unanimously agreed no vote necessary*
- *The Childcare center has 71 children 59 full time 12 part-time*
- *Call committee was established, the names are withheld until they can be notified*
- *Updates on Supply Pastors: We have supply pastors through April 15th.*
- *Council went in to Executive Session to discuss employee resignation letter*

Looking ahead:

March 25th - Palm Sunday Pastor Hall
March 29th - Maundy Thursday (6:30 p.m.) Pastor Mary Louise Brown
March 30th - Good Friday (7:00 p.m.) Pastor Mary Louise Brown
April 1st - Easter Sunday (8:30 a.m. & 11 a.m.) . . Pastor Mary Louise Brown