

August 2018

August 5 – Brunch Club -- following our worship service.

Bring a brunch food to share (optional).

Topic: “Too Soon”

Free-will donations will benefit ‘A Small Hand’

St Paul’s Annual Ice Cream Social -- Sunday, August 12, 4:00pm

in the church fellowship hall. We will be serving 9-10 different flavors of homemade ice cream, chili dogs, chips and desserts. Donna Horan will be playing some summertime piano music for your enjoyment during the evening. 😊 This event is hosted by members of Thrivent Financial and members of Social Ministry Committee. Free-will offerings will be accepted. Please come out and enjoy some great fellowship and yummy ice cream! Contact person: Hattie Golliday (540-465-8663).

New Member and Baptism - Sunday, July 24

Christopher Thomas Watson Neel was received as a member of St. Paul by transfer of membership from

St. Leo Catholic Church in Inwood, WV.

That same Sunday Elliana Grace Neel, daughter of Chris and Bethany Neel received the sacrament of Holy Baptism.

Strasburg Compassion Cupboard

is requesting the following items during August:

Canned Corn and Mac & Cheese

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

WORDS OF APPRECIATION

*We sincerely thank everyone who donated time, talent and money
to make our VBS successful !!*

Dear St. Paul:

I would like to thank St. Paul for the scholarship awarded to me. It will be used towards my college education, specifically summer classes. I will attend LFCC for three more semesters and hope to complete an internship with the Smithsonian.

Then, I will transfer to JMU. Words can't truly express my gratitude towards this scholarship.

Thank you for your generosity.

Sincerely,

Sammy Shelton

St. Paul Members,

Thank you for your generous contributions to the Annual Scholarship Fund. Your contributions help people like me with the rising costs of higher education. As a non-traditional student I appreciate the support as I return to school. With your generous gift I will not have to finance the cost of my books this upcoming semester!

With gratitude,

Kendra Smith

The family of Martha Williams Brill would like to thank everyone who sent cards, prayers and food to the family and the church during this difficult time. Your thoughtfulness will always be remembered.

Blessings to all.

August Birthdays

Brynn Price - 1
Jason Mrizek - 1
Christopher Shelton - 1
Steve Kerchner - 5
Sarah Brown - 6
Randy Kepler - 8
Carrington Smith - 9
Gracie Wilson - 12
Tom Shelton - 13
Sara Papa - 16

Shelia Himelright - 18
Peyton Stickle - 18
Sophia Abruzere - 19
John Horan Jr. - 19
Scott Schlentner - 19
Mervin Bourque Jr. - 20
Patti Byrnes - 20
Margaret Funkhouser - 20
Windi Turner - 21
Icelee Nelson - 22

Jaylee Barker - 23
Tiara Barker - 23
Donald Davison - 23
Alex Frenz - 23
Bill Hall - 24
Sarah Orndorff - 24
Hunter Nugent - 25
Alta Purvis - 26
Alana Smith - 26
Debbie Winkfield - 26
Erika Rauhala - 27
Jenny Finnell - 28
Terry Miller - 29
Kathy Norman - 30

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

OPPORTUNITIES for INVOLVEMENT for ALL YOUTH !

MS/HS Youth: Brunch Club – August 5 following our worship service. MS/HS youth are invited to come help with food preparation and set up.

All Youth:

- ❖ *Join us Sundays at 9:30am for Worship Service: Volunteer as an acolyte, crucifer, greeter, tray holder, etc.*
- ❖ *Donate these items for the Strasburg Compassion Cupboard: canned corn and mac & cheese*

Grades K - 5: Sunday School classes will resume September 9!

St Paul's Council voted to hire Pastor Mary Louise Brown as St. Paul's Part-time Interim at their June 19th meeting, with a start date of July 1, 2018.

Pastor Brown is working 3 weeks a month: Tuesdays (noon – approx. 4pm) and Wednesdays (regular office hours), and 3 Sundays a month. Pastor Brown will attend Council meetings and will work closely with Worship & Music and Christian Education Committees.

* A supply pastor will be hired for the other Sunday (or 2) each month.

If you need to speak to Pastor Brown please contact the church office (465-3232).

If you have a pastoral emergency outside of office hours you may call her cell phone (540-335-3108).

Central Valley Conference's Annual Kit Drive

St Paul donated 5 Personal Care Kits and 19 large quilts that our Mission Quilters made.... along with quilts and kits from other churches throughout our Conference have been delivered to Lutheran Disaster Response under the coordination of the Central Valley Conference pastors group.

Thank you to all who donated kits and/or made quilts!!!

DID YOU KNOW – ELCA has a Disability Ministries ??

“As a church committed to the gospel of Jesus Christ, the Evangelical Lutheran Church in America is called to welcome all people in all its congregations and ministries into full participation as baptized members of the body of Christ” (1 Corinthians 12:14-26).

[“People Living with Disabilities”](#) social message, page 1

The ELCA social message “People Living with Disabilities” clearly states the hope that we as part of the body of Christ would work together across our various ministries, as well as in our personal lives.

All of us are disabled in some way as we stand before God. Thanks be to God, we are a church that believes God is calling us into the world — together. We don’t have to do it alone and we don’t have to do everything. We can connect with brothers and sisters to help us invite all into full participation in this church and in the world. The Disability Ministry Resource page proposes ways to connect, invite and participate.

Together we can:

- Welcome all people warmly and without hesitation. We are a church that belongs to Christ. There is a place for you here.
- Use language that honors and respects the individual person, language that always puts the person first — “person with a disability.”
- Get to know people as people - not as labels, problems or diagnoses. Find out about a person’s interests & gifts.
- Ask if a person needs help before offering assistance.
- Encourage all people to grow in their faith and their spiritual practices, and to use their gifts for the good of the church.

Related Ministries

The ELCA relates several areas of ministry with the work of Disability Ministries. The ministries include:

- Intellectual and Developmental Disabilities Ministries
- Mental Illness Ministries
- Deaf Ministries
- Blindness and Visual Impairment Ministries.

*All this and more information can be found on the ELCA.org website.
Go to ‘Online Directory’, then down, and to left side to ‘Disability Ministries’*



They say a picture is worth a thousand words.

This month we are going to talk about emotional health in the model of healthy living. One important factor that we need to consider is that there are varying degrees of emotions. Some are the result of circumstances, some of nature (mental health conditions)

The picture above speaks to me of loneliness, emptiness, depression and loss of self. There are times that the window is so open that we can see that in others. But there are times the window is closed and we are unable to see the hurt. For those who believe, they often seek healing by going to church or prayer. But unfortunately,

many were taught that there are certain ways to talk to God. So I want you to take a minute and think about the Psalms as the authors of the Psalms had very serious and at times *angry* conversations with God. *“How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I bear pain in my soul, and have sorrow in my heart all day long? ...” Psalm 131:1-2* Have you felt that way? Would you talk to God that way? Think about it for a minute... Most probably you wouldn't talk to God that way. It takes courage, to express anger with God. But it is okay to say these things. Just as it is perfectly right to praise God and celebrate the good in our lives. We need to be more open when we communicate with God. We need to recognize and acknowledge our feelings. Most importantly we need to know when to reach out and ask for help.

Not all of us are comfortable acknowledging or identifying emotions. But it is necessary to know where to turn for help. There are different hotlines for crisis situations. There is the turning to a physician or counselor for help. Some reach out to their clergy. Reaching out for help is strength not a weakness. In life's journey there are many travelers that pass by, remember some of those are there to help; don't be afraid to reach out and grab a hand before you fall. Also don't forget to offer a hand on the days you are strong.

Not every day or every hour or every minute are our emotions the same. Remember this line....”Rainy days and Mondays always get me down,” (The Carpenters) Hope this has opened your eyes.

Wishing you peace.

Jeannie

“Healed people heal people. Freed people free people. Changed people can play their part in seeing lives and communities changed.” The Dream of You Author: Jo Saxton