



St John's Episcopal
Church, Lancaster PA
**The Messenger -
AUGUST**

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Music Camp

July 31st - August 3rd
6:30 - 8:30 PM

Saint Paul Columbia

340 Locust Street
Columbia

For more information,
head over to
saintpaulcolumbia.org

Last event for the
Lancaster Convocation
Summer VBS Program!

**Scan the QR code for more information and registration
options on all of the upcoming summer VBS programs!**

Or log on to www.LancasterEpiscopal.org



ASSOCIATE RECTOR'S LETTER

Jen+

**Mental Health America
shares the following:**

The 10 Tools For Resiliency

1. Connect with others
2. Stay positive
3. Get physically active
4. Help others
5. Get enough sleep
6. Create joy and satisfaction
7. Eat well
8. Take care of your spirit
9. Deal better with hard times
10. Get professional help if you need it

Hello friends!

As most of you know, Amanda has been out of town for both vacation and continuing education, and will be back on August 6th for worship. It is vitally important that we as leaders of the church, and you as lay leaders and disciples, pause every so often for self-care. Scratch that – it is necessary for each of us no matter who or where we are to take care of ourselves. Whether that self-care is spent on time with family, a quiet retreat, or any other way, is up to each of us. What matters most is that we carefully curate a time and space that helps us to renew our spirit. We renew our spirit so that our hearts and minds are in a place where we can be the very best of ourselves in service of God.

It is number eight (left) that I am specifically referring to, although certainly there are many equally essential areas of self-care.

Again, from Mental Health America:

How Spirituality Helps

Eat your veggies. Get enough rest. Exercise. Those are clear suggestions. But you may be thinking, what in Heaven's name does it mean to "take care of your spirit"?

For lots of people, being spiritual means observing rituals, studying texts, and attending religious services, well, religiously. For others, it's not at all about traditional structures or notions of God.

You can think of spirituality as connecting to whatever you consider meaningful and holy. You can find it in God, in yourself, in other people, in nature, art, or kindness. Whatever you focus on, spirituality offers many possible benefits, including better mood, less anxiety and depression, and even fewer aches and illnesses.

Simply put, proper spiritual self-care allows us to be healthy in our souls. And so, when "it is well with my soul", I can handle anything.

Be well in your souls, St. John's!

Jen+

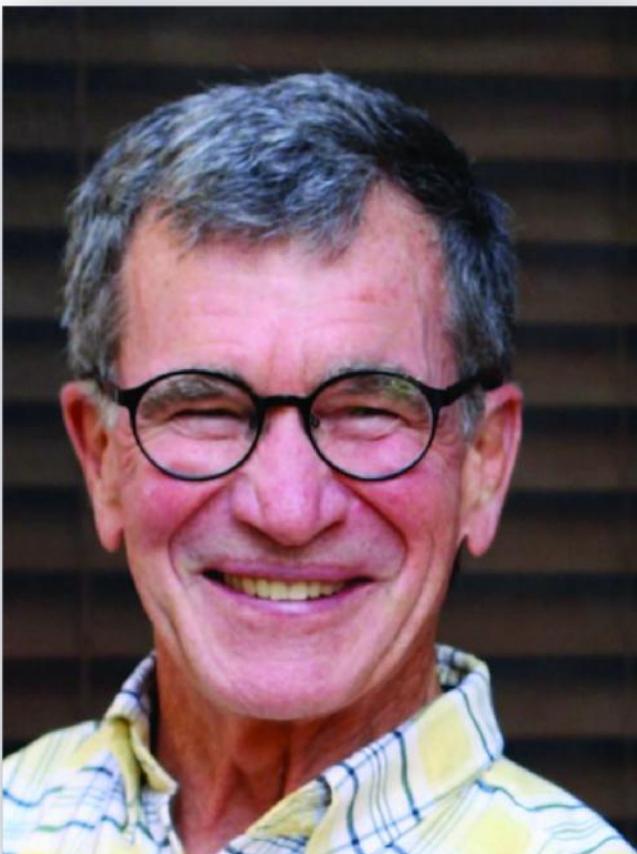
"It Is Well with My Soul"
Composed by Philip Paul Bliss
Lyrics by Horatio G. Spafford

When peace like a river attendeth my way,
When sorrows like sea billows roll;
Whatever my lot Thou hast taught me to say,
"It is well, it is well with my soul!"

GRIEF WORKSHOP

Finding Healing Together

August 26th
9:00AM to Noon



Participants will learn how we can help ourselves and others when hit by grief, whether that grief is due to the loss of a loved one, a divorce, a job loss, or any other serious loss. The workshop will emphasize practical tools (no academic studies or theories). In presenting these tools, Doug loves to tell stories that illustrate how the tools can be used in our personal lives as well as how they might be used with family members, friends, and/or clients.

Douglas C. Smith. Doug has three masters' degrees in three different healthcare disciplines (M.Div., MA, MS), giving him a truly holistic approach to healthcare. He has trained social workers, psychotherapists, counselors, nurses, clergy, and physicians in all 50 states and all the provinces in Canada. He is the author of *Caregiving: Hospice-Proven Techniques for Healing Body and Soul* and several other books on care for the dying and the grieving. He also has had much personal experience in grieving, having lost his parents, a younger brother, and two daughters to death as well as having been a patient for a lengthy stay in a mental hospital. He currently teaches a Grief Support Services Certificate program at Northern Michigan University.

HOLIDAY BAZAAR

NOVEMBER 12 BEFORE AND AFTER SERVICES

FOOD & REFRESHMENTS - ARTS & CRAFTS

Things are coming along as we prepare for our "Open to the Public" affair. This is a real big deal to those of us behind the scenes.

We have been meeting and planning for our "Logo" and graphic design that will be on posters and post card handouts in local store fronts and businesses down town.

Doug Beach, our Communications Director, will be in charge of advertising our Bazaar in the paper, online, as well as TV and Radio ads.

Rosemary Coverly has graciously accepted the challenge of the Basket Raffle. She has all the experience to make this years raffle exciting and profitable.

Fran Gouveia enjoys knitting Irish fisherman sweaters and Fair Isle patterns. She has made Fair Isle Christmas stockings and caps, for our sale, as well as children's clothing. Her shawl collared vest is absolutely beautiful and will make a perfect gift.

Linda MacDougall is an adjunct member of St. John's. She has immersed herself in the workings of the food pantry, volunteers with the Office Ministry of Welcome, and still finds time to join us at Martha's Ministry. Her hobbies include gardening, reading, and knitting.

Robbin Hobbin is a long-time member of St. John's. She and her husband are Air Force retired. Robbin has recently joined Martha's Ministry. Her hobbies include quilting, sewing, knitting, and reading.

Deb Smith is already planning and gathering ideas for our amazing Cookie Sale! She did such a great job last year using all the baked goods so many of you donated.

Martha's Ministry group is also busy making all sorts of needle crafts to sell. If you have an idea of something you think would sell well, give any one of us at Martha's a shout out. We are open to new ideas.

Holiday Bazaar (continued)

Thank you to everyone who has already donated items. A display in the Atrium will showcase some of the items we will have for sale in November. Please stop by and take a look!

With joy,
Amy Dissinger

Want to do something for the Bazaar but arts and crafts aren't your thing?

How about creating a theme basket for the BASKET BONANZA RAFFLE?

Basket Bonanza Raffle



Baskets promised to date:

Soup's On - Dog Lover - Book Lover (Fiction and Non-fiction) Purrfect Cat - Cooking with Wine

Need an idea? Here are just a few to get your creative juices flowing:

Penn State - Taste of Italy - Phillies Phan
Chocolate Lover - Coffee/Tea Party - Spa Day
Toddler Toys - Eagles Fans - Taste of Lancaster
Sports - Handyman - Gadgets

For more information or to sign up, please contact: Rosemary at 717-490-3440 or rcoverly@aol.com.



**I AM, WE ARE,
ONE WORLD -
HERE, THERE,
EVERYWHERE**

"Think of the love that the Father has lavished on us, by letting us be called God's children and that is what we are."
- 1 John 3

ALL of US....Here, There,
Everywhere....NO Exceptions

AUGUST 6TH

*Friendship Day
& International Forgiveness Day*

Show your friendship with a smile, a greeting, sharing food, shoes, Yard Give, anything could make a huge difference and being kind is SO needed.

AUGUST 13TH

*Feast of the Assumption of Mary-
August 15th*

Mary the Mother of Jesus assumed into heaven. Imagine all she dealt with in her life and how she stayed committed to her calling.

AUGUST 23RD

August 21st Senior Citizens Day

Look around and see "wisdom figures" all around and give thanks for their caring and experiences.

AUGUST 27TH

"However many holy words you read, however many you speak, what good will they do you if you do not act upon them " Buddha

In times of such confusion that we are one family, any positive action could be huge.



St. John's

YARD GIVE

August 11/12 • 7AM-11AM

PARISH HALL
& AUDITORIUM

DONATION COLLECTION:

JULY 12TH - AUGUST 9TH

WEDNESDAYS 5-7 & SUNDAYS AFTER CHURCH

Clothing • Toys • Household Items • Linens

please do not donate damaged items

Volunteers needed! Contact Pam Loose for
more information at ptloose@ptd.net



Host an Exchange Student!

Share your home for a year, enjoy a friendship for a lifetime.

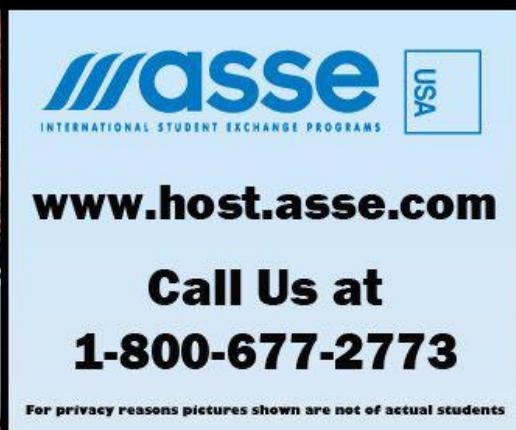
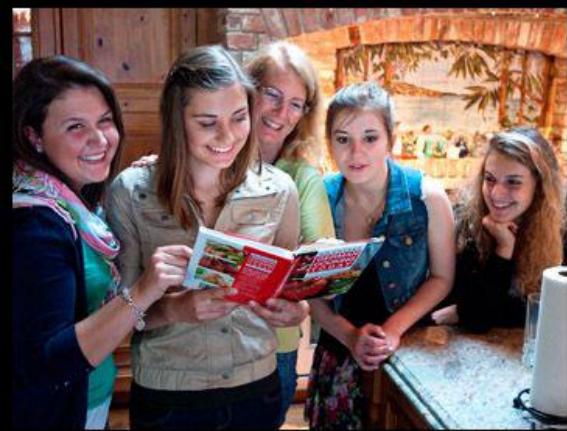


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- Enrich your family with another culture
- Students available from over 50 countries
- Local support throughout the year

Call us Today!
800.736.1760
host.asse.com



International Student Host



Greetings from ASSE International,

ASSE International Student Exchange Programs is currently looking for Host Families for exchange students who will be attending local high schools in the upcoming 2023-24 school year.

We would like to extend an invitation to you and your family to consider hosting an exchange student. Additionally, if you know of any outstanding families in your Congregation who would make great host families, we would greatly appreciate any referrals. Perhaps you would be willing to share the opportunity during church services? Perhaps by handing out the flyer on the previous page?

We strongly believe that student exchange programs contribute to world peace at a grassroots level, and our host families play a crucial role in achieving that. ASSE students are all of high school age (15-18) and come to the United States with their own insurance and spending money, eager to learn about America through their host family and the local community.

Whether you are a young family, retired, a single parent, or empty nesters, hosting one of our students from countries like France, Italy, Ukraine, Denmark, and many others presents an extraordinary opportunity to personally experience their cultures and values while simultaneously sharing your own knowledge about the United States.

ASSE is fully committed to turning their dreams into reality, and we hope that you or someone in your Congregation would be interested in opening your/their home to a new family member this year.

If you are not able to host, but believe the opportunity to be valuable to others in your community, sharing this email would be greatly appreciated. Together we can change the world, one exchange at a time!

Warm regards,
Alina Clements, ASSE Eastern Regional Director
Email: aclements@asse.com

TREASURER'S REPORT

CHARLES WEAR

	2022			2023		
	Actual June	Actual YTD	Budget Full Yr	Actual June	Actual YTD	Budget Full Yr
Income						
Pledge Income	\$18.4	\$209.2	\$384.6	\$27.5	\$228.7	\$415.0
Other Contributions	\$2.2	\$27.0	\$35.5	\$13.6	\$45.3	\$50.5
Investment Draws	\$0.0	\$0.0	\$63.0	\$0.0	\$0.0	\$63.6
Other less Transfers	\$1.2	\$14.5	\$23.6	\$15.0	\$31.0	\$20.7
Jubilee	\$0.2	\$7.8	\$16.9	\$1.2	\$8.5	\$23.9
Total Income	\$22.0	\$258.5	\$523.5	\$57.3	\$313.6	\$573.7
Expenses						
Clergy	\$17.3	\$94.5	\$205.6	22.9	\$120.6	\$247.0
Lay Staff	\$10.1	\$36.0	\$90.8	7.6	\$48.7	\$116.5
Vestry/Finance/Comm	\$1.7	\$10.0	\$25.3	\$1.4	\$14.1	\$27.6
Utilities	\$3.2	\$23.5	\$29.5	\$1.5	\$27.8	\$39.2
Building Repairs & Supplies	\$3.0	\$13.7	\$38.4	\$1.0	\$14.7	\$33.6
Other Property	\$2.3	\$15.6	\$29.6	\$2.5	\$16.3	\$28.9
Worship/Ed/Community	\$1.4	\$4.4	\$14.1	\$2.1	\$9.3	\$17.2
Outreach	\$5.1	\$32.9	\$65.8	5.3	\$31.4	\$64.6
Jubilee	\$1.6	\$5.7	\$24.4	\$2.1	\$12.6	\$34.2
Total Expenses	\$45.6	\$236.2	\$523.5	\$46.4	\$295.5	\$608.7
Net Total	(\$23.6)	\$22.3	\$0.0	\$10.9	\$18.0	(\$35.0)

June income was exceptionally good for a summer month, driven by high pledge receipts and a single, very generous unrestricted memorial gift. The Gratitude Dinner netted \$15.3k for the music program and most of that is booked as Other Income in June. These funds will be transferred to the restricted investment account in July and earmarked for music programs.

Operating expenses for the month were slightly below budget. Brick repointing is

currently underway and will be a major property expense in August. The food pantry operation is essentially break even for June YTD, but growing demand signals financial headwinds.

Mid-year stewardship statements were mailed in July. If you have any questions or concerns, please contact finance@stjohns-lancaster.org.

Respectfully submitted,
C Wear, Treasurer

FOOD PANTRY

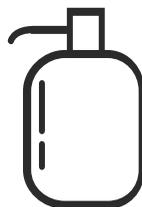
WE NEED YOUR HELP!

Our Food Pantry ministry helps to meet the needs of our neighbors who are experiencing food insecurity. These needs grew again after the Covid-era government assistance supplements were stopped (as of March 1). Our shopping teams stretch our budget dollars as far as possible, but food donations are always welcomed!

When Covid first increased the needs of our neighbors, we were receiving free food from the Central PA Food Bank, so we began to purchase toiletries, and we have continued to do so for about 3 years. But we no longer receive free food from the food bank, and we again need to reserve our budget dollars for food. However, we'll gladly accept donations of toiletries from the list below:

Toiletry items

- shampoo
- conditioner
- toothpaste
- bar soap
- razors (disposable)
- feminine hygiene products
- baby wipes
- diapers of all sizes.



You may place these items in the basket near the ushers or in one of the red carts (in Parish Hall or inside the glass doors). And if you'd prefer to make a financial contribution, please write "Food Pantry" in the memo line.

Thank you for your continued generosity for this ministry!

WHAT WE NEED:

Canned items

- tuna
- chicken
- vegetables
- black beans
- fruit
- pork 'n' beans or baked beans
- soup

Also

- peanut butter
- spaghetti & other pasta
- pasta sauce
- rice
- tuna or chicken "helpers"
- cereal



School Supply Drive

Although it seems as if the schools have just recently closed for summer break, the staff are thinking about starting up! Some teachers will be moving to another grade level, another building, or returning to what they left behind during their scurry to start a well deserved vacation.

St. John's is ready and anxious to support the staff at our neighborhood Robert Fulton Elementary School. As in the past we honor these teachers with a cheer, pat on the back, and an armload of fresh supplies for their start up. At the annual Kick-Off luncheon, they are gifted with classroom supplies, donated by us, as appreciative neighbors.

Think about an empty teacher desk when choosing appropriate items. Nothing is wrong! Donations can be left at the "Eagle's Nest" table in the parish hall. Contact Sue Martin with questions at mdsmartinduncan@aol.com



Suggested Items:

- Sharpies
- Pencils
- Glue Sticks
- Scissors
- Staplers
- Calculators
- Kleenex Boxes
- Disinfecting Wipes
- Stickers
- Post-Its

FULTON ELEMENTARY SCHOOL TEACHERS' LUNCHEON

SCHOOL SUPPLY LIST:

Grade 4-5



- Pencil pouch
- No. 2 pencils
- Pencil sharpener
- Highlighters
- Washable markers
- Erasers
- Personal organizer/calendar
- Three-ring binder
- Three-hole-punch
- Loose-leaf paper or spiral notebooks
- Plastic folders
- Glue
- Scissors
- Calculator
- Blue or black ballpoint pens
- Book socks
- Backpack
- Lunchbox or bag
- Index cards
- Ruler
- Subject dividers

GH

In addition to school supply collection, which is listed above, we are looking for folks to help cook, serve and cleanup after our yearly luncheon. If you are able to assist, please email John Knouse at Johnknouse@hotmail.com

In addition to the listed supplies above, teachers are often in need of sanitary supplies such as hand sanitizer, disinfectant wipes, tissues, etc.

HOW YOU CAN HELP OUR TEACHERS!

IN ADDITION TO THE SCHOOL DRIVE:

If there's one thing that is for certain that our volunteers from the Eagle's Nest After-school Program knows is true, it's that all teachers deserve a raise. Teaching has never been easy, but in 2023 and beyond, more and more challenges seem to face our educators each year. At Saint John's we are fortunate enough to have a fantastic relationship with the staff and administration at our local Robert J. Fulton Elementary School.

Starting now through August 15th, we will be collecting school supplies for the staff at Fulton and will provide them an opportunity to supplement additional classroom supplies (which often come at their own expense) and we will do so at our annual Teacher Appreciation Luncheon on August 18th at 11am.

St John's Building Use

We are fortunate to be able to share building space with our community. Not only is it an important ministry, but it also provides additional revenue through rental fees.

THIS SUMMER AT ST. JOHN'S

- *7 weekly NA/AA support groups
- *Weekly dance classes
- *Power Pack distribution
- *2 private parties
- *Lecture space
- *Office space for Interfaith Power and Light organization

If you are need a venue for a special event, please contact the church office 717-299-1188.

Stewardship Committee

Church Prayer List

Claire Phillips, Michael Stank,
Debbie Carter, Pat Pankey, Kate,
Nancy Strasburg, Justin & Lisa,
Ella & Colleen, Matt Patterson,
Michael Yoder, Carmen, Molly,
Kevin, Kathy, Colleen,
The Rev. Robert Bailey,
Sharon Engle, Rachel Precise

Anniversaries

18 - Paul & Drew Morgan

18 - Chris & Betsy Hasircoglu

21 - Sue Tobie

21 - Malcolm & Ginny Young

24 - Charlie Rahe

26 - Ken & Eleanor Watts

Friends at Home

Ellen Keller, Nancy Nemith,
Peter Plaxa, Ricky Smith,
Joanna Sweeney, Al Kuser,
Mary Sue Farmer, Ellen Sellers,
Edith Kane, Merle Schnee,
Carol Greenfield, Sandy Grove,
Carole Humphrey, Tiny Nolan,
Darlene Bentley, Carolyn Archer,
Peggy Zuke, Paula Wolf

Birthdays

1 - Sarah Gordon
2 - Nancy Houston
3 - Aidan Cliff
3 - David Labeda
4 - Bruce Morgan
4 - Kendall Morgan
5 - Otto Williams
6 - Emma Wendler
7 - Linda Bruce
7 - Rich Collier
9 - Pam Loose
9 - Thomas Shevock
9 - Joanna Sweeney
12 - Heather Sherman
14 - Mike Gbur
21 - Rachel Hreben
22 - Karen Largent
23 - Edith Kane
24 - Darleen Pfeiffer
26 - Michael Gobel
26 - Nancy Nemith
27 - Darlene Bentley
27 - Ashley Smith
28 - Don Durand
30 - Stella Smith
31 - Stephanie McGovern
31 - Sherry Qualls

Serving in the Military:

Amelia Dissinger, Brian Hobbins,
Alex Kelly, Kirby Kinderwater,
Kyle Kinderwater, Brooks Morgan,
Joshua Watkins,
Hunter Walden, David Wolfe

St. John's

Church CALENDAR

Tuesday the 1st

1:30PM Martha's Ministry
2:30PM Food Pantry

Wednesday the 2nd

12:00PM Healing Service

Thursday the 3rd

9:00AM Minister's Meeting
2:30PM Food Pantry

Friday the 4th

Rector's Day Off

Sunday the 6th

9:00AM Holy Eucharist: Rite II
10:30AM Adult Forum

Monday the 7th

5:00PM Executive Committee
6:00PM Daughters of the King
6:00PM Ministries Council

Tuesday the 8th

1:30PM Martha's Ministry
2:30PM Food Pantry
4:00PM Finance Committee

Wednesday the 9th

12:00PM Healing Service

Thursday the 10th

9:00AM Minister's Meeting
2:30PM Food Pantry
7:00PM Property Committee

Friday the 11th

Yard Give
Rector's Day Off

Saturday the 12th

Yard Give

Sunday the 13th

9:00AM Holy Eucharist: Rite II
10:30AM Adult Forum

Monday the 14th

6:00PM Caring Ministry

Tuesday the 15th

1:30PM Martha's Ministry
2:30PM Food Pantry

Wednesday the 16th

12:00PM Healing Service

Thursday the 17th

9:00AM Minister's Meeting
2:30PM Food Pantry
6:30PM Men's Gathering

Friday the 18th

Rector's Day Off

Saturday the 19th

9:00AM Community Breakfast
at First Reformed Church

Sunday the 20th

Blessing of the Backpacks
9:00AM Holy Eucharist: Rite II
12:00PM Vestry Meeting

Monday the 21st

6:00PM Daughters of the King

Tuesday the 22nd

1:30PM Martha's Ministry
2:30PM Food Pantry

Wednesday the 23rd

12:00PM Healing Service

Thursday the 24th

9:00AM Minister's Meeting
2:30PM Food Pantry

Friday the 25th

Rector's Day Off

Sunday the 27th

9:00AM Holy Eucharist: Rite II

Monday the 28th

6:00PM Stewardship Committee

Tuesday the 29th

1:30PM Martha's Ministry
2:30PM Food Pantry

Wednesday the 30th

12:00PM Healing Service

Thursday the 31st

9:00AM Minister's Meeting
2:30PM Food Pantry

SAVE THE DATE
Homecoming Sunday
September 10th