

# ST. DAVID'S LUTHERAN CHURCH

1032 Musselman Road – Hanover, PA 17331

Phone: 717-632-1922 email: [stdavidlutheran@yahoo.com](mailto:stdavidlutheran@yahoo.com)

Like us on [facebook](#) Download our app

Website: [www.stdavidshanover.org](http://www.stdavidshanover.org)

## SEPTEMBER, 2019 NEWSLETTER

### TABLE OF CONTENTS

Calendar .....	Page	2
From Pastor LaDonna .....	Page	3
Worship Information .....	Pages	4, 7, & 8
Fall Sunday School.....	Pages	4, 5, & 6
Upcoming Events.....	Pages	9, 10, 11, & 12
AED/CPR .....	Page	13
Happy Birthday.....	Page	14
Prayer List .....	Page	15

Ministers:	The People of St. David's Lutheran Church
Pastor:	Rev. LaDonna E. Thomas
Parish Administrator:	Pam Kemper
Music Director:	Jeff Good
Custodian:	Cindy Blum
Communications Coordinator:	Jennifer Sterling
Treasurer:	Joan Barnes
Financial Secretary:	Sharon Blouse
President:	Dave Hess
Vice-President:	Mack Warner
Secretary for Council:	Linda Rohrbaugh



# September 2019

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

1	2	3	4	5	6	7
8:00 & 10:00 A.M. Worship	Happy Labor Day	7:00 P.M. Property Committee	12:00 P.M. Senior Sharing 7:00 P.M. Worship 7:00 P.M. Exercise	7:00 P.M. Congregational Growth Committee	Pastor Day Off	9:30 A.M. Scrapbookers
8	9	10	11	12	13	14
8:00 & 10:45 A.M. Worship 9:30 A.M. Sunday School 9:30 A.M. Choir 6:00 P.M. Youth Confirmation @ St. Bartholomew's 6:00 P.M. Play Practice		6:00 P.M. Laundry Love 7:00 P.M. Bell Choir	7:00 P.M. Worship 7:00 P.M. Exercise	6:30 P.M. "Living Well"	Pastor Day Off	8:30 A.M. P.A.L. 5:00 P.M. Campfire & Movie Night
15	16	17	18	19	20	21
8:00 & 10:45 A.M. Worship 9:30 A.M. Sunday School 9:30 A.M. Choir 6:00 P.M. Play Practice	7:00 P.M. Council Meeting	7:00 P.M. Bell Choir	7:00 P.M. Worship 7:00 P.M. Exercise	6:30 P.M. Living Well	Pastor Day Off	8:00 A.M. SpiriTrust Festival in Gettysburg
22	23	24	25	26	27	28
8:00 & 10:45 A.M. Worship 9:30 A.M. Sunday School 9:30 A.M. Choir 6:00 P.M. Youth Confirmation @ St. David's 6:00 P.M. Play Practice	7:00 P.M. Fellowship Committee	7:00 P.M. Bell Choir	7:00 P.M. Worship 7:00 P.M. Exercise	6:30 P.M. Living Well	Pastor Day Off	10:00 A.M. Rental of Fellowship Hall
29	30					
8:00 & 10:45 A.M. Worship 9:30 A.M. Sunday School 9:30 A.M. Choir 6:00 P.M. Play Practice						

**October Newsletter Deadline is September 22<sup>nd</sup>.**

## *From Pastor LaDonna*



I recently had a conversation with an educator who noted **the growing incidence of anxiety and depression in youth** and the challenges they present for the learning process for many. This educator noted the connection between those mental health concerns and the societal pressures that are on children, from an early age (research also supports this connection). We can see this in the drive to be a prima ballerina, the most valuable player, the winner of a scholarship, ranking at the top of the class, or perfecting a musical instrument. Students face the social pressure of being in the “in crowd” and are influenced by social media and how many “likes” their post receives. Almost every direction a student turns, there is pressure of some sort to perform, succeed, prove their worth, and meet high expectations. Living in that pressure cooker 24/7, 365 is not healthy and sometimes leads to anxiety, depression and behavior issues.

Ever since that conversation, I have wondered how the ministry of the church might address that pressurized lifestyle. It occurred to me that, *at its best*, the church is one of the few places that is *not* a pressure cooker for our young people. When people gather for worship, Sunday School, Youth Confirmation, fellowship activities, and serving the community there is no pressure to perform. These activities and gatherings are places of acceptance and love, where students don’t have to prove their worth. Their worth is celebrated and is inherent as beloved creations of God.

**The church is one of few places in our society where children and youth are loved just for who they are...** not because of how they dance, or how well they throw a football, kick a soccer ball, get good grades or get elected to a student council. The church is one of the few places in our society where children and youth (and adults!) can step away from the pressure cooker lifestyles and live in a different reality: a reality that values and prizes each individual, for the unique gift of God that they are.

As we turn another page on the calendar and send our students back to school and extracurricular activities, I encourage our families to put our connection and life in the church at the top of the list. Give your children, youth, grandchildren and yourself this place to depressurize and de-stress. Rather than thinking about the church as one more activity in an already over-booked schedule, it could be the calming, loving center out of which the rest of life is lived.

God’s peace in all things,  
*Pastor LaDonna*



## **FALL WORSHIP SCHEDULE**

*Begins September 8th*

### **SUNDAY**

8:00 A.M. Traditional Worship with communion

9:15 A.M. Fellowship Time

9:30 A.M. Sunday School

9:30 A.M. Adult Choir

10:45 A.M. Blended Worship with communion

### **WEDNESDAYS**

7:00 P.M. Brief spoken service with Communion

**SUNDAY SCHOOL IS HELD AT 9:30 A.M. FOR AGES 3- ADULT.** Their locations are:

- Pre K – in the nursery – Teacher: Hattie Evans
- K to 3<sup>rd</sup> Grade – first classroom on the left walking up to the Sanctuary from the Fellowship Hall – Teachers: Erica Wilson and Jess Robison.
- 4<sup>th</sup> – 6<sup>th</sup> Grade – second classroom on the left walking up to the Sanctuary from the Fellowship Hall– Teachers: Jackie Lake and Eric Baumgardner.
- Adult Class – in the library - Teachers: Chuck Baumgardner, Ann Seitz-Brown, Mary Kessler, and Mack Warner.

**CHILDREN'S SUNDAY SCHOOL WILL HAVE A FUN DAY** on September 8th in fellowship hall at 9:30 A.M. The theme for the day will be around "Creation".

## **ADULT SUNDAY SCHOOL CLASSES**

Mary Kessler, Ann Seitz-Brown, Chuck Baumgardner and Mack Warner are happy to present the adult Sunday school curriculum for 2019-2020. Please read the blurbs and think about joining us for any or all of the exciting topics this year. We meet on Sunday mornings at 9:30 AM in the library. All are welcome.

**Sept. 8<sup>th</sup> – Vulnerability by Brene Brown**

**Sept. 15<sup>th</sup> – Listening To Shame by Brene Brown**

A Little about Brene Brown:

The official line: I'm a research professor at the University of Houston where I hold the Huffington – Brené Brown Endowed Chair. I've spent the past two decades studying courage, vulnerability, shame, and empathy. I'm the author of five #1 *New York Times* bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness*, and *Dare to Lead*. My most recent book was released in October 2018 and is the culmination of a seven-year study on the future of leadership.

The bottom line: I believe that you have to walk through vulnerability to get to courage, therefore . . . embrace the suck. I try to be grateful every day and my motto right now is "Courage over comfort." I do NOT believe that cussing and praying are mutually exclusive. And, I absolutely believe that the passing lane is for passing only.

**Sept. 29<sup>th</sup> – Oct. 20<sup>th</sup> – The Five Love Languages by Gary Chapman**

The premise is simple: different people with different personalities express love in different ways. Gary called these ways of expressing and receiving love the "**5 Love Languages.**" They are Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch. Come see how your family, friends, and colleagues respond to different love languages and how you can relate better to them.

**Oct. 27<sup>th</sup> – The Act of Generous Listening by Krista Tippett**

**Nov. 3<sup>rd</sup> – How Can I Say This So We Can Both Stay in the Car? By Krista Tippett**

Danielle Krettek from Google Empathy Lab welcomes Tippett for a conversation on "The Art of Generous Listening", where they discuss creating spaces of trust and unfolding with curiosity, intention and hospitality. Listening is about being actively present, not just about being quiet. It's a practice of being open to the mystery and surprise. Central is a theme of deep human care and empathy, how to "repair the world we can touch" by bringing back the social art of connection and asking our eternal human questions — what it means to be human, how to live well and how we are to be with each other.

How can I say this so we can both stay in the car together, and yet, explore the things I want to explore with you? This is the question Claudia Rankine asks when Krista Tippett interviews her about race.

**Nov. 10<sup>th</sup> – The Nantucket Project by Nadia Bolz-Weber**

Nadia Bolz-Weber is an ornately tattooed pastor, bestselling author and recovering addict. Listen to her riveting conversation with TNP's Tom Scott and Kelly Corrigan.

**Nov 24<sup>th</sup> – Dec. 22<sup>nd</sup> – Eternity is Now in Session by John Ortberg**

**“Are we there yet?”**

**Most of us think of eternity as something that begins after we die.**

However, Jesus doesn't talk about eternity that way. In fact, Jesus defines “eternal life” only once, with great precision, and in a way that has been largely lost in our day. This book looks at his riveting definition and the questions that flow from it:

- What if we stopped thinking about eternal life as something we can only experience after we die?
- What if we stopped thinking of Christians as people who profess beliefs about God and instead focused on becoming disciples who know God?
- What if salvation isn't mostly about getting you into heaven but about getting heaven into you?

It's time to engage in a radical rediscovery of the Christian concept of salvation.

**Jan. 5<sup>th</sup> – Feb 23<sup>th</sup> – Follow by Andy Stanley**

In this eight-session DVD Bible study, Andy Stanley takes you and your small group on a Bible study journey through the Gospels as he traces Jesus' teaching on what it means **to follow**.

**March 1<sup>st</sup> – March 29<sup>th</sup> – Unafraid – Living With Courage and Hope in Uncertain Times by Adam Hamilton**

Jesus told us, "Do not be afraid." But in a world filled with racial and political tensions, terrorism, loneliness, illness, and aging, how is that possible? In this 5-session DVD based on his book of the same name, Adam Hamilton helps you identify your fears and take practical steps to overcome them---while relying on God's promises of courage and hope.

**April 19<sup>th</sup> – May 24<sup>th</sup> – Short Stories by Jesus by Amy-Jill Levine**

The *Short Stories by Jesus* is a 6-session DVD study that takes you back in time and explains how original audiences understood Jesus' parables. Amy-Jill Levine's interpretations show how the parables still challenge and provoke contemporary readers two thousand years later. The sessions are:

- Lost Sheep, Lost Coin, Lost Son (11:09)
- The Good Samaritan (11:59)
- The Pearl of Great Price (8:37)
- The Mustard Seed (9:52)
- The Laborers in the Vineyard (11:03)
- The Widow and the Judge (10:31)

# Could You Use Mid-Week Spiritual “Refueling”?

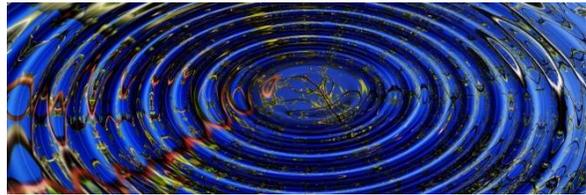
Join us for any of these Wednesday Evening  
“Refueling” opportunities:

## Worship – 7:00 P.M

*A 30 minute spoken service with sermon and Holy Communion  
Sermon is the same as the previous Sunday*

## Centering Prayer Practice 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 7:30-8:30 p.m. in the Library

Centering Prayer is a contemplative practice of abiding with God in interior silence. We cultivate this interior silence by letting thoughts opinions, feelings, and sensations pass through us during our time of prayer, noticing them gently and not clinging to them as they arise. The gifts and benefits of centering prayer grow with practice, especially when we practice with others.



Our prayer time together begins with an opening prayer in unison followed by a short reading by the facilitator, and the sound of a bell. After the bell, we will pray for 15-20 minutes in silence. Following the silence, the reading is repeated. We conclude with a brief time for voluntary sharing of one’s experience of the practice or any feelings or insights that arose during it.

## Lectio Divina (meditative reading of Scripture) Practice 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 7:30-8:30 p.m. in the Library

This experience introduces participants to the ancient practice of reading the Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us.



*Pastor LaDonna is the facilitator for both the Centering Prayer practice and Lectio Divina. No prior experience is necessary to participate. Those new to the practice are always welcome.*

**WHAT ARE THE PRINCIPLES THAT GUIDE US IN MAKING DECISIONS** in our personal lives and in our life as the church? That will be our worship focus on Sunday September 8<sup>th</sup>. Using Acts, chapter 10 and examples from our personal and church life, we'll begin to identify the Guiding Principles that help us be the person and community God wants us to be. This is one of the remaining pieces of our renewal process and we look forward to your input on this sentence:



When St. David's is at its best, you will see us

---

We look forward to having as part of this ongoing renewal process.



An evolving adventure planting relationship and conversation around the subjects we disagree about intensely — and those we've barely begun to discuss. Sponsored by the Hanover Conference of the Lower Susquehanna Synod of the Evangelical Lutheran Church in America.

**Training Event:      Saturday, November 2, 2019**  
**8:30 am – Noon**  
**St. Matthew Lutheran Church**  
**30 W. Chestnut St., Hanover, PA**  
**Training Event is free, but pre-registration is requested**  
**Call 717-632-1922 or**  
**email [pastorladonna@gmail.com](mailto:pastorladonna@gmail.com)**

**ST. DAVID'S ADULT FAITH FORMATION TEAM** is pleased to offer "Living Well," a program on healthy living taught by Mike Brown, a family doctor in East Berlin for 30 years. Learn how to live a healthier life and improve your quality of life through simple lifestyle changes. Come to an overview of the program on Thursday, September 12<sup>th</sup>, from 6:30 to 8:00 P.M. at St. David's Fellowship Hall. Bring a friend, neighbor or family member - all are welcome. There will be follow-up sessions on controlling your weight, blood pressure, diabetes, cholesterol and more throughout the fall. The dates for these will be September 19<sup>th</sup>, 26<sup>th</sup>, and October 3<sup>rd</sup>. The time will be 6:30 P.M. to 8:30 P.M.

**FELLOWSHIP COMMITTEE IS HAVING A CAMPFIRE AND MOVIE NIGHT** on September 14<sup>th</sup> at 5:00 P.M. More information will be in the bulletin next week.



**ST. DAVID'S BOOK CLUB** will not be meeting in September. The next meeting will be October 24<sup>th</sup> at 6:30 P.M. The discussion book is "The Red Tent" by Anita Diamant.

**ALL BUDGET ITEMS FROM ALL COMMITTEES NEED TO BE PRESENTED TO JOAN BARNES BY SEPTEMBER 30<sup>TH</sup>**. If you have any questions, please see Joan.

### **FALL OFFICE HOURS**

Monday – Friday 8:00 A.M. – 2:00 P.M.

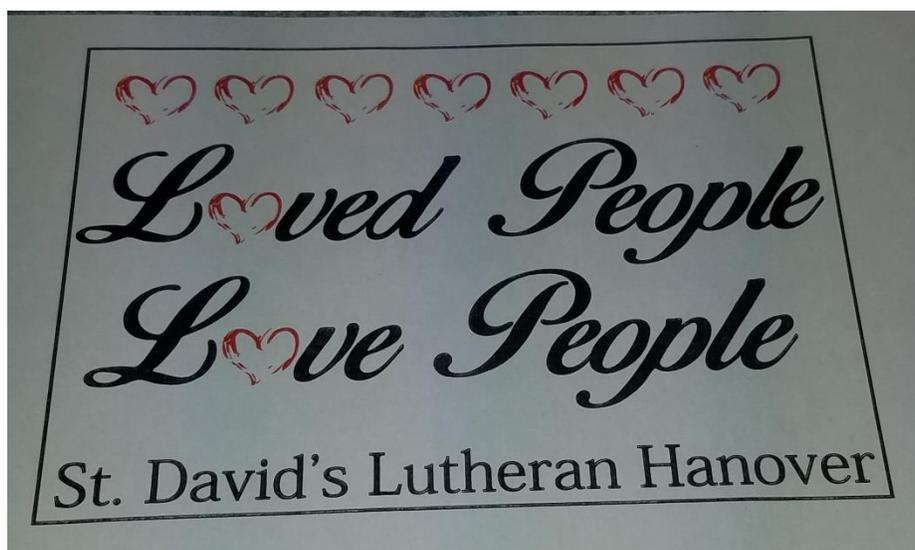
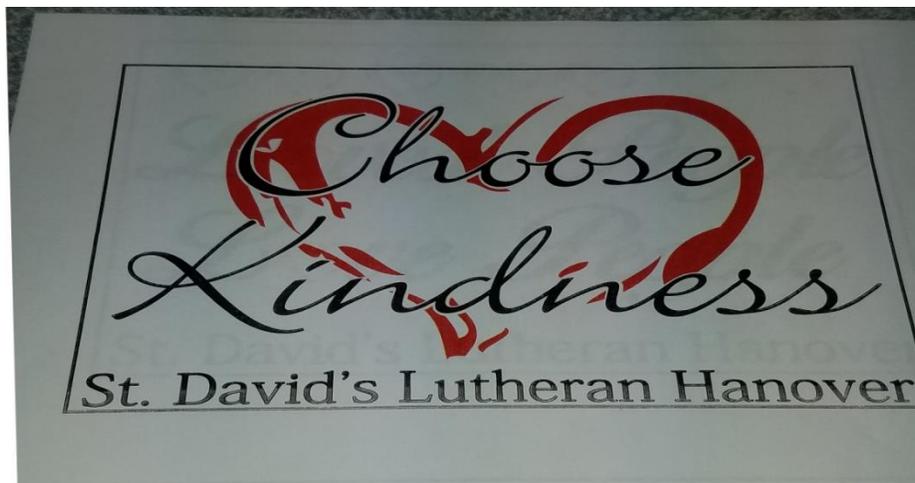
**PINK ENVELOPES** for the month of September will support Olivia House.

**REGULAR CHOIR REHEARSALS** begin on Sunday, September 8<sup>th</sup> at 9:30 A.M.

**HANDBELL CHOIR REHEARSALS** begin on Tuesday, September 10<sup>th</sup> at 7:00 P.M.

## CONGREGATIONAL GROWTH COMMITTEE REACHES OUT .....

This summer we have been offered wonderfully inspirational sermons that have been infused with a loving contemplative nature. These messages have reflected our congregational goals and mission and have challenged us to reach out to others. We have been offered an opportunity to remind ourselves of that greatest commandment, "Love your neighbor as yourself". In response to the situations in our life and times the Congregational Growth Committee has chosen to respond and use this opportunity by sharing with others how you can fill your hearts with love. Included in this week's bulletin are the graphics of a double-sided yard sign that is currently in production. This yard sign has two sides, two statements, and reflects who we are as a congregation. These two statements reflect our love for our neighbors. These yard signs will be available for purchase in the coming weeks, for a cost of \$8. We hope you will find it in your heart to use this opportunity to share with the community our congregation's message of love.



## **JOIN THE CELEBRATION**

Mark the date of Saturday, September 21, 2019 on your calendar and plan to attend Spirit Fest at SpiriTrust Lutheran, The Village at Gettysburg, 1075 Old Harrisburg Road, Gettysburg, PA

Festivities begin at 8:00 A.M. and continue until 2:00 P.M. Enjoy the entertainment and there will be games and fun activities for the kids. Shop our stands which will be loaded with plants, jewelry, books, purses, crafts, baked goodies, and white elephant items.

Lots of delicious food will be available from early morning coffee and doughnuts, to lunch with chicken corn soup by the bowl and sandwiches. There will also be quarts of chicken corn soup for sale at the bake sale table. Top off your lunch with a slice of home baked pie, a peach sundae or ice cream. Whole pies will also be on sale at the bake sale table. Take part in the old fashioned cake walk and win a yummy cake to take home with you.

Concessions are still needed for the event. If you would like to donate any items for this event, such as jewelry, books, gently used purses and white elephant articles may be dropped off at the reception desk at SpiriTrust Lutheran, The village at Gettysburg before August 18<sup>th</sup>. Plants and baked items will be accepted on September 20<sup>th</sup> or on the day of the celebration.

Bring the whole family – something for all ages.

## **SPIRITRUST LUTHERAN HOME CARE AND HOSPICE**

Neighbors Helping Neighbors... Hospice Volunteering can make such a difference not only in the lives of those needing support, but also in your life! SpiriTrust Lutheran Home Care & Hospice is looking for caring individuals interested in serving our local Adams County community by becoming hospice volunteer. Our volunteers are part of the SpiriTrust Lutheran Home Care & Hospice team and provide emotional support to clients and their families, relief to caregivers, and friendship at a time when companionship is needed most. All volunteers receive specialized training before assignment to client and families.

Volunteer training is FREE and the next session is scheduled for September 16<sup>th</sup> and September 23<sup>rd</sup> from noon to 3:00 P.M. at SpiriTrust Lutheran, The Village at Gettysburg, 1075 Old Harrisburg Road, Gettysburg, PA There is no area of SpiriTrust Lutheran Home Care & Hospice where the expertise and enthusiasm of the volunteers is not a valuable asset. Please consider becoming part of this very important and life changing ministry by calling our Volunteer Coordinator at 717-680-0301.

## **P.A.L. (PROVIDE-A-LUNCH)**

Volunteers are needed to cook, serve the meal, and clean up after the meal on the 2<sup>nd</sup> Saturday of each month for the Hanover Area Council of Churches (HACC). Our next Saturday to serve is September 14<sup>th</sup> between the hours of 8:30 A.M. to 2:00 P.M. Come for all or part of this outreach ministry. The location is 136 Carlisle Street, Hanover. If you have any question, please contact Mary Bixler.

## **HANOVER AREA COUNCIL OF CHURCHES' FOOD BANK REQUESTS FOR THE MONTH OF SEPTEMBER:**

Salad dressing (ranch, Italian, & 1000 Island), dish washing soap, and  
Ziplock bags (all sizes).

Please place your donations in the basket in the church narthex.

## **LAUNDRY LOVE**

We have had a successful year. Every second Tuesday of the month at 6:00 P.M., our team meets at Suzi Suds on North Carlisle Street, Hanover. We greet customers and offer to pay for their laundry to be washed. While the washing is being done, there is time to visit with patrons, share some snacks, and do activities with the children. It is nice meeting our neighbors in a different way by talking to them and learning about them and their needs. If anyone would like to provide a donation towards the snacks that we provide for the evening, please see Michelle Quelet. We can still use some help during these evenings. If you are able, please join us on September 10<sup>th</sup> at 6:00 P.M. Hope to see you there.



## **CLEANING OF LIGHTS AND WINDOWS**

It's that time of the year to clean the windows and the lights. The date this year is October 5<sup>th</sup> at 8:00 A.M. Bring your buckets and cleaning rags along to help spruce up the church. For more information, call Cindy Blum at 410-596-7171.

**WE GRATEFULLY ACKNOWLEDGE** Benchmark Investments and Insurance for their generous donation of new AED equipment for our church.

## **AED/CPR**

A new AED was purchased for the church to replace the one that became outdated. Thank you for that generous donation. Thanks to all who took the Adult, Child and infant CPR/AED course on Saturday, August 17<sup>th</sup>. We had a great class. I know that some of the people in that class are interested in a first aid course and several people were interested in taking the Adult, Child and infant CPR/AED course but could not make the date that was chosen. Please let me know if you are interested in taking either course and we can plan those courses for you.

We also want to thank Mary and Ron Kessler for applying for the Thrivent Action Team. Because of that we received \$250 off the total price of the course. That was reflected on the amount that we each paid for the course. Thanks!

Joyce Arndt

Those certified in Adult, Child and Infant CPR/AED are as follows:

Joyce Arndt

Joan Barnes

Kevin Barnes

Beth Croney

Jennifer Croney

Tim Hartman

Mary Kessler

Alec Miller

Melissa Miller

Julie Smith

Louise Swearman

Bob Waskiewicz

## **HAPPY BIRTHDAY**

09/02	Courtney Palko	09/21	Madeline Huntington
09/05	Patsy Stevens	09/22	Diane Hess
09/05	Eric Baumgardner	09/22	Graig Huntington
09/08	Lisa Jo Smith	09/23	Nicholas Baumgardner
09/09	Pearl Saltzgiver	09/24	Esther Smith
09/10	Weston Schaffer	09/25	Judy Fulton
09/12	Johnny Wilson	09/26	Mary Wildasin
09/14	Harold Sanders	09/26	Kevin Green
09/16	Joyce Arndt	09/26	Lori Green
09/16	Sandy Wildasin	09/27	Pastor LaDonna
09/20	Kristin Bevil	09/27	Anna Hempfing
09/20	Lucas Rinehart	09/27	Greg Noble
		09/28	Caleb Bevil

## **PRAYER LIST**

### **FOR THOSE RECEIVING PASTORAL VISITATION AT HOME:**

Ethel & Philip Meckley, Gladys Shearer, Millie Miller, Tony Laughman, Edna Rickrode, Ada Mancha, Kiki Beyer, Joyce & David Plank, Ann Hempfing, Harold Geiman, Gloria Sommer, Dorothy Grogg, Mary Wildasin Clyde & Reda Gotwalt, and Margie Utz.

**FOR HEALING & STRENGTH:** Tom Rutledge, Levi Bevil, Harold Utz, Annie Myers, Charles & Barbara Sickles, Frank Martin, Dave Barnhart, Deb Klinedinst, Melvin & Marjorie Wentz, Hilda Schuchart, Suzie Luks, Angela Kieny, Kaleb Trump, Travis Trump, Mary Lou Davis, Tom Phillips, Sunny Blouse, Harold Kessler, Ryan Laughman, Jacob Snyder, Ann Marie Landry, Harold Bachman, George Hesse, Margie Thiel, Ed Swift, Kim Nieves, Tom & Judy Jacoby, Brock Beckham, Ken Coppersmith, Deb Brady, Jennifer Shook, Dave Reese, Allison Trump, David Smith, Larry Lahoss, John Geers, and Thelma Evans.

**FOR THOSE IN THE MILITARY:** Luke Small

**COMFORT FOR** Allen & Kathy Stump and Diane & Jerry Wensel and families on the death of their mother Peg Stump.