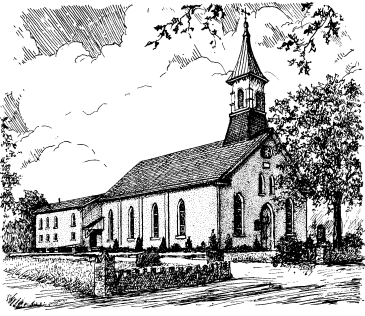


# Saint Luke's

## United Church of Christ of Trappe

### May 2020 Newsletter



Rev. John Hogue  
Office – 610-489-4933  
Office email - administrator@stlukes-trappe.org  
www.stlukesucc.org

**Worship Schedule**  
pastorjohn@stlukes-trappe.org  
© 610-291-7497  
Blended Service 9:30 AM  
3rd Sunday of Mo. Healing Service 9:30 AM  
Sunday school 1st & 3rd Sunday of the month.

#### REV. JOHN'S MUSINGS

For Pastor John's Musings please turn to pages 3 and 4.

As a means of entertaining lonely adults during COVID outbreaks, Canadian teenagers created a hotline that plays pre recorded messages of positivity.

You can call this number for regularly updated selection of jokes, stories, guided meditations and educational messages- 1-877-JOY-4ALL

*Grace and Peace, Pastor John*

#### KEEPING IN TOUCH!!

One of the good things that has come from COVID-19 is our live streaming. Several folks have expressed interest in continuing this vital service. We will have to figure out music for licensing over the internet so we do not get our selves into a legal situation. Also we would have to use two different computers - one for the live stream and another one for the power point projection. This will be an ongoing progress to find a solution.

Also for those who do not have internet capabilities and cannot be in touch with this service, we have come up with a solution where you can call in on a free conference call and listen to the worship service.

This is how it works: Participant instructions - (that's you)

You dial this number - (701) 802-5032 and you will be prompted by a message to enter the St. Luke's Access Code which you enter in the numbers of the access code 7820699.

Thanks! Keeping you connected! Pastor John

#### ONE GREAT THOUGHT FOR THIS MONTH....

**Life without God is like an unsharpened pencil, it has no point!!!**

Author: UNKNOWN

#### May Scripture Readings

Date	Old Testament	2nd Lesson	Epistle	Gospel
May 3	Acts 2:42-47	Psalm 23	1 Peter 2:19-25	John 10:1-10
May 10	/acts 7:55-60	Psalm 23	1 Peter 2:19-25	John 10:1-10
May 17	Acts 17:22-31	Psalm 66:8-20	1 Peter 3:13-22	John 14:15-21
May 24	Acts 1:6-14	Psalm 68:1-10, 32-35	1 Peter 4:12-14, 5:6-11	John 17:1-11
May 31	Acts 2:1-21	Psalm 104:24-34, 35b	1 Corinthians 12:3b-13	John 20:19-23
June 7	Genesis 1:2; 4a	Psalm 8	2 Corinthians 13:11-13	Matthew 28:16-20

### SERMON SERIES

May 3	"Answering The Call"	Psalm 23; Acts 2:42-47
May 10	"Give A Chance For Holy Spirit To Enter"	John 14:1-14
May 17	"Beyond A Doubt"	John 14:15-21
May 24	"Are You A Cross Wearier or a Cross Bearer?"	John 17:1-11
May 31	"Breath Of God"	Acts 2:1-21



### WOMEN'S BREAKFAST



Due to the Corona Virus there will be no Women's Breakfast this month

### MEN'S BREAKFAST

Due to the Corona Virus there will be no Men's Breakfast this month



### VOLUNTEERS

The following people have volunteered to transport Anne White from Peter Becker Home in Har Sunday, June 7 - If the virus is over.

Bev Spaid will then transport Anne back. Please let Sue Linkenhoker know if you are able to transport Anne from Peter Becker to St. Luke's on the first Sunday of the month. We would like to have more volunteers going forward. Thank you Sue Linkenhoker.

### SOME WONDERFUL WORDS TO LIVE BY - Compliments of the FISH WRAPPER.....

We take for granted the things that we should be giving thanks for.

It's important for parents to live the same things they teach.

All people smile in the same language.

The choice you make today will usually affect tomorrow.

### DO YOU LIKE TO SHOP?

St. Luke's UCC is now registered for smile.amazon.com. Go to [www.smile.amazon.com](http://www.smile.amazon.com) and type in "St. Luke's United Church of Christ Trappe" for all your future Amazon orders and St. Luke's will receive .5% of the proceeds. Have fun shopping and THANK YOU!

### A BLESSINGS BOX

We will be initiating a Blessings Box where you can donate a monetary gift for a Blessing you have had in your life. It could be a blessing that you have each week or a blessing that came to you all of a sudden and you would like to be thankful for the event. The monies will be placed in an account that at the end of the year the Council will designate where the funds will go; someone needy or to an organization that is doing good for the community. This will appear again when we reconvene.

May 5 Bill Leopold  
May 9 Bob Keyser  
Cynthia Brown  
May 10 Linda Boyer  
May 11 Don Wanamaker



May 20 Pete Leneweaver  
May 26 Linda Miller  
May 28 Leah Keyser  
May 29 Amanda Conrad

## **Rev. John's Musings**

Seems like the world before the pandemic never existed. We're in, by far, the craziest period of time in most of our lives. Maybe 9/11 is up there with the current situation, but even such a tragic event isn't quite as surreal as what we're all going through right now.

I recently came across a good quote- "Mental health is just as important as physical health."  
~Unknown

Our main focus during this challenging time is quite rightly on our physical well-being. But we shouldn't forget about our mental health considering these are stressful times for all of us. I am sure these questions floated in your minds-

Will we get sick? Will our loved ones die? Will we have enough food to feed the family?

How will we pay the bills? How long do we have to stay in? Will things ever get back to normal?

So many questions, so many concerns.

I want to share some good mental well-being tips can help see us through the challenges that lie ahead.

### **#1: Be Present**

Being present means being fully in the moment. It's not being distracted but engaging with what is.

So instead of filling your mind with worrisome news, tend to see what is going on right in front of you. In this way, you are there both physically and emotionally, which helps keep negative thoughts out of your head.

### **#2: Feel and Validate Your Feelings**

We all experience an increase in uncomfortable feelings during challenging times.

Invalidating our feelings is harmful to our mental well-being. It erodes our self-esteem and leaves us feeling broken and defective. It makes us disconnect from ourselves, and we begin to make all the wrong choices because we no longer know how we feel and what we want.

Staying mentally healthy during difficult times requires you feel your feelings and allow yourself to process them, which means not fighting or avoiding them.

It also means that you must learn to validate your feelings. This involves you normalizing and empathizing.

You do this by telling yourself that it's okay to have this feeling, and that any human with the kinds of thoughts you're thinking or the kind of experience you are having would feel how you're feeling. Tell yourself that it's okay. That is reassuring.

### **#3: Engage with Something Meaningful**

We can choose something fun, something silly, something creative, something lighthearted. We can come up with new projects or can focus on being productive in some way. We can improve our relationships by having some fun or being caring toward each other. We can play with our kids.

Whatever it is, choose something. Get present and engage with it.

It will take your mind off things. It will give you a break.

Don't let a difficult situation confine and restrict you.

This is something most of us have in common: We all want to feel that we are useful in some way, that we have a purpose, that we're doing something valuable.

And there are so many different things we can do to have that experience. But in order to do so, we need to have space in our minds, which requires us to practice being present, to feel our feelings and to validate them.

In hard times, it's important to remember these four words that have rung true throughout time:

***This too shall pass.***

Of course, that's not the way it feels right now. Logically, you know the lockdown will end and there will come a day in your life where these times are a distant memory, but emotionally, it feels like we'll be stuck forever.

One the one hand, we're all looking forward to the day when this will be all over -- so those words can be solace if you embrace them. On the other hand, it'd be a waste not to draw valuable lessons you can look to in the future.

Keep Watching via live streaming on [www.stlukestrappe.org](http://www.stlukestrappe.org) , which connects to St. Luke's UCC Facebook page. Until we meet again.....Pastor John

### **A HUGE THANK YOU....**

Linda Boyer for all the homemade masks she made for the front line workers.

Thank you to Susan Wenrick for also being in the front lines in those cold tents.

Sam Kurtz III for also being on the front lines at Phoenix.

Keep them and everyone in your prayers.

## **CHURCH LIFE IS ON THE MOVE**

### **Hopefully the Virus will be over by this time.**

We are planning a bus trip on **Saturday, September 19th**. It will be a trip to Hummelstown, a boat ride, a train ride and after all this excitement there will be dinner, cost to be forth coming closer to the date.

Are you looking for a new hobby? Linda Boyer is generously giving her time to teach Crocheting to anyone who wants to learn and when we get really good at that we might learn something else. Let her know if you are interested and what day and time would be good for you. Sign up sheet on bulletin board.

## **WILL DID IT AGAIN!!! GO WILL!!!!**

Hi!

I'm sorry, I've been meaning to email, but it's been busy.

Will did his last last drop off Thursday night and, thanks to our church family and friends, he donated 201.9 lbs more! Along with another small donation of 4.2 lbs, Will was able to donate a grand total of 540 lbs for our local community!

Thank you so much for all of your generous donations! We know our community is thankful for them, especially during these challenging times.

Stay safe,

Leah, Will and Cassidy





# MAY Sunday Leader Schedule



**Church Access Volunteers** - Volunteers are needed to open and close the church on Sundays. Please see **Beverly Spaid** to schedule and review tasks. If you wish to be an usher/greeter please see **Brenda Kurtz** or sign the sheet on the bulletin board in the Narthex.

## **9:30 Blended Service**

**We will await Elders decision on May 4 about if we will reconvene for worship on May 10-**

**Public Health Dept cautions until May 31 and Montgomery Courthouse is closed until May 31.**

	<b><u>Lay Leader</u></b>	<b><u>Children's Time</u></b>	<b><u>Nursery</u></b>	<b><u>Ushers</u></b>
May 3				
May 10	Tom Lloyd	Pastor John	Leah Keyser	
May 17	Jim Narrigan	Becci Richardson	Nancy Leneweaver	
May 24	Corie Bowers	Pastor John	Carrie Krentz	
May 31	Veronica Hogue	Pastor John	Leah Keyser	
June 7	Sue Linkenhoker	Pastor John	Nancy Leneweaver	

## **Sunday Leader Scheduling Note**

If you are unable to serve on your assigned day, **please find a replacement** by switching dates with someone on the schedule and contact the church office as soon as possible so we may make note of the change. **If you are unable to find a replacement, please contact the church office and we will be happy to do so.**

**Articles for the Sunday bulletin are due in the church office by Wednesday. Newsletter deadline for the June Newsletter is May 22nd and mailing is May 26th.**

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## **PRAYER LIST**



**People in need of prayers:** Linda Miller, Nick Iacorinno,

**People with on-going conditions and prayer needs:** Barbara and Mark Nieweg, Betty Murphy, Casey S., Debbie Parker, Eli and Ella Vivian, Elsa Thomas, Greg Kimmich, Jack Murphy, Mike Richardson, Mitzie Oxenham, Nancy Lewis, Rod Bowers, Tim Heiser and Tricia White Heiser.





# may

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 9:30 Live Streaming Service	4	5	6		8	9
10 9:30 Live Streaming Service  Happy Mother's Day!	11	12  ZOOM Mtg.  6:30 Elders 7:30 Council	13	14	15	16
17 9:30 Live Streaming Service	18	19	20	21	22  NEWSLETTER DEADLINE	23
24 9:30 Live Streaming Service	25 MEMORIAL DAY OFFICE CLOSED  Memorial Day Remember Those Who Gave Their Lives	26  NEWSLETTER MAILING		28	29	30
31 COMMUNION 9:30 Live Streaming Service						

**ST. LUKE'S U.C.C. OF TRAPPE  
200 WEST MAIN STREET  
COLLEGEVILLE PA 19426-2007**

## **May Newsletter**

**Dated Material-  
Deliver Promptly**



### **St. Luke's Mission Statement**

**Centered in God,  
guided by His Word,  
we share Christ's love with all.**