

Good News

THE
NEWSLETTER OF
ST. PAUL'S EV. LUTHERAN CHURCH
474 Yalick Road - PO BOX 802
DALLAS, PA 18612

September 2023

Phone: 570-675-3859
Fax: 570-675-5646
Email: stpaul@epix.net
Web Page:
www.stpaulsdallaspa.org

Rev Charles H. Grube, Pastor
Home Phone: 570-696-2688

In-person worship and communion
Saturday, 5:30 pm | Sunday, 9:30 am
Sunday School 10:45 am (Sept. thru May)
Please continue to visit our website at
www.stpaulsdallaspa.org for worship
resources to use as you are able, and to
join our Live Stream Zoom meeting at
9:30 am on Sunday.



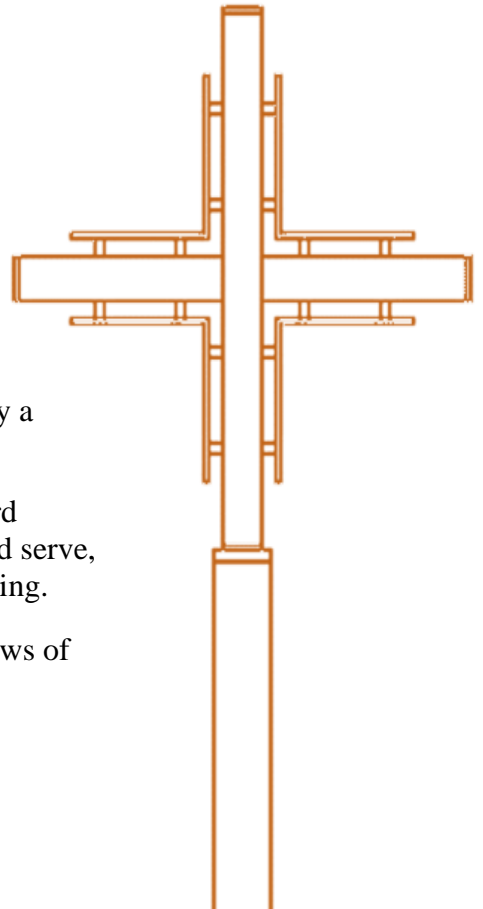
ST. PAUL'S MISSION STATEMENT

St. Paul's Lutheran Church is a family called together by God and united by a common faith.

Our mission is to share with all people God's Love and Grace through Word and Sacrament. Through the Holy Spirit, we are empowered to witness and serve, treating one another with Love, Compassion, Forgiveness, and Understanding.

By our commitments, actions, deeds, and resources, we share the Good News of Jesus Christ, reaching out to our Community, Nation, and World.

Adopted May 1993



| ST. PAUL'S STAFF | | |
|-------------------------------|---|------------------|
| Pastor | Rev. Charles H. Grube | |
| Office Staff | Gail Smallwood & Carol Fett | |
| Dir. of Music/Organist | Margaret Quintanar | |
| Youth Choir Dir. | Jean Grube | |
| Minister of Technology | Marissa Miller | |
| Sexton | James Madonna | |
| | | |
| Sunday School Superintendent | Tony Linnen | |
| Financial Secretary | Ruth Ide | |
| | | |
| CONGREGATION COUNCIL | | |
| <u>2023/2024</u> | <u>2024/2025</u> | <u>2025/2026</u> |
| John Waschek* | Larry Pierce | Cathy Ridout* |
| Gail Smallwood | Bruce Thomas | Karen Mertz |
| Marissa Miller | Gail Ide | Tony Linnen |
| Frank Mariano | Pat Peiffer | Don Kretchmer |
| *Final Term | | |
| | | |
| CONGREGATION OFFICERS | | |
| President | Rev. Charles H. Grube | |
| Vice-President | Frank Mariano | |
| Secretary | Gail Smallwood | |
| Treasurer | Carol Fett | |
| | | |
| STANDING COMMITTEES | | |
| Christian Education | Marissa Miller, Tony Linnen | |
| Communications | Marissa Miller/Gail Smallwood | |
| Evangelism | Gail Ide | |
| Fellowship | TBD | |
| Finance | John Waschek, Bruce Thomas, Pat Peiffer, Carol Fett | |
| Head Start/Early Intervention | Carol Fett / Cathy Ridout | |
| Health Ministry | Cathy Ridout & Gail Ide | |
| Landscaping | TBD | |
| Long Range Planning | John Waschek/Frank Mariano/Don Kretchmer | |
| Property | Bruce Thomas, Pat Peiffer, Carol Fett | |
| Salary Review | Frank Mariano | |
| Social Ministry | Karen Mertz, Larry Pierce | |
| Staff Support | Frank Mariano, Karen Mertz, Don Kretchmer | |
| Worship & Music | Pat Peiffer | |
| | | |
| * * * | | |

PRAYER LIST - Please remember to ask permission from the person you are placing on the prayer list. **Pray for the Congregations of Faith United, Nescopeck and St. Peter, Hughestown.**

Pray for those suffering illness: *Members:* Hope Beisel, Marty Bisher, Mary Lou Bowman, Mary Lou Button, Helen Carey, Pam Cyphers, Cindy Eck, Margaret Edwards, Cheryl and Marty Everhart, Grace Fisher, Marge Fritzinger, Kay Hometchko, Robert Kline, Ann Sabol, Bill Smith, Karen Tomalis, Mark and Mary Walters, Joan Williams, Justin Yost.

Please note: Those people listed as Family and Friends will be listed here for a four-week period. Please contact the church office at 570-675-3859 or stpaul@epix.net if you desire a name to remain on the list beyond that time.

Family & Friends: Dick Armbrust, Hank Banaszek, Gwen Bartolacci, Robert Binger, Marlene Blannett, Kathy Boston, Judy C., Ed Campbell, Marjorie Catania, Gabriel Day, Janice DeFebo, Joan Devens, David Estock, Ron and Candyce Fike, Amyjo Garbus, Bob Hughes, Christine Ide, Glenn Ide, Katy Ide, Mimi Johnson, Frank K., Bradley Kessler, Gerti Latona, Audrey Mace, Carol Marker, Rob Merritt, Tim Nulton, Alice O'Neil, Megan Sheehan Palmer, Ryleigh Phillips, Febe Quintanar, Sandy Rebo, Donna Reistetter, Bonnie Ryman, Nancy Shymanski, Gina Sigler, Sandra Stankiewicz, Joe Stephanovich, Stevens Family, Benjamin Szostak, Donna Thiessen, Jean Thompson, Carol Wall, Connie Wilbur, Wyatt Wilson, Karen Wise, Ashley, Bethann, Bonnie, Diane, Gilbert & Carol, Kelley, Cindy, Paul, Freyda, Linda(no last names given).

† † †

NEWSLETTER DEADLINE



The next issue of the GOOD NEWS will be the October 2023 issue and the deadline for all submissions will be

Noon on Sunday, September 17, 2023.

SPECIAL DATES

- Labor Day, *Sept. 4; office closed*
- Sunday School Rally Day, *Sept. 10*
- God's Work Our Hands Sunday, *Sept. 10*
- National Grandparents Day, *Sept. 10*
- Patriot Day, *Sept. 11*
- Hispanic Heritage Month, *Sept. 15-Oct. 15*
- Roast Beef Dinner, *Sept. 16*
- First day of fall, *Sept. 23*
- Blessing of Animals Service, *Sept. 30, 11 a.m.*



Updates from the August 1 meeting:

Pastor's Report: In October, Pastor Grube will begin holding congregational dinners for small groups; these gatherings will be held following Sunday worship beginning with a covered dish dinner.

Worship and Music Committee: Because our worship services will include traditional communion beginning on Sunday, Sept. 10, our Sunday School classes will begin at 10:45 a.m. Training sessions for acolytes and assisting ministers will be held in September. Sunday School classes will return on Rally Day, Sept. 10.

Evangelism Committee: St. Paul's will take part in the Dallas Harvest Festival on Sunday, September 17.

Social Ministry Committee: The Social Ministry Committee will have a series of projects beginning in September with a Sneakers for Head Start collection, "God's Work. Our Hands." project, Harvest Home celebration, and a collection for the SPCA.

Landscaping Committee: Joe Hardisky and Don Kretchmer have been clearing the walking path around the church property line and are working to restore it to its original condition.

New business: Council approved a request from a new Girl Scout troop to hold its meetings at the church. Council also approved a request from Annie Bisher to begin creating a committee to plan and organize events for the 100th anniversary celebrations of the church's founding in May of 1925.



Dear Sisters and Brothers in Christ,

With summer vacations behind us and the familiar regular routine returning to much of life, like school, work, and family activities, we at St. Paul's have long used the Sunday after Labor Day to celebrate our own let's-get-back-to-it return to our own regular routines, including Sunday school (Rally Day), worship (this year featuring big changes to old, familiar ways), and ministry (God's Work. Our Hands. activity). Check out all the activity that Sunday and this season of renewal will bring in this newsletter. We hope to see you around to be part of those things that matter to you and your faith life.

In the Spirit's power,
Pastor Grube

† † †

SYNOD ASSEMBLY UPDATE

ELCA Global Links newsletter announced a new group of Young Adults in Global Mission (YAGM's) who began their service August 29. These young adults give a year of their time to walk alongside communities in six country programs in Central Europe, Jerusalem/West Bank, Senegal, the United Kingdom, and Argentina/Uruguay, our own companion.

Meanwhile, this year the Evangelical Lutheran Churches in Cameroon and the Central African Republic celebrated 100 years of ministry. Lutherans from both churches and from the ELCA gathered in Minneapolis, Minn., at the Sudan Mission Centennial Celebration to mark a century of partnership. The conference featured discussions with the president of the Evangelical Lutheran Church of the Central African Republic and the bishop of the Evangelical Lutheran Church in Cameroon, as well as former missionaries to the region.

Finally, at the beginning of July, the ELCA welcomed 10 new missionaries into service. They serve as program coordinators, seminary professors, pastors, teachers, and even seminary interns in places like Papua New Guinea, Tanzania, Germany, Egypt, Malaysia, France, Serbia, and Slovakia. Please pray for these new missionaries as they deepen our relationships with our siblings in Christ around the world. And thank you for your support of ELCA Global Missions.

The 2023 Northeastern Pa. Synod Assembly was held at Kalahari Resort in the Poconos and was filled with a variety of presentations, activities, elections, and other business. Three special guests did presentations throughout the assembly. David Scherer (Agape) & Joe Davis (Word Artist) performed poignant songs and skits, and led a workshop about the gospel in contemporary context, especially racism.

Bishop Michael Girlinghouse (Arkansas-Oklahoma Synod) was the Keynote speaker presenting a series of lectures on the church's loss, grief, nostalgia, and moving forward adapted from his recent book, *Embracing God's Future Without Forgetting the Past*. Reports from various synod officials spoke openly and frankly about the current state of the church, especially as it is being experienced in NEPA Synod, and proposed a vision for meeting those needs.

We celebrated the Installation of Deacon Kat Tigerman, our new Director of Evangelical Mission (DEM). The assembly acted to approve Compensation Guidelines for Pastors and Deacons, new Sabbatical Guidelines, and three Resolutions pertaining to Congregational money management & best practices, Chaplains at Diakon's Lehigh Valley facilities, and a synod Land Acknowledgement statement. The 2024 Spending Plan of \$2.064 million was adopted. And elections were held for Synod council representatives, Synod Vice President (Nancy Reichelt) and Synod Secretary (Pr. Ken Melber).

Throughout the assembly, Jean Grube tended the chapel space she had designed and set up as part of the worship team. But our voting member, Marissa Miller, was unable to cast her votes

because of her medical emergency and hospitalization, though we appreciate her willingness! Synod Assembly 2024 will be a significantly less expansive and therefore less expensive event. Consider being a St. Paul's voting member next year.

AND...

The Lutheran World Federation (LWF) is a federation of Lutheran churches from around the world who join to make a united Lutheran witness in the world. Members from across the LWF, including from the ELCA, will gather Sept. 13-19 in Krakow, Poland, for the LWF's 13th Assembly, under the theme "One Body, One Spirit, One Hope." Estonian General Secretary Rev. Dr. Anne Burghardt will guide the proceedings. A study guide covering the assembly themes is available for free download, along with an introductory guide to Poland and the host church, the Evangelical Church of the Augsburg Confession in Poland. Congregations are encouraged to use these resources to explore the themes in contextual ways. Follow along before and during the assembly at 2023.lwfassembly.org and across LWF and ELCA social media platforms.

† † †

"The best index to a person's character is how he treats people who can't do him any good, and how he treats people who can't fight back."

—Abigail Van Buren

† † †



BIBLE STUDY RESUMES

Utah's second-biggest public school system removed the Bible from circulation in some of its libraries following a complaint made by a parent. A district review committee decided to keep the book in circulation only at the high school level "based on age appropriateness due to vulgarity or violence."* If you've read through it, you know that the Bible does have its moments. That's why it's good to gather with others and dwell in its living word together. We do that each week as we explore the readings for the coming weekend's worship in a study we call "The Bible This Week." We meet Tuesday mornings, 10:30-11:30, and will resume our weekly gatherings Tuesday, September 12. We hope you'll encounter this important book with us. *(*The Christian Century*, August 2023, p. 10)



CONFIRMATION INSTRUCTION

Our confirmation program is a two-year program of study of Luther's Small Catechism and the Bible, service, and mentorship designed to prepare our teens in ninth and tenth grades to take on for themselves the promises their parents made for them at their baptism. We invite those of our congregation to join in an orientation and planning meeting for the confirmand and a parent on Sunday, September 10, at the end of our Sunday School Rally Day festivities (about 11:30 am). If you would like to begin the program and are new to it, please contact the church office to express your interest so that we will have enough materials for all.

CHURCH FAMILY DINNERS SCHEDULED

Our second year of Church Family Dinners in 2020 was cut short when the Covid pandemic closed us down. But they're back! The Congregation Council and Pastor Grube have scheduled a new year of dinners for this coming year. The congregation has been divided into smaller groups and each group will receive an invitation for a dinner scheduled monthly from October to April. If, when you receive your invitation, you are not able to attend that dinner but would like to attend at another time, please contact your council host to let them know, and we can reschedule your dinner. These are covered-dish dinners (you'll bring food to share) with table settings and drinks provided. We'll enjoy fellowship and growing to know one another, and we will also look at our church and its ministry and reflect on a video presentation by NEPA Synod Bishop Christopher deForest. Watch for your invitation sometime this year!



HARVEST HOME SERVICES



On Saturday/Sunday September 16/17 our Sanctuary and Narthex will be decorated for our annual Harvest Home Services by members of the Art & Environment

Committee. Our attention will be focused on the bounty God provides us from the field and orchard, and the rich harvest of that bounty for our health and well-being. A special "Harvest Home" envelope is included with this newsletter, and monetary donations will be directed to the Back Mountain Food Pantry. Canned goods may be brought to use in the display; we ask that you place them in the shopping cart which is located in the hallway between the Narthex and the Social Hall by Wednesday, September 13.



Knowledge is knowing a tomato is a fruit;
wisdom is not putting it in a fruit salad.



*Voices raised to you we offer;
Tune them, God for songs of praise.
Hearts and hands we bring in tribute
For your gifts through all our days.*

ELW Hymn 845

We invite you to participate in our music ministry. Our choirs provide a wonderful opportunity to proclaim the Gospel of Jesus Christ while sharing in Christian fellowship.



Handchimes The Chime Choir rehearses on Sunday mornings at 8:30 am. Did you know that we are fortunate to have 5 octaves of hand chimes—that is 61 different chimes! Not every note is played in every song, but we need more hands. Our ranks have diminished due to moves, deaths, Covid, etc. You do not have to be able to read music. If you are interested in learning more about what is involved, please contact Margaret Quintanar at 717.448.0295 or margaret.quintanar@gmail.com or stop in at one of the rehearsals. Our first rehearsal will be Sunday, September 10.

The Senior Choir (no age limitations!): our first rehearsal for the fall will be on Thursday, September 7 at 7:00 pm.

Parents, please encourage your child/children to participate in our music program. Participation in a youth choir helps develop a child's Christian character and encourages a sense of personal responsibility and self-confidence. They will learn about God through songs and scripture. The songs they sing will likely be remembered throughout their lives. Participation in choir introduces children to taking an active, leadership role in our worship services. Chapel Choir is for elementary-aged children, and Cherub Choir is for preschool-aged children. Any or all youth wishing to sing at services or at Sunday School programs during the year are

encouraged to contact Mrs. Grube. Instrumentalists who want to prepare a piano solo or duet, or an instrumental selection, are encouraged to contact Margaret Quintanar.

CHAPEL CHOIR

rehearses Sundays 11:30 am to 11:50 am
beginning on September 17

CHERUB CHOIR

Rehearses Sunday mornings
Time – TBA

Beginning Oct. 1, with a projected
First-song-in-church for Dec. 10 and
a song for Christmas Eve, Dec. 24th
at the early service.

† † †

IT'S BACK!!!!



St. Paul's Brotherhood will sponsor a "sit-down" fall Roast Beef Dinner on Saturday, September 16. Take-outs will be available starting at 3:30 pm and serving will be from 4:00 to 6:30 pm. Tickets are \$15 for adults and \$5 for children under 12 and they will be available at the door the night of the dinner.

As always, your help is needed to make sure this dinner is a success! Please check out the sign-up sheet in the Narthex. Volunteers are needed to help make pepper hash, set up tables, work the steam tables and help in the kitchen, wait on tables, clean up, and bake desserts, to name but a few areas where you could help. Remember, no experience is necessary; on-the-job training is gladly provided!

† † †



LABYRINTH WALKS: On Wednesday, September 20, and on the third Wednesday of each month thereafter, the labyrinth will be available for anyone from St. Paul's and the public to use from 3:00-6:00 p.m. Gail Ide will be present to offer guidance on walking the labyrinth. Watch for reminders about the labyrinth in church bulletins.



Did you know that on Sunday, Sept. 10, congregations of the ELCA will join together for our 10th annual “God’s work. Our hands.” Sunday? In connection with the

ELCA’s 25th anniversary, “God’s work. Our hands.” Sunday began in 2013 and continues to be a day to celebrate who we are — one church, freed in Christ to serve and love our neighbor. Thank you for your work and donations over the years as we have celebrated our own bounty by serving and sharing with our neighbors.

September 10 is a big day for us! In addition to our annual let’s-get-back-to-it return to our regular routines (see Pastor’s letter), we celebrate the Installation of our Sunday School staff in worship, then celebrate our Sunday School Rally Day during the Sunday School hour (note that a Confirmation Orientation meeting will be held then, too). And throughout these days leading up to that big day, we will be engaged in our God’s Work. Our Hands. mission and outreach projects! But wait, there’s more! We also will be returning to some familiar pre-Covid worship practices with a host of ministers (Assisting Ministers, Acolytes, Communion Assistants) and the distribution of Holy Communion from the table rather than with pre-packaged elements (they will still be available for our on-line worshippers). But these ways for preparing for and distributing communion require a lot of people doing their parts to make it all happen. Please share your willingness to help by signing up on the various sheets on the Narthex table. And if serving as Assisting Minister is one of your interests, mark Sunday, September 24 on your calendar. Pastor will meet with all Assisting Ministers for training following worship that day.

† † †

SOCIAL MINISTRY

September will be a busy month for the Social Ministry Committee.

1. Committee will continue to sell Boscov’s shopping certificates for \$5.00 each, redeemable for 25% off on Wednesday, October 18.

2. The Head Start “Sneaker Project” continues; we need to collect 30 pairs for children – sizes 9 – 12.
3. “God’s work. Our hands.” will be Sunday, September 10. The committee will take trays of cookies for the staff at The Meadows to thank them for their hard work and dedication. Six large trays of cookies are needed so we need many volunteers to bake; a sign up sheet is on the table in the Narthex or you may call/email the church office to add your name to the list – 570.675.3859 or stpaul@epix.net.
4. Harvest Home will be September 17 with our regular collection for the Back Mountain Food Pantry. Please bring your food donations to the church by Wednesday, September 13 so they can be used in the Harvest Home display.
5. St. Paul’s will hold its annual Blessing of the Animals service on Saturday, Sept. 30, 11 am. Please bring your pets and other animals, appropriately restrained for the sake of the gathered animals and people, for a short service to celebrate creation and bless those creatures we hold dear. We will gather rain or shine (under cover of the Porte Cochere if necessary). In advance of that service, our Social Ministry Committee will be collecting items requested by the SPCA: clumping cat litter, cat treats, medium-sized Milk Bones dog treats, paper towels, toilet paper, tall kitchen drawstring trash bags, dish sponges, dish soap and bleach. Please do not bring any types of dog or cat food, since a major pet food manufacturer is providing all the food needed. If you have any questions, please contact Ray Mancke at ramancke@aol.com. Thank you all for your continued support of our local animal welfare organization.

FLEECE BLANKETS DONATED

Thank you to all who assisted with the Fleece Blanket Project this year. The project members made 43 soft, colorful blankets which were donated in August to Hillside Farm's children's grief camps, which are organized by CASA (Court Appointed Special Advocates). According to CASA's executive director, the children are thrilled to receive the blankets and appreciate the comfort they provide. The project will start again this fall; please contact Marianne Mancke at mhmancke@gmail.com if you would like to help.

† † †



The Feast Day of St. Francis of Assisi, October 4, prompts many churches to celebrate a Blessing of the Animals service because of his love of nature and the tradition that he preached to the birds. We will celebrate ours the Saturday before, September 30, at 11:00 am under the Porte Cochere. We invite you to bring your finned, furred, feathered, or otherwise clad family members to church under appropriate restraint for a short service of word, song, prayer, and blessing.

† † †

INSTRUMENTS OF CONNECTION

Following Jesus involves much more than attending worship, as Pastor Stan Purdum points out in a sermon titled "The Hug." "The spiritual life, in addition to some outwardly religious and inwardly devotional acts, also includes such mundane activities as sending thank-you notes for gifts received, returning phone calls, greeting fellow worshipers Sunday after Sunday, surprising our spouse with a spontaneous act of appreciation, helping out at funeral dinners, seeking common ground during disagreements, listening to our children, working at not being a grouch, visiting friends and relatives and, perhaps, even sending an electronic hug. All those things are instruments of connection. The spiritual aspect is the intentionality behind them."



The summer camping season is over at Bear Creek Camp, but there are still events on the camp calendar. A

Labor Day Family Camp, Alumni Staff Weekend, and Women's Retreat keep the camp busy through the beginning of October. Congratulations to our five campers this summer, welcome home to camp counselor Kendra Brosious, and thank you for your support of Bear Creek Camp and of those of our congregation who spent time there this summer.

† † †

FALL RUMMAGE AND BAKE SALE

It's coming.....the Dorcas Society's two-day rummage/bake sale will be held on Friday, October 6 from 8:00 am to 2:00 pm and from 5:00 to 7:00 pm, and Saturday, October 7 from 8:00 am to Noon (Bag Day).

Available for sale will be good clean, usable clothes (men's, women's & children's), household items, dishes, pot and pans, holiday decorations, jewelry, books, games, puzzles, etc.

The church will be open on the following days/times for donation drop-off:

| | |
|----------------------|--------------------|
| Monday, October 2 | 9:00 am to 5:00 pm |
| Tuesday, October 3 | 9:00 am to 7:00 pm |
| Wednesday, October 4 | 9:00 am to 5:00 pm |
| Thursday, October 5 | 9:00 am to 2:00 pm |

(Donations will not be accepted after 2:00 pm so Dorcas members may have time to price items).

Anyone (men and women) can assist during the week with setting up tables, unloading, displaying and/or pricing items to be sold. PLEASE DO NOT BRING televisions, computers/printers, exercise equipment, large appliances, encyclopedias, cribs, strollers, artificial Christmas trees or old telephones.

All bakers of St. Paul's are asked to donate homemade baked goods for the Bake Sale; your goodies should be brought to the church by 1:00 pm on Thursday, October 5 so they may be packaged and priced.

Hi Everyone,

The last time I wrote it was about my husband's journey. He's doing very well, thanks to everyone. This time it's my journey.



Let me digress a little, please. One day in March 2022, I started with pain in my right hip. I had experienced no trauma of any kind nor anything else that might cause pain. I tried everything. The pain felt like the pain I had when I had to have my toe joint replaced due to bone on bone. Since I can't tolerate any NSAIDs due to stomach complications, I relied on Healing Touch and occasionally a Tylenol. I followed all the medical protocols, including two steroidal injections and physical therapy, required for a year and three months before surgery.

My surgery was scheduled for July 10 with Dr. Kolessar. After meeting with him and then his physician's assistant, I was given pre-surgery instructions: to drink MEND twice daily; insert antibiotic ointment in my nose; wash with a surgical scrub soap; and do certain exercises. Times, duration, and reasonings were all explained. All this to be done even before the surgery! The MEND Joint Replacement powder is loaded with all the ingredients needed for not only wound healing but growth and strength for the tissues around the artificial joint. It tastes horrendous! It has a citrus flavor that you can mix with anything to try and disguise the taste. After trying several things, I just put it in with enough water that I could chugalug it with one breath!

The ointment is to prevent MRSA. The soap is to prevent infections that hide out in the underarms and groin and at the surgical site. Exercises prior to surgery help your muscles maintain strength for after surgery. I was told to stop all supplements and even my GREEN TEA!!! Ugh. And then I was connected with FORCE, an internet class, to help keep me on track with my progress. At home I tried to do extra cleaning and getting extra supplies of everything so I wouldn't have to worry.

Everyone at South Geisinger Short Stay Surgical Unit was so nice and helpful. But when I

got home, I kept thinking; what in the world did I do to myself! That first week was horrendous. I could hardly do anything. I inched along with the walker. I was able to tolerate oxycodone for only a day because it made me feel really funny mentally. Dr. Kolessar explained that when he got in there it wasn't just replacing the joint but I had some very old damaged muscles "like an old frayed rug." Healing was going to be a little more complicated, like no pain in hip from arthritis but muscles trying to heal that he "attempted" to mend. Oh well! Back in my waitress days I used to carry extremely heavy trays after clearing banquet tables and, as my boys say, "throwing around 100 lb. bags of chicken feed." I'm paying the price!

The second week, physical therapy (PT) started. Thank goodness I attempted doing all the exercises before surgery. It made it easier. Each week the number of repetitions increased but I was ready for them. Each week I saw improvements in me; like standing up straighter, taking longer strides, graduating to a cane, more stamina, standing on both feet rather than putting all my weight on my left like I used to. In fact, PT had to keep reminding me that "I was still fresh," referring to the time from surgery, and I was trying to do too much! I then put in my calendar how many weeks post-op I was and am, as a reminder to what Dr. Post, DVM, used to say when I worked with him – "treat tissues gently." I really listen to my body! I have no pain in my hip at all, but when I feel a pull, tightness, or tingling anywhere in my thigh I rearrange myself or stop what I'm doing.

Please know if you are headed for surgery of any kind, it will be very hard at first but there is light at the end. Also all the pre-surgery stuff is scientifically proven and worth it. And above all let us, your church family, know if you're willing. We're there for you with lots of prayers and anything else if needed, if possible. I can't say THANK YOU! THANK YOU! THANK YOU! enough for all your prayers, calls, and cards!

In Love and Service and Gratitude,
Gail Ide, Health Ministry

FROM THE MAILBOX



Everyone,

With the shoe on the other foot now, I cannot thank you all enough for all the cards, texts, and phone calls. It sure helped having all those prayers!!! Hope to be among you all soon. Thank you again from the bottom of my heart (I'm no doctor, but apparently that's where the most grateful part is).

Gail Ide

† † †

WHO, ME? YES, YOU!

The Bible is filled with people who don't feel up to the challenge of serving God, speaking for God or leading his people. But God always knows what he's doing. Pastor Haviland Houston issues this challenge: "When you are hesitant to act, or feel a failure of nerve coming on, when courage lags, or even if laziness and the 'I don't care' blues get you down, may the words of Mordecai to Esther burn in your hearts and minds: 'And who knows whether you have not come to the kingdom for such a time as this?'" (See Esther 4:14.)

Max Lucado offers a similar reminder in *You Were Made for This Moment*. "God always has his person," he writes, also citing the book of Esther. "When we feel as though everything is falling apart, God is working in our midst, causing everything to fall into place. He is the King of quiet providence, and he invites you and me to partner with him in his work."

Lucado continues: "[God] has a Joseph for every famine and a David for every Goliath. When his people need rescuing, God calls a Rahab into service. When a baby Moses needs a mama, God prompts an Egyptian princess to have compassion. He always has his person. He had someone in the story of Esther. And in your story he has you."



SEARCHING FOR SILVER

Godly, biblical wisdom is more valuable than gold or silver. Make this do-it-yourself toy to practice your searching skills.



What you need:

- 12 small, smooth rocks
- An empty, clean egg carton
- Paintbrush
- Acrylic paint (gold or silver)
- Black permanent marker

What you do:

1. Clean the rocks and egg carton. Place newspaper on a table to protect it from paint.
2. Paint all sides of the rocks and carton. Let dry. Add a second coat, if desired.
3. When rocks are dry, number each rock (1-12) with marker. Place rocks in the carton.
4. Play hide-and-seek with a friend. Take turns hiding the rocks in a room, sand-box or backyard. Give clues, if needed, and count the rocks as they're returned.
5. Use your imagination to incorporate a treasure hunt into study time or family devotions.