



HOLY TRINITY LUTHERAN CHURCH



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Trinity Messenger

June 2023 Issue 2

Alleluia. The Spirit of the Lord is upon me, and has anointed me to bring good news to the poor. Alleluia. Luke 4:18



Slowing Down to Reconnect With God

*Be still, and know that I am God! I am exalted among nations,
I am exalted in all the earth. psalm 46:10*

These life-sustaining words, written by an ancient psalmist many years ago, remain as equally relevant today in the midst of our busy lives and the many distractions that occupy our waking hours. Many of us live in a whirlwind of appointments and deadlines and all else that needs to be accomplished on a daily basis, which forces us to take time away from our important relationships with others and with ourselves, and most importantly as a Christian, our relationship with our creator, our God.

The phrase, *be still*, is actually derived from the Hebrew word *rapha* which means "to be weak, to let go, to release." Essentially, to surrender. So, when we read those words *be still and know that I am God*, we are to understand that God is inviting us to surrender all the distractions that characterize our busy lives in order that we may know and abide with God—our refuge, our strength, our present help in trouble.

God is asking us to do something that is not easy amid our busy lives. The Creator, who loves us and knows us best is inviting us to surrender all that shields and prevents us from living a slower, healthier life in which we focus on the areas of life that feed us emotionally, spiritually, and physically by simplifying our schedules and rethink how to best use our time. We can start by simply making a list of all we do in a typical month including commitments and those things that we do when we are not fulfilling those commitments (media usage, family time, etc.) Then prayerfully consider what activities are most

important and which ones are not as important to you. Then, give yourself permission to let go of those things that if gotten rid of would free up time to listen for God while inviting the Spirit to guide you in using that time in a manner that invites you to be still, to surrender what gets in the way, and replace those things with that which feeds you in the ways you need fed.

Working on being still, **Pastor Mark**

Lutheran Disaster Response Presentation

Beth and Tom Smith recently returned from a time of volunteering with Lutheran Disaster Response (LDR) in Houston, Texas with wonderful stories of their experience helping others there. They will be leading a presentation of their time in Houston on Sunday, June 11, immediately following weekly worship, in the Social Hall. You are invited to find out first-hand what LDR is doing for those in need in the Houston area. Please join us!

Communion Bread Needed

We have begun using bread once again for the celebration of Holy Communion. As in the past your help is being asked in supplying loaves of bread. If you are interested in providing a loaf of bread, please indicate on the sign-up sheet in the gathering area on which Sunday you will provide it. A single loaf of bread is needed each week (white or whole wheat), and the bread should be moist, so it does not easily crumble.

Please join Ephrata Trinity Lutheran Church for Worship & Fellowship 2023. Fellowship Pig Roast June 25 at Grater Park Pavilion Worship at 10:30 am followed by food, fellowship & fun! Bring a pint of washed & cut strawberries.... Seating for Worship & Picnic will be the benches at the tables..... Bring your own chair if you would like. everything else provided. Hope to see you there to join us in Fellowship



Pastor Glenn Beard and those who participated in the most recent disaster response mission trip will be gathering to tell their stories and show photos from their trip on Sunday, June 11th, in the Community Room at Luther Acres, 600 E. Main Street, Litz, beginning at 6:30 p.m. You are invited to join them and allow them to say, “thank you” for supporting this very important outreach ministry.



A sign-up sheet will be in the Gathering Area for musicians willing to offer special music during the prelude for our summer liturgies. Please sign-up.

**THE ADULT (all adults are welcome)
LUNCH BUNCH**

Will be going to Gus's Restaurant after Sunday School on June 11. We'll meet downstairs after the liturgy. All are welcome. For reservations, please call Cheryl Plummer by June 10 at 625-3187. Plan to join us!



June 11-17 Calendar

Sunday, June 11	
10:00am	Coffee Hour After Worship
Monday, June 12	
10:00am	Women's Prayer Group
6:30pm	Yoga
Thursday, June 15	
7:00pm	Yoga
7:00pm	Thursday Worship
Saturday, June 17	
7:30am	Walking Group

[View This Month's Interactive Calendar Here](#)

June 11th Servers

Council: Ed Quirke, Barry Kreider
Assisting Minister: Curtis Boos
Lector: Curtis Boos
Acolyte: Carly Gilbert
Ushers: Dave Bowers,
Bob & Anne Snader
Altar Guild: Michelle Cable,
Denise Shirker, Jo Hurst
Linens: Patricia Fassnacht
Deliver Flower: Heather Zimmerman



Office Hours: June 12-16

We recommend you call the office prior to stopping in to ensure hours have not changed.

Office Phone: 717-733-4134 Pastor's Cell: 315-317-8517 Donna's Cell: 717-669-7831

Day	Sue	Pastor
Monday	8:00 AM - 4:00 PM	9:00 AM - 12:30 PM
Tuesday	8:00 AM - 4:00 PM	9:00 AM - 12:30 PM
Wednesday	8:00 AM - 4:00 PM	9:00 AM - 12:30 PM
Thursday	8:00 AM - 4:00 PM	9:00 AM - 12:30 PM
Friday	8:00 - 12:00	OFF



Notes of THANKS



“Not So High Tea ”

35 ladies gathered for the 2nd Annual “Not So High Tea” Party in the Multipurpose Facility of Holy Trinity Lutheran Church on May 7, 2023. The group was served by 9 ½ men. The 9 men were from the congregation and vaguely familiar with nine of the ladies! The ½ man is actually Ben Dziunycz, the grandson of Darryll & Kathy Kuhns. All who participated enjoyed a tremendous variety of over 500 delicious food items, TEA, a challenging Jeopardy Game, TEA, lots of fellowship and fun, TEA, and lots of prizes of all shapes and sizes..... TEA. Thanks to the Fellowship Committee, to Bob & Anne Snader for wonderful service above and beyond the call, all who supplied delicious TEA fare, Emily Dziunycz and Jen Kuhns for the Jeopardy Game, and all the men, including Jacob Kuhns, who tirelessly and happily served the ladies at tea.

Kathy Kuhns
Fellowship Committee

Mom and I wanted to thank you for the beautiful flowers Mom got today; they are very much appreciated! Sincerely, Vicki and Grace Long.

Dear Members of Holy Trinity Lutheran Church,

Thank you so much for your generous donation of \$856.68 to Luthercare! Because of you, we’re able to come together in community to help families throughout Lancaster and Lebanon Counties. Your gift for the Luthercare Caring Fund truly enables us to make a difference in the lives of those we serve and we’re so grateful for your partnership with us in this work. Thank you again for your support.

In Service, Ryan Fisher, Assistant Vice President- Philanthropy





MAY I HAVE YOUR ATTENTION PLEASE! Ephrata Area Social Service is in need of food items this summer and we need to start stocking their shelves now. With financial hardship and rising food prices it is getting harder and harder for some of our local families to provide meals for themselves. Items needed –

Beverage products (Kool-Aid, Crystal Light-Drink mixes, etc.)

Canned fruits - sugar-free, Canned hearty soups

Canned meats and pastas (spaghetti, spam, tuna, ravioli, etc.), Canned vegetables

Condiments, Dish soap, Hamburger helper, Individual snack packs (chips, pretzels, crackers)

Instant potatoes, Jelly, Laundry detergent, Oatmeal, Pancake mix and syrup, Paper towels

Pasta - gluten free, Peanut Butter, Premixed Jell-O snacks, Spices

Gift cards to Giant, Redner's, or Weis to support fresh produce, meat, and dairy items.

This year our goal is to provide **60 full** boxes of food items this summer and we need your help! Please bring one or two items each week to help reach our goal. If everyone donates – “*many hands make light work*”. Let's help those in need in our community. The Social Ministry Committee thanks you for your continued support!

God on Tap – Tuesday, June 27 Gather at Nonna Rosa Restaurant, in Akron - Dinner begins at 6:00 pm / Conversation begins at 7:00 pm. Dinner Reservations appreciated on or before Sunday June 25 via Sign-up sheet in Fellowship Hall, email or leave message at church office Conversation Topic: watch for details two weeks prior.



MOYER MEMORIAL SCHOLARSHIP

The John H. Moyer and Erma R. Moyer Scholarship Trust of The Evangelical Lutheran Church of the Holy Trinity has been established through a gift by their son, John R. Moyer, to honor his parents and perpetuate the family's belief in the importance of higher education.

The Trust provides for a one-year scholarship of \$1,000.00 to be awarded annually to an active member of Holy Trinity Lutheran Church. As the investment grows, the Finance Committee can recommend to the Congregational Council increasing the amount. The Finance Committee will notify the Congregation Council in June each year of the amount available to be awarded so the Council can determine the number of scholarships that can be offered.

Applications and detailed Scholarship selection information can be obtained from the Church office. Completed applications and transcripts must be returned to the Church office no later than July 15. Congregation Council will approve all applicable scholarship applications. Scholarship checks will be produced and presented to each approved applicant in September.
