

# *The Parish Press*

OF

## **PINE STREET EVANGELICAL LUTHERAN CHURCH**

VOLUME 27 #4

April, 2012

### *Holy Week* *Worship Schedule*

All services are at our church unless otherwise noted.

**April 1: Palm/Passion Sunday**

**April 5: Maundy Thursday at 7:00 PM**

**April 6: Good Friday 11:30 AM** Cross Walk through Danville begins at St. Joseph Church. After the Walk we will close with a brief meditation followed by light refreshments and fellowship at Pine Street.

**Good Friday Worship at 7:00 PM**

**April 7: Easter Vigil at 7:00 PM**

**April 8: Sunrise Worship at 6:30 AM** Followed by Breakfast; **Worship at 10:30 AM**

### **CHICKEN & WAFFLE DINNER**

**Saturday, April 21**

**4:00 P.M. to 7:00 P.M.**

**Tickets to be purchased at the door:**

**Adults: \$8.00; Children 6-12: \$4.00;  
5 and Under Free**

If you wish to help in any way or would like to donate a cake or help serve, please contact Sue Baylor. The menu is: *Chicken & Waffles, Gravy, Mashed Potatoes, Corn, Pickled Cabbage, Dessert and Drinks.*

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### **With This Issue:**

April and May Calendars  
April and May Schedules  
*USS Ark*  
Love Envelopes in your packet:  
**Synod Benevolence**

### ***Fourth Friday Family Fun Nights***

***Every month on the 4<sup>th</sup> Friday***

***April 27***

***6:00 to 9:00 PM***

***Movies & Games***

***Snacks & Refreshments***

*Hang out and spend some time with your children and friends at the church!*

## NEWS AND NOTES

### SYMPATHY

We extend our sympathy to the family and friends of:

- † Richard T. Lewis, father of James Lewis, who died February 25, 2012.
- † Mrs. Kpanah Harris, wife of Bishop Sumoward Harris of the Lutheran Church in Liberia, a companion church of the Upper Susquehanna Synod. Mrs. Harris died at John F. Kennedy Hospital in Monrovia on Friday, March 7, 2012.
- † James R. Raup, brother of June Livziey and Eleanor Wray, who died February 26, 2012.
- † Charles Crozier, cousin of Elizabeth Baylor, who died February 26, 2012.
- † Mary Joan Eyer, aunt of Gail James, who died February 27, 2012.
- † Pearl E. Munson, mother-in-law of Deb Munson, who died March 12, 2012.

### BAPTISM

Jamison Mark Diehl, born August 27, 2011 and son of Mara and Steven Diehl, was Baptized by Pastor Keith on Sunday, March 11 during Worship. Jamison is joined by two older brothers, Jace and Jaren.

We welcome Jamison to his new church family.

### PASTOR'S UPCOMING

#### DATES:

Pastor Keith will also be attending much of the ELCMA Assembly April 23-25 in Lewisburg. More information is included on page 4 of this month's *Parish Press*.

## Carpet Cleaning Monday, April 2 at 9:00 AM

Please help prepare the upstairs and downstairs (sanctuary, social hall, narthex, and elevator annex up & down) after fellowship hour on Sunday. ***Please do not start moving things out of the social hall until everyone is finished eating and the food put away. Thank you!***

## Pledge Update and reminder

Our monthly repayment schedule on our loan for our exterior restoration is \$577.66. Our goal is to have at least this amount pledged for each month. So far, we have received \$300 in monthly pledges. Pledge forms are also available on the credenza at the rear of the sanctuary, on the table in the narthex, or in the church office. Any additional money received above the monthly payment amount will be used to help retire the loan early. Remember, any donation intended for the restoration project needs to represent an **additional sacrifice**, and should not be money that would otherwise have been used for our general fund or other existing ongoing ministry expenses. If you cannot pledge, all donations given whenever you are able will be gratefully received. No donation or pledge is too small.

## ELCA Disaster Response March 2012

Deadly storms raced across the Midwest and the South recently, spawning at least 64 violent tornadoes that killed more than 50 people and injured many more in 14 states. Hundreds of homes, farms and businesses were damaged or destroyed during the outbreak.

Currently, ELCA Disaster Response is monitoring the situation and gathering information. Local agencies and ELCA congregations are coordinating volunteers for cleanup efforts and providing spiritual care.

Your help is needed today to bring immediate relief and ongoing support to communities affected.

**Gifts designated for "U.S. Severe Spring Storms" will be used in full -100% - to help disaster survivors clean up and recover.** Donations to the undesignated ELCA Disaster Response fund help us respond immediately and effectively – where it is needed most. Because of your generous offerings of prayer and financial support, the ELCA walks alongside disaster survivors on the road to recovery. Thank you!

Please make checks to *Pine Street Lutheran Church* and write "U.S. Severe Spring Storms" on the memo line and either put your donations in the plate or mail or take it to the church office during regular office hours.

**There are no Council highlights due to the meeting being postponed until March 26<sup>th</sup>.**

## **A STEWARDSHIP** **MINUTE**

*Written by S. William Snover, MD  
Financial Secretary*

*"Now we have received, not the spirit of the world, but the Spirit who is God, so that we might know the things that have been freely given to us by God". (1 Corinthians 2:12)*

Too often we count our blessings in terms of tangible *things* such as our homes, our possessions, and our money. But, aren't these things only of this world? As the adage goes, "we can't take it with us". When we are asked to give, don't we immediately think of tangible *things* and then have to decide if we can "afford it"?

In Paul's letter, we are reminded that God's gifts to us are not necessarily tangible (worldly). God's gifts of health, talent, love, happiness, time and the ability to have faith even when times are tough cannot be weighed or measured, yet these are the spiritual *things* for which we should be truly grateful. These are given to us "freely", with no strings attached and no expectation of future repayment except that we honor God by using His gifts wisely. Since the dawn of human existence, we have been compelled to show gratitude for God's gifts, and God has no problem with this. We love each other, we reach out, we show compassion, we use our time and talents to glorify God through ministry, we pray, we look upward for guidance and help, and we are grateful.

For most of us, the church is a very essential focus of our spiritual nature. This is where

we come together as a family in Christ to serve Him. While our purpose is spiritual, we exist in a tangible world. Our gifts to the church, both spiritual and tangible, allow the church to go forward in fulfilling God's mission to show "our faith, hope and love through prayer, discipleship, ministry and worship".

Are you faithful in your stewardship through your gifts of time, talent, ability and treasure? Belong, don't just observe.

Faithfully,  
*Bill*

## **Cherub Choir**

Cherub Choir will be sharing a song to celebrate Easter during 10:30 Worship on April 8.

## **ONLINE BANKING**

*A simple way to give...*

If you already use online banking through your bank, you can easily set up "Bill Pay" to automatically send (or whenever you decide to send it) your tithe to the church.

You simply go into your "Bill Pay", put in the address of the church and your envelope number where it asks for your account number. It will ask what account (checking or savings) to use and put in the amount you want to send. You can set it to send automatically at a certain time each month or you can go in manually and tell it to send your tithe whenever you want to send it. That is it! Very simple!

## **SYNOD BENEVOLENCE**

**This month is Synod Benevolence month for the Love Offering Envelopes.**

When you tithe in your church envelopes, you are giving the 10% or whatever you can afford to give to support the general budget that you voted on and approved at the November congregational meeting.

Just like the tithe you give to the church, the church also must tithe to its church, The Upper Susquehanna Synod. The Synod depends on our church's tithe to support their budget for general operating expenses that was voted on at last year's Synod Assembly. We have an obligation to the synod to support that budget.

If you would like to tithe directly Synod Benevolence in support of our Synod budget, please use the special *Love* Envelope included in your envelope packet. Thank you so much for your much-needed support.



## **2012 ELECTION DATES**

**Tuesday, April 24**

(The Social hall will be in use from 9 AM Monday, when the voting machines are installed, to 9 AM Wednesday when the machines will be picked up. Please refrain from using or going through the social hall during these times. Thank you.)

**&**

**Tuesday, November 6**



## Graduates Sunday Celebration

Graduates Sunday Celebration will be held May 20. Please let Deb in the Church Office know of persons who will be graduating, or who have graduated since last May.



## ELCMA ASSEMBLY

The ELCMA (Evangelical Lutheran Coalition for Mission in Appalachia) Assembly is coming to the Upper Susquehanna Synod Monday, April 23-Wednesday, April 25. The theme is “*Mission Along the Susquehanna*”.

ELCMA is inviting members from congregations of the Upper Susquehanna Synod to attend part of the Assembly as guests, joining delegates coming from all the synods between New York and Georgia, and learn about our ministry of “Connecting and Equipping god’s People for Christ’s Mission in Appalachia”.

- April 23 (6:30-8:30 PM) is at Holy Spirit Lutheran Church outside Turbotville-speaker Dr. mark Radecke, Susq. U. Chaplain and Van Wagner, folk singer.
- April 24 (10:15-11:30 AM) also at Holy Spirit is a choice between workshops: A) Kathryn’s Klostet Ministry B) Sawdust Ministry C) Mission Trips D) Continuing Education in the Appalachian Context E) Transformational Ministry F) ELCMA Budget & Resolutions
- April 24, 5:15 – 6:45 pm, Camp Mt. Luther Evergreen Ctr. dining

hall Pennsylvania Dutch Dinner (Snitz & Kneip; Chicken & Waffles) and awards ceremony

- Cost: \$7.50 per person. Make checks payable to “Upper Susquehanna Synod”, memo “ELCMA PA Dutch Dinner”, and send by April 10 to Upper Susquehanna Synod, PO Box 36, Lewisburg PA 17837
- April 24, 6:45–7:45 pm, Camp Mt. Luther Evergreen Ctr. Worship: featuring “Camp Mt. Luther Vespers & Communion” with Bishop Driesen preaching



**BIBLE STUDY**  
**Thursdays**  
**1:30 PM**  
**(Library)**



## Retirees' Luncheon

**Wednesday, May 23**  
**At 12:00 Noon**  
**in the Church Social Hall**  
**You will be receiving a phone call for reservations.**



## Outdoor Worship & Church Picnic

**Sunday, August 12**

10:30 AM Worship at Sunnybrook Park followed by the Picnic

**Hoagies are now \$4.00**  
**due to rising costs of ingredients—still a bargain!**

## Treasurer's Report

### February - General Fund:

Income	\$ 10,155.17
Expenses	\$ 13,687.80
	\$ — 3,532.63

### Year-to-date through February- General Fund.

Income	\$ 20,117.97
Expenses	\$ 22,740.50
Shortfall	\$ — 2,622.53

## Diabetes Program

An adult self-management Diabetes program called, Diabetes-Taking Charge, will be held on Mondays during April (9, 16, 23, & 30) from 4-6:00 PM at the Bloomsburg Hospital Professional Building, 410 Glenn Avenue on the second floor. A light snack will be provided.

Topics of Discussion are: General facts; Diet and nutrition; Medication; Home blood glucose monitoring; Sick day guidelines; Foot care; Long term complications; Dental care, Stress Management; Community Resources; and Behavior change strategies.

This is a free program. Space is limited, so you much sign up early. Deadline is April 2. For further information and to register, please call 784-1723.



*April showers, . . .*



## ***Dates for Of the Land and Seasons***

### ***Worship Services:***

*June 17 '12 (Summer)*

*September 23 '12 (Fall)*

*January 13 '13 (Winter)*

*April 7 '13 (Spring)*



## **RELAY FOR LIFE**

Hi - pine Street Lutheran Family - It is that time of the year again to join our RELAY FOR LIFE TEAM here at our Church!! (see Sherry or Nan Leighow) Walk with us to give somebody another birthday. We are doing the Olympic Theme this year at the Southside Fire Company in Riverside on May 18<sup>th</sup> starting at 3 p.m. until May 19<sup>th</sup> 3 p.m. It is \$10.00 to join our walk and they want us to have everyone registered by March 30<sup>th</sup> or if you would like to do a luminary for someone that has passed or in honor of a survivor. Please come and join our team.

Thank you,  
Sherry Achey  
(team captain)

## **ATTENTION MARRIED COUPLES:**

Have you signed up for your spring Lutheran Marriage Encounter Weekend? NOW is the time to register for this opportunity to rekindle the romance and realize the full potential of your marriage with all the joy and beauty God intended. The two fall Weekends are: **September 14-16 at Olmsted Mansion and Retreat Center, Ludlow, PA -- 20 miles southeast of Warren, PA;** and **October 19-21 at The Mountain Laurel Resort, White Haven, PA -- just off Interstate 80, two hours north of Philadelphia.** Many say the Weekend was the most fantastic and moving experience of their lives. Registrations are limited, so register today to ensure your first choice. To sign up, simply go to the website: [www.GodLovesMarriage.org](http://www.GodLovesMarriage.org) and register online using your credit card. Or for questions, or if you would like a brochure with a registration form mailed to you, contact Pennsylvania Directors of Lutheran Marriage Encounter, Fred & Julie Schamber, at [fjschamber@comcast.net](mailto:fjschamber@comcast.net) or 724-325-3166.



*The Year  
of the  
Bible*

## **GLScrip Order Deadline**



**is**

***April 8***

**(2<sup>nd</sup> Sunday of each month)**

**You can earn money for the church when you buy gas, school supplies, or any purchasing you need to do by purchasing gift cards. Consider using gift cards when shopping for essentials and extras. Mostly everyone dines out—everyone buys gas—consider getting gift cards to use. They work same as cash!!!**

**PROCEEDS ARE SUPPORTING  
OUR NEW WEBSITE!**

**CHECK IT OUT AT**

**[WWW.PINESTREETLUTHERAN.ORG](http://WWW.PINESTREETLUTHERAN.ORG)**

**AND PLEASE PURCHASE**

**GIFTCARDS TO HELP PAY FOR THE  
WEBSITE.**

**THANK YOU!**

## **LUTHERAN YOUTH DAY**

Lutheran Youth Day at Susquehanna University will be held on Saturday, April 14, Soar Like Eagles with songs and a concluding concert by Captive Free.

Registration deadline is April 3, which is also the deadline to get a T-shirt.

This event is for youth in grades 6-12, Pastors, and Advisors. The registration is at 9 AM and the event concludes at 5:30 PM. For more information phone 372-4303 or email [musser@susqu.edu](mailto:musser@susqu.edu). A form and flyer are also online at <http://www.susqu.edu/studentlife/8613.asp>

## NOTIFY THE CHURCH:

- When your home phone number or address changes - church records need to be corrected. It costs 61 cents every time a newsletter comes back because of an incorrect address.
- When a new baby arrives in your family or in the family of another church member.
- When a member of your family or a member of the church is sick or is admitted to the hospital, so that visits can be made and the proper people notified.
- When a member of your immediate or extended family passes away.
- When a member of your family leaves home for college or to establish a new residence.
- When something good happens to you or your family that you would like to share.

### **(PLEASE NOTE:**

***If you've been in the hospital or have been ill and have not been visited by the pastor or anyone from the church, or if your name is not on the prayer list, it may be because no one told us you were ill or would like your name on the list. You or a family member should notify the church office with requests or information on illness or hospitalization. Please also get permission before sharing this information with the church office so we can share your information with others in our Church Family. Thank you!)***

## THANK YOU NOTES

We would like to thank the church for the flowers, prayers, and cards we received on the death of our brother, Jack.

God Bless,  
*Eleanor Wray*  
*June Livziey*

Dear Participants,

We would like to take this opportunity to thank you on behalf of the Susquehanna Valley Detachment #308, Marine Cops League, the United States Marine Corps Reserve toys for Tots Program and the children of the Susquehanna Valley for your efforts and dedication in providing support to the 2011 Toys for Tots campaign.

Your personal contributions and assistance to the program in the Central Pennsylvania area have helped the Toys for Tots Program make Christmas wishes come true for many needy children throughout the five counties covered by our program. The 2011 campaign helped 4,559 Valley children. We were able to distribute over 30,000 items to children from birth through high school.

It is only through the generous contributions and support of individuals throughout the community that we can continue to make each Christmas special for the children. We offer our sincere appreciation for your hard

work and your contribution. Thank you!

Semper Fi,  
*Pauline E. Roberts*  
Toys For Tots Coordinator  
*Paul W. Haines*  
Assistant T.F.T. Coordinator

Thank you for the card and calls of concern for me and my family upon the death of my mother-in-law, Pearl Munson.

Sincerely,  
*Deb Munson & Family*

## RIDES AVAILABLE

Rides are available for people for urgent medical care.

*Volunteer drivers are:*

- ♦ Sue & Dick Baylor (279-4766)
- ♦ Bill & Mary Jane Snyder (275-4083)
- ♦ Bill & Jeannie Snover (672-3055)

Call any of the above numbers or call the church office from 9:00 A.M. to 1:00 P.M. at 275-2110.

## **Pastoral Care:**

For Pastoral Care, please call Pastor Keith's home number (951-2350-if no answer, please leave a message).

*Please do not leave a message on the church's answering machine. (The answering machine at the office is not regularly checked if it is after hours, a weekend, or if Pastor is away.)*

## SPONSORS

Communion Bread Sponsors are needed for all of April and almost all of May! Communion Bread can be



store bought from the bakery. Please sign up on the designated sheets on the bulletin board in the narthex.

Bulletin sponsors are needed for April 7, 15, and 22.

There is an *Altar Flower* sponsor opening for April 15.

When signing up for Altar Flowers, Bulletins or Sanctuary Candle, please write your name and *in honor of* or *in memory of* message on the appropriate poster in the narthex or speak to Deb at the church office. The costs are:

- \$20.00 per week for **Bulletins**;
- \$33.00 per week for **Flowers**;
- \$14.00 per month for the **Sanctuary Candle**.

Thank you to everyone who sponsors these important supplies for our worship services.

### **GOOD SAMARITAN RPT.**

*For the month of February:*  
466 clients with clothing  
115 clothing donors  
29 Bedding clients  
8 Medical Uniform clients  
44 Winter jacket clients  
Crisis fund clients 6.

We are in the process of reopening the furniture mission using referrals by the agencies and going out once a week for furniture donations. We need truckers and lifters. If you have a truck to use to help them out, or if you are interested in helping, please call Sandy O'Rourke at 275-2979.

**Good Samaritan Mission**  
**Hours are Tues., Wed., & Thur.**  
**9 AM-5 PM**  
**275-2500**



### **CAMP MOUNT LUTHER NEWS**

#### **Coming Event Dates at CML:**

##### **Spring Open House & Biblical Scavenger Hunt –April 22**

The camp will be open for tours from 2-4:00 Pm. This gives children, youth, and families who are interested in taking advantage of the camp's summer programs the opportunity to visit the camp and learn more. As part of this year's event, there will be a Biblical Scavenger Hunt for those attending the Open House or those who just want to come and have a fun afternoon at camp.

##### **Spring Work Day-May 19**

Bring your youth group to camp for a morning of service as we get the camp ready for the summer season. The 2012 Summer Ministry Team will be there so you can also meet the counselors who will lead our camp this year.

##### **Summer X-Teen-Jun 17-27**

##### **Building Youth Groups & Confirmation-Jun 24-29**

##### **Summer Camp for Middle School-July 2012**

##### **Youth Gather Post-Event-Sep 30**

##### **Building Youth Groups Fall**

##### **Retreat-Nov. 2012**

##### **Advent Fun Day-Dec. 15**

##### **Winter Camp Dec. 28-30**

#### **Summer Camp Brochures**

##### **Available**

Summer brochures are now available for Camp Mount Luther. Copies were sent to congregations in the Upper Susquehanna Synod (on the table in the narthex) and to campers from the last two

summers. It's going to be an exciting summer, with traditional, specialty, and trip camps part of this year's schedule. Church camping is an important faith developer of our young people. Encourage a child to go to camp! If you didn't see a brochure yet, you can view it online or contact the camp office at 570-922-1587 and we'll send you a copy. For more information on Mount Luther, visit [www.campmountluther.org](http://www.campmountluther.org).

For information on any of the events in this article, go online at the website address above or contact Camp Mount Luther at 355 Mt. Luther Lane, Mifflinburg, PA 17844 or by phone at 750-922-1587 or send an email to [cml@campmountluther.org](mailto:cml@campmountluther.org).

### **BISHOP'S OPEN**



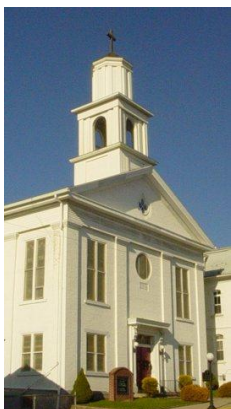
The 7<sup>th</sup> annual Bishop's Open Golf Classic will be held rain or shine on Monday, May 14<sup>th</sup> at the Susquehanna Valley Country Club on Routes 11 & 15, Hummel's Wharf.

This event is a 4 person scramble with three flights; Prizes for flights, hole in one winders, closest to pin, longest drive, straightest drive, team that has most fun and Bishop's Cup. There will be a putting contest. And, Mulligans available for \$5 each (2 per person; limit 8 per team).

The schedule is 11:30 AM for Registration and Lunch at 12:30 Golfing Shotgun Start. Immediately after all golfers

are finished, there will be snacks, drinks and prizes.

This Golf Classic is held by Camp Mount Luther to have fun and raise funds in order to better our youth in a faith-based camping program. Information is available online at <http://www.campmountluther.org/> or by telephone at 922-1587 or email at [cml@campmountluther.org](mailto:cml@campmountluther.org).



### ***Ministries at a Glance!*** (meeting times)

Administration – Tom Herrington, Bill Snover (Coordinator), Mary Sticklin, Burrnell Metzger; Sandra Reibsome (meets as needed)

Caring Ministry – Sue Baylor, Coordinator (dates vary)

Family and Christian Education Ministry  
FACE – (2<sup>nd</sup> Monday @ 6:00 PM)

Finance Ministry – Michael Dennehy, Coordinator (2<sup>nd</sup> Monday @ 7:00 PM)

Hospitality Ministry – Larry Troy, Contact Person (1<sup>st</sup> Wednesday @ 11:00 AM)

Property Ministry – Nancy A. Leighow and Nancy K. Leighow- Co-Coordinators (2<sup>nd</sup> Tuesday @ 7:00 PM)

Women of the ELCA – Co-presidents: Sue Baylor & Mary Ann Landi (usually 1<sup>st</sup> Tues.)

Worship & Music Ministry – Council liaison is Ron Kline (2<sup>nd</sup> Monday @ 11:00 AM)

Youth Ministry – Paul Dennehy, Coordinator

## **APRIL BIRTHDAYS**



- 1 - Tyler Hack
- 2 - Karen Pittsnogle
- 3 - Nicole Benware; Jack Dyer; Lois Oberdorf
- 4 - Janice Riley
- 9 - Michael Eyer
- 10 - Andrew Rickard; Samuel Harrison, Sr. (89)
- 16 - Madison Morgan
- 20 - Todd Baney; Glenda Beagle
- 21 - Carl Hummer, Jr.
- 22 - Darlis Dyer
- 26 - Sarah Hoyes



## **APRIL ANNIVERSARIES**

- 16 - Lois and Kenneth Oberdorf (67)
- 18 - Janice and Charles St. Clair (52)
- 22 - Anna and Carl Rice, Sr.
- 25 - Kimberly and Clifford Morgan
- 28 - Laurie and Matthew Fitzpatrick
- 29 - Nancy and Jon Curry, Sr.

## **Jubilee Kitchen**

**May 19, 2012  
October 27, 2012**

### ***Audio tapes***

of the service are available for homebound and others who can't make it to church. Contact Sue Baylor at 279-4766, if interested.



## **ADVERTISING**

Mary Ann Landi will handle church advertising. Most area newspapers will print this information free of charge as a news item. If you have an event coming up you would like advertised, please give as much information to her at least a month in advance to get the word out about what God is doing at Pine Street!

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## **2012 COUNCIL MEMBERS**

**Pastor: L. Keith Pittsnogle  
Treasurer: David A. Doran**

Elizabeth Baylor-President  
Jean Crumb  
Michael Eyer  
Ronald Kline  
Mary Ann Landi-Vice President  
Nancy A. Leighow- Secretary  
Nancy K. Leighow  
James O'Brien  
Gerard Tromp  
Terri Wydra

~~~~~



***We want to open up and  
expand God's presence by  
becoming more active in the  
community.***

***You can help!***

***Tell your friends--tell your  
neighbors--come see--Come  
See what God is doing at Pine  
Street!***

***Invite everyone you know to  
come to church.***

***Tell them we have a great  
fellowship hour.  
Tell them that God loves them  
and we do too.***



# Fellowship Menus

PLEASE SIGN UP IN THE BOOK  
TO BRING ITEMS FOR LUNCH

## APRIL

- Apr. 1: Taco Fixings & Baked Corn  
Apr. 8: Easter Breakfast; Light refreshments after 10:30 AM Worship  
Apr. 15: Baked Potato Bar w/Toppings  
Apr. 22: Meatball Sandwiches; Tossed Salads  
Apr. 29: Soups & Hearty Breads

## MAY

- May 6: Ham & Potato Casseroles & Tossed Salads  
May 13: Mother's Day-Covered Dish  
May 20: Sandwich Fixings & Veggie & Dip plates  
May 27: Memorial Day Weekend-Hot Dogs, Rolls, & Baked Beans

*Each Sunday needs a Clean-Up Crew. Please volunteer!*

## FELLOWSHIP HOURS

A loose leaf notebook is on the podium in the social hall with menus for each Sunday (except the second Sundays of each month when we have a Covered Dish meal).

*Please look at the meals listed above to see if you would be able to bring in one of the dishes. Then sign up in the notebook. If you would like to supply a dessert, please write that down.*

### Items needed regularly:

- ☺ 100% fruit juice (no red drinks please)
- ☺ A main dish, side dish or dessert for any Sunday Fellowship Hour
- ☺ Any donations to "Hospitality Ministry" to help fund our many outreach and church events

## ANNOUNCEMENT:

*Families can still sponsor a Sunday Fellowship meal of their choosing—just pick the date in*

*the book on the small podium in the social hall and write in that you are sponsoring the meal!  
Thanks!*



## Pine Street Prayer List April, 2012

Bonnie Cromley; Sue Neitz; Katie Sassaman; Spencer Vincent; Kathleen English; David Harvey; Red Swank; Cory Fenstermaker; Angie Wilson; Dr. Kevin Shafer; Marvin Fry; Cathy Dressler; Ruth Lehr; Alice Hinkle; Ryan Stevenson; Gladys Keller; Kendra Hoover; Keith Buchhalter; Audrey O'Brien; Greg Potter; Elizabeth "Libby" Fox; Pete Zimmerman; Autumn Kern; Tim Raup; Baby Clive Stevenson; Todd Livziey; Joan Bankus; Erica Miller; Lola Kline; Virginia Frantz; Marr Snyder; Darwin Straub; Nancy Curry; Delaine Fritz; Kathie Richards; Melissa Thomas; Mike Shoemaker; Cindy Gearhart; Helen Smith; George Sudol; Art Sticklin; Leann Achtenberg; Edith Bender; Nicole Morgan; Bob Sheets; Tyler Yeager; Donna Brown; Carol Phillips; Harvey Stauffer; Shirley Crossley; Dolores Easton & Family; Dorothy Hagenbuch; Barry Balonek; John Crumb; Brenda Kile; Dianna Ballinger; Audrey Kunkle; Alan Springer; Emily Sue Nilsson; Lucy Snyder; Nathan Lubeski; and Walt Rupert.

### HOMEBOUND AND SPECIAL PRAYER LIST:

Pauline Mackert; Ken Oberdorf; Pauline Nedrow; Lillian Stahl; D. Jean Cope; Minnie Troutman; Mildred and Paul Gemberling; and Jane Beagle.

### SPECIAL MILITARY LIST:

Jordan Zander; Oliver Rice; Halley Dillon; Trevor Patterson; Jeremy Weikel; Tim Moyer; Robert Carpenter; Mark Brumbach; Trevor Stone; Charlie Reedy; Shawn Dyer; Shane Bergenstock; SSGT Andrew Bauman; CPL Jason Lee Smith; Christopher Perry; B.J. Dellinger;

Andrew Conrad; Tim Mekosh; CPT Barry Troy; CPT Steven Black Barr; Tristan Winter.

*Please use an orange pew card for Prayer requests & removals.*

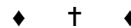
## PRAYER LIST UPDATES

As situations change, prayer is most effective when requests are current and regularly updated. Therefore, we would appreciate it if you would check over the prayer list, and if there is someone that you put on that list that is doing better and can be removed, please contact the Deb at office. You can notify the church office by emailing Deb at [pinestch@ptd.net](mailto:pinestch@ptd.net) or by calling from 9:00 A.M. to 1:00 P.M. Monday through Thursday at 275-2110. Please keep this in mind when you put other relatives and friends on our Prayer List.



*To activate the Prayer Chain, contact numbers are:  
387-1795 or 441-5643.  
No Emails please.*

(To have someone's name included on the weekly Prayer List, please email or call Deb separately at the church office at 275-2110 or [pinestch@ptd.net](mailto:pinestch@ptd.net)).



*SPRING IS HERE!*



## FOOD BANK

### NEEDS

The Danville-Riverside Food Bank is very appreciative of the donations of food and money given by our church members. You may donate the food of the month from the list below or any other non-perishable food item. All donations are distributed to those in need in our community.

*Jan: Canned Vegetables*

*Feb: Noodles & Macaroni*

*Mar: Canned Fruit*

*Apr: Soup*

*May: Tuna & Canned Meats*

*Jun: Cereal*

*Jul: Jell-O & Pudding*

*Aug: Peanut Butter & Saltines*

*Sep: Spaghetti & Sauce*

*Oct: Cereal*

*Nov: Noodles & Macaroni*

*Dec: Tuna & Canned Meats*

Place food donations in the basket in the narthex near the coat room. To make a monetary donation, please use a blue pew envelope and mark it **Food Bank**.

The Food Bank is open to anyone in need from 1-2 P.M. and 5:30-6:30 P.M. the 1<sup>st</sup> Thursday of the month at Shiloh United Church of Christ, 500 Bloom Street.

## HOAGIE SALE

*Order & pay by the Sunday before the 1<sup>st</sup> Thursday of each month.*

Pick-up the first Thursday of each month from 11am-12 N.

***Please pay when you order!***  
*Thank you!*

The cost if \$4.00

### *Benefit:*

10% to a local charity and  
90% Church Restoration Project

*Thank you for your support!*

**\*\* Volunteers are needed to help make hoagies at 8:00 AM the 1<sup>st</sup> Thursday of each month.**

## The Thank You Corner

### A Special Thank You To:

- **Brenda Fischer-Dennehy** – for making our new black paraments. Great job!
- **Jeannie & Bill Snover** – for conducting the Lenten Worship service on February 29 when Pastor Keith was ill and March 23 when Pastor Keith as away.
- **All Volunteers** – who help with fundraisers.

## Family Magazine

*Spark Family-Splash in God's Word* magazine is available on the table in the narthex. They are free—take one for your family.

## USE GIFTCARDS!

*Remember to use grocery gift cards if you shop at Weis or Giant. Use gift cards for stores, gas and restaurants by purchasing ahead of time. Your church benefits from every card sold! They can be purchased or ordered in the social hall every Sunday during Fellowship time. Questions, see Jen O'Brien.*

*Come Grow*

*With US at Pine*

*Street Lutheran!*



## WEBSITE

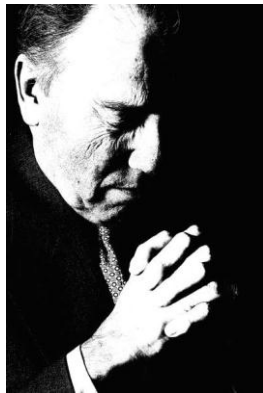
**www.  
pinestreetlutheran.  
org**

**And, if you haven't registered on the site, please do so!**

***Check it out today!***

Send some feedback or suggestions to Deb at [pinestch@ptd.net](mailto:pinestch@ptd.net).

Thanks!



**Read Romans 12  
& Pray Daily**



#### **HOSPITALITY**

*Hospitality is the way we  
come out of ourselves. It is  
the first step toward  
dismantling the barriers of  
the world. Hospitality is the  
way we turn a prejudiced  
world around, one heart  
at a time.*

*-Joan D. Chittister in  
Wisdom Distilled*

If you have a loved one,  
family member or friend  
in the military and want  
them on the prayer list or  
to have members write to  
them, please be sure their  
names and addresses are  
given to the church office.  
Thank you!



#### **SYNOD CURRENTS**

##### **Is God calling you to consider service as an Authorized Lay Worship Leader?**

The Lay Ministry Institute of the Upper Susquehanna Synod will begin a new class for Authorized Lay Worship Leaders in September 2012. This two-year class (18 Saturday classes) is designed for those who want to serve as Worship Leaders and those who want a deeper understanding of the history, theology, and practice of the church. The cost of the program is \$1,050. Applications are available on the Upper Susquehanna Synod website at <http://www.uss-elca.org/for-individuals/lay-ministry-institute> or <http://www.uss-elca.org/wp-content/uploads/2009/03/LMI-Application.revised.filled.2012.pdf>. For more information contact Pastor Sell at [prmsell@verizon.net](mailto:prmsell@verizon.net).

##### **Call for Workshops**

The synod is looking for people who are interested in leading a workshop at this year's synod assembly. A limited number of workshop sessions are available. You may submit an idea for a workshop that you'd like to lead and that request will be evaluated. A form is available at [http://www.uss-elca.org/wp-content/uploads/2012/03/USS-assembly-workshop-](http://www.uss-elca.org/wp-content/uploads/2012/03/USS-assembly-workshop-request-form.doc)

[request-form.doc](#) for your convenience. The deadline for requests is April 15, 2012. Send them to Beth Yenchko at [eyenchko@uss-elca.org](mailto:eyenchko@uss-elca.org) or Brenda Krouse at [brenda@uss-elca.org](mailto:brenda@uss-elca.org). For questions, please call Beth Yenchko at 717-579-3845. Synod Assembly is June 15-16, 2012.

##### **Director for Evangelical Mission Back to Regular Schedule**

Beth Yenchko, ELCA staff person deployed on a half-time basis to the Upper Susquehanna Synod as Director for Evangelical Mission (DEM) and Assistant to Bishop Robert L. Driesen, has completed her work as half-time interim DEM for the Upstate New York Synod. Yenchko had been serving in that capacity since August 2011 and assisted the synod in transitioning to a new staff member for that position.

##### **April 22, 2012: Mount Luther Spring Open House and Biblical Scavenger Hunt**

Camp Mount Luther will be open for tours from 2:00-4:00 p.m. This gives children, youth, and families who are interested in taking advantage of the camp's summer programs the opportunity to visit the camp and learn more. As part of this year's event, there will be a Biblical Scavenger Hunt for those attending the Open House or those who just want to come and have a fun afternoon at camp! More information, including a bulletin insert/flyer, is available at [www.campmountluther.org](http://www.campmountluther.org).

### **April 14, 2012: Lutheran Youth Day**

Susquehanna University's Annual Lutheran Youth Day will be held on April 14, 2012, with the theme "Soar Like Eagles." Captive Free will present music, including a concluding concert. The day is for youth, grades 6-12, and their pastors and youth advisors. There will be large group worship and singing and small group exploration. Registration begins at 9:00 a.m. in the Stretansky Concert Hall Lobby with an opening gathering at 10:00. The event concludes at 5:30 p.m. Cost is \$10.00 per person and includes lunch and the concert. Registration form and flyer are online at: <http://www.susqu.edu/chaplain/lutheranyouth>. The deadline to register and order T-shirts is April 3, 2012.

The Rev. Beth Ann Stone, Assistant to the Bishop of the Upper Susquehanna Synod, will lead two workshops for adult leaders and pastors at Lutheran Youth Day:

"Unpacking Young Adults" What makes today's 18-30 year olds different than older generations of young adults? If they're not in our congregations, what DO young adults think about faith? Pastor Beth Ann Stone shares some of the latest research on this demographic, and explores the lens through which many of them encounter matters of faith. Christian Smith's book, "Souls in Transition: The Religious and Spiritual Lives of

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"Walking with Young Adults" What motivates and inspires today's young adults may be different than it was and is for older generations. But the same Gospel is good news, also, for them! How can people of God forge connections with young adults, and what may God be calling us to do *different* in order for them to know and love Jesus, too?

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Participants include the Rev. Leah D. Schade, the Rev. Ricky Phillips, Mr. Kevin Heatley, and Mr. William Sharp. Mr. Mark Lawrence of WKOK will moderate the event. A noon luncheon will follow the symposium sessions. A fee of \$10 will be collected and advanced registration is required.

An invitation and summary of the Symposium, including registration form, will be mailed shortly. If you do not receive one by the end of March, please contact the

Rivertown Coalition via e-mail at [rivertowncoalition@gmail.com](mailto:rivertowncoalition@gmail.com) to reserve a space or for additional questions.

### **April 28, 2012: Day of Learning**

The Upper Susquehanna Synodical Women's Organization will hold their annual Day of Learning on April 28, 2012. This year's theme is God's Healing Hands. There will be two workshops and Rev. Cinda Brucker will lead Bible Study. The event will be held at Pine Street Lutheran Church, 407 Pine Street, Danville. Registration begins at 9:30 a.m. with the program beginning at 10:00. Cost is \$12, which includes lunch. Registration deadline is April 20. To download the registration form, go to [www.uss-elca.org/usswo](http://www.uss-elca.org/usswo).

### **82 Ways to Engage the Book of Faith in Your Congregation**

Pastor Breen Marie Sipes (Zion, Kratzerville) is on a mission to help people "learn to love the people in the Bible as our best friends" so that "God's story guides our daily life story." She has helped to make engaging with Scripture a regular part of the worship and community life of her congregation, both as a pastor and as a "Book of Faith Advocate" of the Upper Susquehanna Synod. "My belief is that the Book of Faith's main thrust is to get the Bible into as many parts of our life together as possible," Sipes says. "With this in mind, I have taken a 'throw it all at the wall and see what sticks' philosophy."



The Book of Faith Initiative of the Evangelical Lutheran Church in America represents our church's commitment to encourage all members of our congregations, from children to adults, to dig deeper into our book of faith, the Bible. Resources available at [www.bookoffaith.org](http://www.bookoffaith.org) offer congregations and individuals ideas for engaging the Bible in our daily lives.

Pastor Sipes has compiled her own list of ways her congregation has tried to help bring the words of Scripture more readily to worshipers' minds and lips. To download her list of 48 tried and true ways (plus 34 ways they haven't yet had the chance to try out!), click on this link: <http://www.uss-elca.org/wp-content/uploads/2012/02/Ways-To-Engage-The-Book-of-Faith-Initiative.doc>. Sipes welcomes the chance to talk with other leaders about her passion for the Book of Faith. To contact her, or another member of the synod's LEARN Team, visit <http://www.uss-elca.org/for-congregations/learn-team>.

Sipes also points to this place on the Book of Faith website (<http://www.bookoffaith.org/graphics.html>) where one can order BOF bookmarks (free for the cost of shipping) or download a PDF file of the same. The bookmarks include appropriate questions for four different approaches to reading the Bible.

*Editor's Note: Beginning this month, a Bible study that can be used for congregational or personal Bible study can be found at <http://www.uss-elca.org/news/currents>. On that page, click on "News" Currents and March 2012. It is at the end of the article.*

### **Camp Mount Luther Welcomes New Staff Member**

The Camp Mount Luther Corporation is pleased to announce the recent hiring of a new Food Service Manager. Cathleen Stenglein of Lewisburg, began her duties on March 5, 2012. Stenglein is a graduate of Towson University in Maryland and holds a Bachelor of Science degree in Biology. She worked for many years in food product development at ConAgra Foods (Chef Boyardee) in Milton. There, she developed a variety of Chef Boyardee Products, Crunch 'n Munch Sweet and Crunchy Toffee Pretzels and several types of mustards under the Gulden's name. She is a certified Food Safety Manager and is a member of the Institute of Food Technologists. Cathleen is married and has two children and five stepchildren. She is a member of First Lutheran Church, Mifflinburg. The camp's search committee who hired Stenglein felt that she will help advance the camp's food service program to new levels. Executive Director Chad W. Hershberger said, "Cathleen is energetic, highly-motivated, and has the skills that we need at this time to help manage our food

services. We especially are looking forward to taking advantage of her expertise in the areas of cost management, nutritional planning, and the development of new programs with a food emphasis." Stenglein replaces June Bricker of Mifflintown, who retired at the end of last summer.

### **Grief Support Program This Spring**

The Mahanoy Koinonia Ministerium will be offering a 13-week grief support and recovery program this spring. The program is being sponsored by Buffington-Reed Funeral Home, Valley View, and will be led by Pastor Curtis Zemencik and Pastor Ray Holland. Using the GriefShare Program, the group will utilize videos, discussion, and workbooks, to learn about the grieving process and how God can help us deal with loss. The group will meet at Zion Stone Valley Church's Sunday School Building, Hickory Corners, on Monday evenings at 7:00 p.m., beginning on April 16. The program fee is \$20, which includes the cost of the workbook. **To register, please contact Pastor Curtis Zemencik (570-758-2872) no later than April 9.** All are welcome. For more information, call 570-758-2872.

### **Leave a Legacy for Ministry and Mission**

Now that your tax returns are completed, it would be a good time to review all your financial accounts. Were there changes to your situation in 2011: loss of a



spouse, divorce, and/or marriage or remarriage, etc.? Do the beneficiary statements and your will reflect these changes? Is the executor information still relevant and correct? How about the charitable beneficiaries? Did you remember your congregation and other ministries of the church in your will or as a beneficiary of your other financial accounts? Remember, if you do not have a will, the Commonwealth of Pennsylvania has a will for you and that will does not consider your charitable interests. For more information about how to make charitable gifts using a will or other ways to make charitable gifts from your estate, call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the ELCA Foundation, 800-638-3522, ext. 2970 or visit our website at [www.elca.org/fo](http://www.elca.org/fo).

### **Update on Marriage Weekends**

Time is running out to sign up for your spring Lutheran Marriage Encounter Weekend. The March Weekend in State College has filled (contact Schambers regarding the waiting list if interested); however, there is room for YOU April 20-22, 2012, at Park Inn by Radisson-Sharon in West Middlesex, PA. This popular facility boasts a tropical atrium with king beds and in-room hot tubs in all the rooms and is located just an hour north of Pittsburgh. What better way for you and your spouse to spend a weekend than escaping all the daily

pressures and responsibilities to search out and discover an even warmer, closer, more joyful marital relationship! Weekends are for ALL married couples and run from Friday at 8:00 p.m. to Sunday at 5:00 p.m. Two nights lodging, five meals for each of you, and all supplies are included. If the spring weekends don't fit into your schedule, you may also register for one of the fall weekends which are: September 14-16, 2012, at Olmsted Mansion and Retreat Center, Ludlow, PA -- 20 miles southeast of Warren, PA; or October 19-21, 2012, at The Mountain Laurel Resort, White Haven, PA -- just off Interstate 80, two hours north of Philadelphia. There is a \$45 per couple registration fee, plus toward the end of the weekend, you will be given an opportunity to make a confidential contribution of whatever amount you wish toward the continuation of the program. Register now to avoid being disappointed--simply go to the website: [www.GodLovesMarriage.org](http://www.GodLovesMarriage.org) and sign up. For questions, or if you would like a brochure with registration form mailed to you, contact PA Directors of Lutheran Marriage Encounter, Fred & Julie Schamber, at [fjschamber@comcast.net](mailto:fjschamber@comcast.net) or 724-325-3166.

### **ELCA Disaster Response on the Recent Tornadoes in the Mid-West**

Between February 22 and March 3, 2012, a deadly series of storms raced across the Midwest and the South, spawning at least 64 violent tornadoes that killed

more than 50 people and injured many more in 14 states. Hundreds of homes, farms, and businesses were damaged or destroyed during the outbreak. Currently, ELCA Disaster Response and ELCA congregations are providing spiritual care, coordinating volunteer response through local partner agencies, and laying the groundwork for further response as communities repair and rebuild. No ELCA congregations have reported severe damage. Please help now with your contribution to ELCA Disaster Response designated for "U.S. Severe Spring Storms." Your gifts designated to U.S. Severe Spring Storms will be used entirely (100 percent) to help families whose lives and livelihoods have been impacted by these disasters. Your prayers and your partnership are greatly needed and deeply appreciated. Click here for bulletin insert or to donate now:

<http://www.elca.org/Our-Faith-In-Action/Responding-to-the-World/Disaster-Response/Ongoing-Responses/US-Severe-Spring-Storms-2012.aspx>.

### **May 14, 2012: Bishop's Open Golf Tournament**

The seventh annual Bishop Open's Golf Tournament is set for May 14, 2012, beginning at 11:30 a.m. at the Susquehanna Valley Country Club in Shamokin Dam. The tournament benefits Camp Mount Luther and the camp's annual fund. A flyer/bulletin insert containing information and registration form is available on the camp's website at

[www.campmountluther.org](http://www.campmountluther.org).

The camp's golf tournament committee is currently looking for hole sponsors, door prize sponsors, silent auction items, and golfers. If you can help, please contact the camp office. Congregations are also encouraged to become a hole sponsor this year. Get involved and help our synod's outdoor ministry!

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### **June 15-16, 2012: Upper Susquehanna Synod Assembly**

The 2012 Upper Susquehanna Synod Assembly will take place in Weber Chapel Auditorium on the campus of the Susquehanna University in Selinsgrove on Friday, June 15, and Saturday, June 16, 2012. More information about Synod Assembly will be forthcoming.

### **EMERGENCY HOTLINE NUMBERS**

Food Bank/American Red Cross: 275-1441  
Good Samaritan Mission Center: 275-2500  
Women's Center: 784-6631  
Child Abuse Hotline: 800-932-0313  
Poison Center: 800-521-6110  
Alcoholics Anonymous: 286-7436 or 654-0488 (Northeast Inter-group)  
Al-anon: 800-628-8290 (National Hotline)  
Narcotics Anonymous: 988-7177  
Gambler's Anonymous: 717-652-4400

### **NEWSLETTER DEADLINE**

The Deadline for the next edition of the *Newsletter* is **April 15 for the May Newsletter**. All articles submitted are subject to editing; typewritten articles are especially appreciated. It may be to hold articles submitted after the deadline date until the next month.

## W/ELCA Highlights

### EXECUTIVE BOARD

The Women's Executive Board will meet on Tuesday, April 10 at 8:00 AM in the Luther House Library.

### SET-UP

The set up for the Chicken & Waffle Dinner will begin at 8:00 A.M. on Friday, April 20 in the church social hall. The Dinner is Saturday, April 21 from 4-7:00 P.M.

### CIRCLES

The Women of the ELCA Circle Meetings Tuesday, April 3:

- Ruth Circle at 11:30 AM at Muffin Man.
- Martha Circle at 6:30 PM. at the home of Shirley Hawley. Sue Neitz has the lesson.

(Note: In case of bad weather there will not be meetings.)

### DAY OF LEARNING

The Women of the ELCA Day of Learning will be held here at Pine Street Lutheran on April 28<sup>th</sup>. (See this month issue of Currents included in this newsletter on page 12 for more information.)

### Upcoming W/ELCA Events:

- **May 2:** Family Dinner (formerly Mother/Daughter) at 6:00 PM. Set up is May 1<sup>st</sup> at 8:00 AM.



**Pray  
daily!**

### **(W)holy, (W)holy, (W)holy Health Healing and Wholeness**

*"For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience."* (Romans 8:24-25)

We are in the midst of the season of hope. Easter lasts a total of 50 days, ending with Pentecost, and the birth of the church. In celebration, we are surrounded by symbols of hope – colorful eggs, pictures of baby animals, greenery, rain, rainbows, and flowers – signs of re-birth and a promise of life after death.

If we look at the Easter story as recorded by Mark, this promise of life after death was not inherent in the minds of Christ's followers. On the morning of the resurrection, three days after Christ's crucifixion, two women named Mary arrive at the tomb with the ingredients to anoint the body of their teacher and friend. Instead of a body, they see a young man who tells them that Jesus is not there. Hope was not their first reaction! Instead, they are both so frightened that they run back to the village, and tell *no one* about their experience. They were not alone. Two men did not recognize their traveling companion on the road to Emmaus. Others gathered in a room in town, petrified of what

would become of them now that their leader had been killed. Then of course, there was Thomas, who refused to believe until he had physical proof. In all cases, these people had to grow into their understanding of hope beyond their limited sight.

Today we have come to understand that hope must be something we cultivate in each other, and that without it, we will not have a fruitful life. It's been said that man can live for about 40 days without food, about 3 days without water, about 8 minutes without air. However, he cannot live more than a few seconds without hope. Psychologist Erick Erikson stated, "Hope is both the earliest and the most indispensable virtue inherent in the state of being alive ... if life is to be sustained, hope must remain, even where confidence is wounded, trust impaired." Closely related to the experience of trust is the capacity to form effective attachments to others, including God. Viktor Frankl, in his book Man's Search for Meaning, noted that prisoners who lost their faith were doomed to die in a short period of time, echoing Proverbs 13:12, where "Hope deferred makes the heart sick."

So how do we cultivate hope? It begins in early childhood, through ongoing loving interactions with responsive care givers. The secure base of the relationship serves as a safe haven to which a child can return for comfort, support, and guidance when he/she becomes fearful during interactions with the world. In time, this safety becomes internalized through the belief that someone will be available – providing hope, and an understanding of being loved.

Can't we say the same of our relationship with our Lord?

There are spiritual, physical, and mental health advantages to increased hope. It aids in coping with adversity and leads to improved life satisfaction. Hopeful people tend to make healthier lifestyle choices. Studies have proven that they recover from illness and injury more effectively, and have increased life expectancies. They manifest less depression and anxiety and experience increased positive mental health and personal adjustment. They persevere when barriers arise, and are more effective problem solvers. In addition, they hold positive views of relationships and are open to receive social support. According to psychologist Martin Seligman, one of the most significant findings in psychology in the last twenty years is that individuals can choose the way they think.

How can one develop a hopeful attitude? With time and practice, a new habit of hopeful thinking can take shape. Here are a few tips from the experts at the Mayo Clinic:

- Check your inner voice periodically throughout the day. If your thoughts are mainly negative, try to replace them with positive ones.
- Try not to take yourself too seriously. There are plenty of humorous situations in everyday events even in difficult times.
- Exercise at least three days a week. Exercise releases endorphins in the body that help to positively affect mood and reduce stress.
- Surround yourself with positive, supportive, dependable people who give helpful advice and feedback.

Negative people tend to deplete hopeful energy from others.

- Pray, and be gentle with yourself. Some days will be more difficult than others, but get into the habit of not saying anything to yourself that you would not say to someone else. As the Rev. Billy Graham was reported to have said, "I've read the last page of the Bible. It's all going to turn out all right."

*Easter's hope filled blessings to all!*

*Debbie Best RN, BSW, MHA*

## Nurse's Notes

### April 1

**Walk away from the bunny!!!!** Did you know that the typical solid 5 1/2" chocolate Easter rabbit packs in a whopping 958 calories! If you are one of those who go for the ears first, you've consumed 49 calories. The head contains 82 calories, body 537, and legs 279 calories! Now consider this, it takes a brisk walk the entire length of a football field to burn off the calories in one M&M. Just saying ... you may want to read some labels before digging in!

### April 8

"Good Friday is the mirror held up by Jesus so that we can see ourselves in all our stark reality, and then it turns us to that cross and to his eyes, and we hear these words, 'Forgive them for they know not what they do.' That's us! And so we know beyond a shadow of a doubt that if we say we have no sin, we deceive ourselves. We see in that cross a love so amazing, so divine that it loves us even when we turn away from it, or spun it, or crucify it. There is no faith in Jesus without understanding that on the cross we see into the heart of God and find it filled with mercy for the sinner. Whoever he or she be." Rev. Robert Trache, M. Div.

### April 15

**"Curiosity may have killed the proverbial cat,** but being inquisitive has an upside. People who ask questions perform better at new tasks, according to recent research. 'We may associate asking questions with small children,' says study author Sophie von Stumm, PhD, 'but it's actually a sign of intellectual maturity.'" (*Prevention Magazine*, March 2012, pg. 36)

### April 22

**"Little white lies ...**You've been told to 'eat the rainbow' because colorful foods are the most nutritious. But not all pale food is bad – white fruits and vegetables provide protection against stroke. People who eat the most white fruits and veggies have the lowest risk of stroke, according to the journal **Stroke**. Researchers credit apples and pears, whose skins are rich in the protective flavonoid quercetin." (*Prevention Magazine*, March 2012, pg. 16)

### April 29

#### **"Less Effort, Better Results?"**

Don't feel guilty about working out at your own pace. New research from Pennsylvania State University shows that women who exercise at a moderate intensity are more likely to benefit in the long run, compared with subjects who struggle through vigorous sweat sessions. In fact, they were about twice as likely to feel energized and confident about exercising regularly. The upshot: The most effective workout is the one you'll do for the long haul." (*Prevention Magazine*, March 2012, pg. 24)



**Easter Blessings!**