Sunday School News

This year, for our ending Sunday school program we will be trying something a bit different. We will NOT have a picnic this year. Instead, on June 2, we will have a Sunday school program during our regular Sunday school hour in the parish education building.

We will have games, awards and refreshments. We hope to see everyone there!

Sunday, June 2 will also be the date for our annual Sunday school Sunday this year. Our children and young people will participate in all aspects of the service. So please, come out on June 2nd to church and then for our Sunday school program. Support our Christian Education program and also our youth!

Hymn Sing Sunday
June 9, 2013

Clothing Bank

We will distribute clothing on Thursday June 13th, at 6 p.m. Anyone interested in helping please contact Sue Maser.

Chicken Barbecue

June 15, 2013
11 AM - 4PM

See Jeff Herman for tickets

W. KING & MANOR STS.
LANCASTER, PA 17603
717.299.5639
Fax: 717.299.5630
Nancy & Peter Schwabe -Fry,
INTERIM PASTORS
MAILING ADDRESS:
407 LAFAYETTE STREET
LANCASTER, PA 17603

WEB ADDRESS:
http://christlutheranlanc.weebly.com

CHURCH EMAIL:
christluthchlanc@windstream.net

PASTOR ‘S EMAIL:
pastornpchristlutheran@gmail.com

PASTER NANCY & PASTOR PETER
CELL: 717-598-5095
HOME: 717-397-2126
New Hymnal
Evangelical Lutheran Worship

The Worship and Music Committee and the Church Council have agreed to use funds from the Dissinger Estate to purchase 80 of the new red hymnals (Evangelical Lutheran Worship) that many churches are using. This hymnal has the settings that we use in the worship booklets every week. We are asking members of the congregation to help purchase more of the new hymnals. The cost of the hymnals is $25. The hymnals can be dedicated in memory of loved ones. Our goal to get 120 of the new hymnals. **August 1st** is the deadline date for ordering these new hymnals so we can order them and have them available by Reformation Sunday or Advent season. There will be envelopes to order the hymnals in the church or you can use the form below.

New Hymnal Donation

Name of Donator: ___________________________________________
Number of Hymnals: _______ Total Donation:_______($25 per hymnal)
Hymnal dedicated to: ____________________________________________

Church Women United
Friendship Day

Friendship Day will be held Friday, June 7, 2013 from 12:00 to 1:30 pm at the Community United Methodist Church, 130 Tennyson Drive, Lancaster, PA.
The topic is “Come and Share” Mission, Fellowship, Lunch with Friends.

Mary Elizabeth Little

Graduates:
High School: Caleb Taylor
           Abbigale Fomey
           Devon Reis
College:  Rebecca Lee
Seminary:  Evan Davis

If we missed graduates please notify the office and they will be included in the July Newsletter.

Upcoming Fundraisers

Saturday, June 15    BBQ Chicken Dinner
Saturday, Aug. 10    Pulled Pork Barbecue Dinner (at church)
Someone once asked, “What is the purpose of Christianity?” What would you say in answer to that question?

I suppose there are many possible answers, such as “To help inject God’s goodness into the world” or “To work as servants for the kingdom of God, promoting the agenda of God” or “To ask, ‘What would Jesus do?’, and then do it” or “To be disciples of Jesus” or “To compassionately help other people, following the urging of the Holy Spirit” or “To spread the love and grace of God.”

In the Bible, the Gospel of John also focuses on the purpose of Christianity. It speaks about “having life”: “I came that they may have life, and have it abundantly” (John 10:10) and “Through believing, you may have life in his name.” (John 20:31).

Now notice that all of these possible answers have to do with THIS LIFE. There is however, a whole slew of other possible answers, focusing the purpose of Christianity onto the AFTERLIFE, such as “To be resurrected with Jesus”, or “To get into heaven” or “To receive one’s eternal reward”.

Going back to the Gospel of John, we find that it speaks of “eternal life”: “So that everyone who believes in him may have eternal life” (John 3:16), and “I give them eternal life, and they will never perish” (John 10:28).

So what exactly is “eternal life”? Does it have more to do with this life or the afterlife? Some theologians have described “eternal life” as “the new life that begins now and which endures for eternity”. Some define “eternal life” as “participation in God’s life”. These definitions seem to speak of something broader; something that cannot be limited to either “this life” or the “afterlife”. They are talking about a brand new kind of life offered by Jesus to humanity. Romans 6:6 calls it “new life in the Spirit”. 2 Corinthians 5:17 calls it being “in Christ” as a “new creation”. Colossians 3:10 says it is a “new self in the image of the Creator”. Romans 12:2 speaks of us as being “transformed”. Revelation 21:5 says, “See, I am making all things new”.

It’s almost as if being raised to new life in the resurrection is somehow a continuation of the new life which Christians experience right now through the Holy Spirit. In that sense, eternal life really is a new life right now that “endures for eternity”.

My personal theology is that the primary purpose of Christianity has to do with this life rather than the afterlife. In my view, Christianity is about living a life graced by God and motivated by the Spirit of Jesus. It is about compassionately spreading God’s grace and love by being a servant of God through being a servant to others. Martin Luther largely avoided speaking about heaven or hell, and once jokingly told a person who was obsessed with whether or not he would get into heaven that “God created hell for people who ask that question”.

But I love the idea of a new life, a life in the Spirit which begins now and endures for eternity. It is at once both liberating and compelling. It’s like having a foretaste of the coming resurrection; one which fundamentally alters the way we live right now.

During this Pentecost season, may God’s new life seek you out, envelope you, transform the way you live, and stay with you for all eternity. – Pastor Peter
I do strength exercises every day, however, I do them on a three day rotation. I developed my strength program to maintain my strength as I get older. These are the exercises that work for me. I hope they work for you, too.

**IsoFlex Stretch Ball:** I bought my IsoFlex ball at Hinkle’s Pharmacy in Columbia. I am using my third ball now. Any soft ball that fits into the palm of your hand will work for this exercise. I start by squeezing my IsoFlex ball with my left hand, my weak hand. I do 15 repetitions before switching to my right. I alternate hands until I have done a total of 60 repetitions with each hand. It is “cool” to watch all the muscles in my forearm come into play as I squeeze the ball. If you use an IsoFlex stretch ball, you get stress relief and a massage for your hands as a bonus.

**Stretch Bands:** I bought my set of stretch bands at the Sports Authority at the Red Rose Commons. Each colored band has a different amount of resistance. You want to choose the one with the right amount of resistance so you can stretch the band through the full range of motion. The slower you do each exercise the more benefit you will get from it. I wrap the ends of the stretch band around each hand. I do 15 repetitions of two different exercises.

**Exercise 1:** I hold the stretch band above my head with my elbows straight. I stretch my hands apart until the stretch band is behind my head. I return to the starting position and repeat. If you are unaccustomed to this kind of exercise, you may want to start by doing 5 repetitions for awhile before increasing to 10, then 15 repetitions.

**Exercise 2:** I hold the stretch band in front of my chest with my elbows straight. I stretch my hands apart until the stretch band lightly touches my chest. I return to the starting position and repeat. If I was teaching this exercise to my elementary school class, we would do 5 repetitions the first month, 10 reps the second, and 15 reps the third, etc.

**Shake Weight:** I bought my shake weight at SaveMart. There is also a lighter weight for women. Good alignment, balance, and posture are important when doing any exercise. Stand with your feet as wide as your shoulders and your feet parallel. The shake weight is shaped like a dumbbell. Keep the shake weight at least 6” away from your face at all times during exercises to avoid injury. The shake weight is a mechanical device that you move back and forth with your own muscle power. Simply hold the shake weight with both hands, lock your wrists and move the shake weight slowly back and forth on an even plane, about 3 inches in each direction. Hold with both hands, elbows close to the body and tighten the muscles in your upper body. The faster you move it, the more intense the workout will become.

*Before starting an exercise program regardless of your age or life style, you should consult your family physician so he can determine if you are healthy enough to start an exercise program involving endurance, flexibility, and/or strength.*

In the July Newsletter, I will explain the four shake weight exercises I do in detail. If you do not understand the verbal directions of any exercises I describe in the newsletters, please ask me during fellowship, and I'll be glad to demonstrate them for you. In physical education class, a demonstration is worth a thousand words.

Peace! Jim Amigh
Let us pray for...

The world, the church, all people in need, and all God’s creation:

- Evangelical Lutheran Church in America
- Christ Lutheran Church
- Kingdom Builders Center
- ICAN-in-Lancaster, especially as they face budget challenges
- Our at-home members
- Our Partners in Mission in Tanzania, the Konde Diocese
- All who are unemployed or underemployed
- Those affected by natural disasters
- All those serving in our military
- All those who live in areas torn by violence or warfare, especially the people of Syria, Israel and Palestine, Sudan and South Sudan, and Afghanistan
- The poor of the world
- All families in any need

- Those on our prayer list:


Let us give thanks for these gifts of God:

- Building renovation projects

Prayer is about relationship - with each other and with God. Let us continue to grow closer to each other and to God in our shared prayers for sisters and brothers in need.

Prayer is also about our communication with God; to ask him for our needs and report our problems.

Memorial Gifts

In Memory of Todd/Weber Family:
Lee & Jim Amigh

Pastoral Acts

Funerals:
Rosemary Schebler May 24, 2013
(Pastor Peter Schwabe-Fry)

Loretta J. Smuck May 20, 2013
(Chaplin Peter Ogilvie)
Monthly Financial Update as of May 15, 2013

2013 Budget $112,667.00
Weekly Need: $2,166.68
Expenses as of May 15, 2013 $39,736.00
Income as of May 15, 2013 $36,580.10
Behind Need for 2013 negative $3,155.90

As of May 15, 2013 of this budget year, we are a positive $3,155.90 behind in meeting the budgetary needs of the congregation. Some months, our income exceeds our expenditures. And other months, our expenditures are greater than our income.

Building Renovation Fund as of May 15, 2013:
Income: $12,514.10
Expenditures: $78,017.83
Behind repayment to the C.E.L.C. reserve fund: negative $65,503.73

Based on a rate of repaying our loan at $1,000.00 per month, it will take us until October 2017 to retire the debt. Through the first 12 months, we have been repaying the loan at a rate of $1,042.84 per month.

Of the $80,000 approved by the congregation at its May 6, 2012, meeting, we have a balance of $1,982.17 left in the Property Improvement Fund. Work has begun to paint the bell tower, install a rubber roof on the tower, repair wood on the tower roof, and install a chimney cap. There is one project which has not been started, yet. It is air condition the church sacristy ($18,257). This is $16,274.83 more than what was approved by the congregation. As you know from managing your own household budget, prices do not stay the same. And neither have the projected costs of the various property improvement projects. Some of the projects were more expensive than originally thought. Frequently there is underlying damage that is only revealed once work has begun.

Communion: You and I are reminded that the church office maintains communion records for its members. At least once a year, when we take communion, we need to fill-out a communion card and put it in the offering plate. Communion cards can be found in the pews. Have you completed a communion card this year, yet? The Pastor keeps communion records when he/she visits shut-ins and those hospitalized, who take communion.

Aluminum Cans, Empty Ink Cartridges, and MooMoney: Thank you for supporting our youth mission fund raisers. Keep bringing in and donating your aluminum cans and Turkey Hill MooMoney bottle caps and your empty ink cartridges. For sanitary reasons, please rinse your aluminum cans and your milk bottle caps. We have one youth member of our church—Caleb Taylor, who is making plans to go on a mission trip this summer. By supporting these fund raising programs, you are supporting him and helping to spread God’s word through him.

Thank you for your support of our financial needs, projects, and record keeping at Christ Lutheran Church, and those that benefit our Church community. It is expensive to maintain and repair an historic church. Please pray diligently and frequently about our needs and give generously so we can complete these approved projects and pay off the debt in a reasonable amount of time and balance our budget in 2013. Balancing our budget this year will be be even more of a challenge for our congregation and it is important that we do not carry any debt from 2013 into 2014. Please give generously during June, so we can continue to grow as a congregation and focus on doing the Lord’s work. Thank you and may God bless you and yours.

Finance Committee
### Worship Leadership Schedule for June 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>June 2</th>
<th>June 9</th>
<th>June 16</th>
<th>June 23</th>
<th>June 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Greeters</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bread &amp; Wine Presenters</strong></td>
<td>Betty &amp; Jane Christ</td>
<td>Audrey Weiler &amp; Louella Strantz</td>
<td>Mikalea Gebhard &amp; Kristi Hinkle</td>
<td>Anna Foltz &amp; Gabby Rhoads</td>
<td>Betty &amp; Jane Christ</td>
</tr>
<tr>
<td><strong>Lector</strong></td>
<td>Audrey Weiler</td>
<td>Mike Herman</td>
<td>Tom Brinkman</td>
<td>Jeff Herman</td>
<td>Bill Schebler</td>
</tr>
<tr>
<td><strong>Lay Assistant</strong></td>
<td>Janice Herman</td>
<td>Jeff Herman</td>
<td>Audrey Weiler</td>
<td>Rick Cless</td>
<td>Patricia Kilheffer</td>
</tr>
<tr>
<td><strong>Acolyte</strong></td>
<td>Trevor Lee</td>
<td>Marissa Lee</td>
<td>Trevor Lee</td>
<td>Marissa Lee</td>
<td>Trevor Lee</td>
</tr>
<tr>
<td><strong>Crucifer</strong></td>
<td>Ron Ile</td>
<td>Caleb Taylor</td>
<td>Ron Ile</td>
<td>Caleb Taylor</td>
<td>Ron Ile</td>
</tr>
</tbody>
</table>

**Ushers for June:** Jeff Rule, Jeff Herman, Mike Herman, John Lee

**Ushers for July:** Mary Bleecher, Audrey Weiler, Bill Schebler, Barry Hoffer

Interested in helping? All that is needed is a will to serve! Please contact the office if you'd like to serve.
Please note:
The church office is open Monday through Thursday, 8am-12pm.

**Ongoing . .**
NA meets in the hall every M, W, F, 8-11. Also every 1st & 3rd Sundays, 1-5

**Kingdom Builders**
meets every Tuesday night and some Friday nights

Questions or additions? Please call the church office - 299-5639

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Worship 9:00am&lt;br&gt;Fellowship 10:15 am</td>
<td><strong>Sunday School Program</strong> 10:30 am</td>
<td>Naomi Circle 7:00pm</td>
<td></td>
<td>Community Meal 5:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Worship 9:00am&lt;br&gt;Hymn Sing&lt;br&gt;Fellowship 10:15 am</td>
<td>Church Council 7:00pm</td>
<td></td>
<td>Community Meal 5:30 pm&lt;br&gt;Clothing Bank 6:00 pm</td>
<td></td>
<td>15 Martha Circle 9:30 am&lt;br&gt;Chicken BBQ 11am-4pm&lt;br&gt;Private Group 4:00 pm</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Worship 9:00am&lt;br&gt;Fellowship 10:15 am</td>
<td></td>
<td></td>
<td>Community Meal 5:30 pm&lt;br&gt;<strong>CLC Serves</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>Worship 9:00am&lt;br&gt;Fellowship 10:15 am</td>
<td></td>
<td></td>
<td>Mary Circle 7:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Altar Guild Notes

Altar flowers are sponsored as memorials and chancel vases may be sponsored as memorials or in honor of a person or significant life event. The cost of the altar flowers is $25; however, if a co-sponsor is available the cost is $12.50. The cost of the chancel vase is $20. Please mark your payments Altar Flowers. The following dates are open dates for flower sponsorship in 2013:

- July 21
- Sept 15
- Dec 8

With the exception of the seasons of Lent and Advent, there are also many chancel dates available. Contact Barbara Rule at 560-0915 or bkrule@verizon.net if you wish to sponsor flowers or confirm your annual flower sponsorships.

Green Tip #38

WATER SAVING IDEAS

Why Save Water? Clean drinking water is a vanishing resource. Water saved is money saved.

How Much Water Are We Using?

- Building faucet: 3-5 gal. min.
- Toilet flushing: 5-7 gals.
- Dishwasher: 15-25 gals.
- Lawn watering: 35 gals 1/2 acre
- Dripping faucet: 1,000 or more gallons/year.

The following are potential water wasters and suggestions for what you can do to them:

Faucets--Repair leaks. Check all faucets including outside building connections for leaks. Replace worn washers, O-rings, packing and faulty fixtures. Periodic “leak check” (at least twice a year) should be conducted on all faucets from basement to balcony (second floor).

Pipes--Water is wasted if you turn on hot water tap and wait for hot water to “come up.” To reduce waste, wrap hot water pipes with insulating material. Make sure faucets are turned off when not in use.

Toilets--Repair leaks and and install low flow toilets. Remodel with low consumption (1.6 gallons per flush or less) toilets. Add a few drops of food coloring to water in tank. If coloring appears in toilet without flushing, there is a leak. Also, listen for sound of running water. Remodel with low consumption (1.6 gal/flush or less toilets).

Restroom Sinks--Remodel with low consumption (0.5 gpm) faucet aerators.

Utility Sinks--Hand wash efficiently and use a stopper. Remodel with low consumption (0.5 gallons per minute) faucet aerators.

Toilets that “mysteriously flush” without human help also waste water. The property committee is having several toilets upgraded each month to improve their water use efficiency. Thank you

The information in this green tip is supplied courtesy of the Pennsylvania Department of Environmental Protection, Bureau of Water Supply Management, and the Philadelphia Suburban Water Company.

In the July Newsletter, we will address other water saving ideas.

Thank you for your cooperation in reducing the use of water and the size of our water and sewer bills.

If you have any conservation practices that you follow at home, and could be practiced at Christ Evangelical Lutheran Church, either by our membership or the organizations who use our facilities, please share them with me.

May God bless you and yours. Peace! Jim Amigh

Newsletter Deadline

Information for the July newsletter needs to be turned in by June 15th so that it can be included. Thank you for your cooperation.