

Trinity Parish

Trinity Evangelical Lutheran Church · Camp Hill, Pennsylvania · January 2012 Edition
A Congregation of the Evangelical Lutheran Church in America.

Trinity Grateful for Pastor Edmiston's 10 Years of Service

Ten years ago this past November Pastor Hardy invited our Synod's recently retired bishop to join Trinity's staff in an open part-time pastoral position. Pastor Guy Edmiston accepted the offer and joined Trinity's staff in a quiet but very important position.

Pastor Edmiston's service at Trinity includes at-home visits with more than 35 members who are unable to join our congregation in worship. Not only does he bring the Lord's Supper to our members, but he also brings caring and inspiration. We are blessed to have Pastor Edmiston taking Trinity beyond the four walls of our sanctuary.

Serving as our intern supervisor, Pastor Edmiston plays a major role in our vicars' development to become pastors for the church at large. He provides them the sage advice we can expect from one with his deep experience. But his main contribution is allowing the vicars to see that God has called a pastor from within, and there is no need to imitate others. Our church is blessed to have him guiding our vicars.

As our Synod's Bishop, Pastor Edmiston was pastor to the Synod's pastors. His presence on staff gives Trinity's pastors someone with broad experience as a sounding board. He adds depth to our already deep staff, both individually and as a group.

Pastor Edmiston's productive retirement is one that we are grateful for. We congratulate and thank him for his ten years of service.



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OUR VISION

"Disciples in the making, making disciples"

OUR MISSION STATEMENT

"Called by the Holy Spirit to be Christ's Disciples, we seek to equip ourselves and others to live like Christ, and to be sent into the world proclaiming and living the Good News as daily witnesses of God's transforming love."

“The Lutheran” Adult Forum Sunday, January 22, 2012

Please join us at 9:30 a.m. in Room 126 for a discussion on **“Gifts to Remember – Which Ones are Best?”** from pages 20-26 of the December 2011 issue of *The Lutheran* magazine. With the Christmas season just ended, we are reminded how much of our economy depends on the purchase and giving of gifts. Gifts are still one of the best ways to tell people you love them. But gifts come in a wide variety – whether elaborate or simple, pricey or inexpensive, homemade or store-bought – their value reflects emotion and feelings. Not surprisingly, some of the best gifts are gesture or acts of service we do for one another. If you do not have access to the articles, paper copies will be available about two weeks in advance of the session and may be picked up at the reception desk in the Gathering Space. If you have any questions, please contact class coordinators Craig Staller or Doug Bonsall (921-1957).

Notice of Annual Congregation Meeting

The Annual Congregation Meeting will be held on Sunday, January 29, 2012, at 12:15 p.m. in the Nave. Please plan to attend this important meeting.

Trinity Parish is published 12 times a year by the Publicity and Communications Committee of Trinity Evangelical Lutheran Church, 2000 Chestnut Street, Camp Hill, PA 17011.

717-737-8635 trinluth@trinitycamphill.org

GLENN E. LUDWIG, *Interim Senior Pastor*

JOHN H. BROCK, *Associate Pastor*

NANCY R. EASTON, *Associate Pastor*

GUY S. EDMISTON, *Support Pastor-in-Residence*

PETER J. ROY, *Vicar*

JUDY K. COLLINS, *Spiritual Gifts Coordinator*

PETER A. FOX, *Director of Youth Ministries*

H. TIMOTHY KOCH, *Director of Music Ministries*

DEBRA D. WILSON, *Director of Music for Contemporary Worship*

DONNA V. SPROWLS, *Editor*

Council Update

Each month this column highlights actions and significant items of interest from the most recent meetings of Trinity’s Congregation Council.

From the December 2011 meeting:

- Opened the meeting with a devotion on prayer led by Tom Hoffert.
- ◆ Reviewed, discussed and approved the 2012 budget as presented.
 - ◆ Authorized Council President to execute contracts to advance the Fellowship Hall project.
 - ◆ Approved the 2012 housing allowances for Pastor Easton and Pastor Brock.
 - ◆ Renewed the Covenant for Interim Ministry between Pastor Glenn Ludwig and Trinity Lutheran Church.
 - ◆ Received the slate of nominees from the Nominating Committee to the fill the four positions on Congregation Council for three-year terms beginning with the 2012 Annual Meeting to be held January 29, 2012. Approved the names to fill the four positions for Congregation Council.
 - ◆ Reviewed reports from Staff, Special Committees and Task Forces, as well as Standing Committees and other Ministries of the ELCA.

The next meeting of the Congregation Council will be held on Monday, January 9, 2012.

The Call Committee met with Pastor Virginia Cover, Assistant to Bishop Hoover, on Sunday, December 11, to receive the name and Rostered Leader Profile of the next candidate in the senior pastor call process. While the Call Committee continues their work, Pastor Glenn Ludwig's agreement with Trinity as Interim Senior Pastor with Trinity has been renewed. He expects to remain at Trinity until a new Senior Pastor is called.

New Year’s Day Worship Schedule

10:00 a.m. - Traditional Service

10:45 a.m. - Contemporary Service

Staff Notes

“A Trip Down Memory Lane”

The Reverend Nancy R. Easton

I wanted to find a small but special gift for my mother for Christmas. She needed sensible things like a 4-ft. stepladder and a pair of winter gloves (which we purchased and gave her), but I still thought it would be nice to give her something a bit more personal. We ventured to the Old Sled Works in Duncannon. Surely in that hodgepodge of antiques, crafts and collectibles we’d find a suitable present. And we did—a tiny cobalt blue glass “hen on a nest” lid and bowl. It was too small to hold candy or butter. Perhaps it had been used as a salt cellar. It was charming, and my mother’s favorite color. As well, she had been raised on a chicken farm. That settled it. We bought it.

In order to find that just-right gift, we had to wander up and down the long aisles, entering every nook and cranny displaying “stuff” for sale. It was a treat. With each twist and turn of my head, I was instantly transported back to childhood days spent on my grandparents’ farm. The pressed glass butter dish. The jadeite sugar bowl and creamer. The white enamelware pot with red trim. Each item brought to mind brief but intense memories of the farmhouse kitchen, of meals around the table, of helping freeze corn freshly steamed on the cob, of tamping crocks full of fermenting sauerkraut, of time spent with my hard-working Grandma and Grandpa Burglund.

I could have wandered through the Old Sled Works all day. But, of course, I didn’t. Our purchase of the little hen dish completed, we drove back home to Camp Hill. I left behind the 1960’s and ‘70’s of my youth, and returned to the last month of 2011. So much has happened in those intervening years between days on the farm and my present days—so many joys and sorrows, loved ones come and gone, new places to call home, experiences unimagined in my childhood. And those brief but intense memories? I was so grateful for them, but I’m afraid they can only be jogged by another trip to the Old Sled Works. I’ll wander through there again someday.

Meanwhile, a new year beckons. You and I have no idea what joys will abound or what sorrows will come our way. We cannot predict the challenges we will face or the opportunities that will present them-

selves. But memories will be created once more, and that is all gift.

Let us thank God for each day and each year, for each person we meet along the way, for each breath you and I take, for His holding us fast and leading us on. And take heed to the words of Pastor Frederick Buechner in his devotion for New Year’s Day in his book *Listening to Your Life*. He writes: “Listen to your life. See it for the fathomless mystery that it is. In the boredom and pain of it no less than in the excitement and gladness: touch, taste, smell your way to the holy and hidden heart of it because in the last analysis all moments are key moments, and life itself is grace.”

Happy New Year, my friends. God bless us, every one.

January Birthdays

Our Homebound

- | | |
|------------|--|
| January 10 | Eleanor Walker
600 Freemason Drive
BF 3 Room 3874
Elizabethtown, PA 17022 |
| January 24 | Jean Hempt
P. O. Box 36
Routes 413 & 213, Alcare Cottage
Langhorne, PA 19047 |
| January 28 | Thelma Roof
355 South Sporting Hill Road
Apt. 27
Mechanicsburg, PA 17050 |

Our Staff

- | | |
|------------|--------------------------|
| January 16 | Peter Fox |
| January 18 | Amy Koch |
| January 21 | Pastor John Brock |
| January 30 | Criss Floray |

Alzheimer’s Support Group

The Alzheimer’s Support Group will be held, Wednesday, January 25 from 7-9 p.m. in the Library. For more information, please contact Donna Sprowls at 766-8075 or sprowlsd@aol.com.

Letters to Trinity

To The Congregation of Trinity Lutheran Church in Camp Hill, I say WOW!

Following our Service on November 20, while I was an in-patient at Holy Spirit Hospital, Betsy Wray Destefano brought me flowers from Sunday's Service, as well as the "Trinity Today" with the news and weekly calendar; and then gave me the perfect color prayer shawl that Kay Range selected just for me.

As long as I live, I shall remember this special joy in experiencing our Ministry in action as we are all connected in our love and care for each other.

In Christ's Love,

Jessie Gilson

Dear Trinity:

Thank you so much for the lovely turkey dinner you provided for my mother. It was delicious and she had enough for 2 days!

Thanks so much.

Lois McKeon

Dear Trinity Family:

I would like to thank all those who sent cards, flowers and made phone calls to me while I was in the hospital and recovering at home.

I especially like to thank Pastors Ludwig, Brock and Easton for their comforting words and prayers during their visits and to all that prayed for me during my recent illness.

Thankfully,

Ron Quigley

Parish Ministry Corner CD Ministry

In addition to the recordings of Sunday services and Thursday morning Bible Study, recordings are also being made of memorial services and weddings and are available by request.

A number of CDs are currently being sent to our at-home members. Also, a limited number of CD players are available for loan to those members who don't have CD equipment. Contact George Wirt at 432-1141 if interested in any of these.

Women of Trinity News

A heart felt "Thank You" to our very generous members of Trinity for their donations of all the lovely hats, scarves and mittens for the children of Harrisburg – especially to the "Trinity Knitters" for their beautiful hand knit items. A party was held for the children on Tuesday, December 13 for 60 children.

W.O.T. Circle Meetings

<u>Circle Name</u>	<u>Date/Time</u>	<u>Location</u>
Deborah	1 st Tuesday 9:30 a.m.	Library
Sarah	2 nd Sunday 9:30 a.m.	Room 237
Elizabeth / Ruth	1 st Tuesday 1:00 p.m.	Library
Esther	1 st Monday 7:00 p.m.	Library

Women of Trinity Book Blog Winter Selection

The Women of Trinity Book Blog will read *The Faith Club: A Muslim, A Christian, A Jew – Three Women Search for Understanding*, and will discuss beginning in January.

The book follows the journey of three young women as they learn about each other's religions while examining their own faith. They begin meeting as they try to write an interfaith children's book after September 11.

USA Today says: "*The Faith Club* reveals how very hard it was when they were spiritual strangers learning to lay down their guards and dredge up their deepest fears and prejudices. Through it all, they found insight into one another's beliefs and greater clarity in their own."

Visit <http://wotbookblog.blogspot.com> to see the blog schedule, which begins in January.

Questions, please contact Kim Shindle at kim-stamps@comcast.net.

Marianne Brock Honored

Marianne Brock was recently honored by Manos Unidas, the Hispanic American Center in Gettysburg for her efforts surrounding Nawakwa's day camp for Hispanic children. Marianne is Associate Director of the Lutheran Camping Corporation.

Amigos de la Comunidad Awards were given to five individuals in the areas of education, health, community volunteer, advocate, and good neighbor. Marianne was the recipient in the good neighbor category. Nawakwa, working in close partnership with Amelia Contreras, Executive Director of Manos Unidas, has been providing several weeks of day camp at a reduced cost for Hispanic children since 2003. Children attend camp Monday through Friday in the mornings and afternoons for several weeks of the summer. The Manos Unidas campers are supervised by Nawakwa staff and Manos Unidas volunteers. This program runs alongside Nawakwa's traditional summer camp as well as the August Family Camp. Marianne was presented her award by Adams County Commissioner, Lisa Moreno Woodward at the first annual Celebration of Hispanic Heritage at Club Latino in York Springs. "In this place (Nawakwa) you really learn to see God, not only in nature but in the people you find there," said Woodward. "Marianne has found a way of creating a big family at Nawakwa. Everyone is friendly, from the administration, counselors, employees in general, and all of the campers. With the work of Marianne, Nawakwa is truly the place where God's presence is experienced."

"It is an honor to receive this award, especially in the good neighbor category," said Marianne. "As Christians, we are called to love our neighbor – there's no question about that! We began the Manos Unidas Day Camp as a way of reaching out to some of Nawakwa's physically closest neighbors."

Marianne continues "I've always been proud of Nawakwa's summer staff for the ways in which they have embraced this outreach," said Marianne, "The glorious surprise has been that our camp has been blessed by the presence of the Manos Unidas children and families many times over."



Marianne Brock

Fellowship Hall Renovations

Several years ago a Worship Task Force was appointed and assigned to develop a second worship service on Sunday mornings in Fellowship Hall and to make necessary improvements to the space to accommodate such a service. As a result, Trinity now offers four worship opportunities on Sunday mornings (and of course there is the Saturday night service too!).

After a year in the design phase, plans are now finalized and construction in Fellowship Hall is scheduled to begin the first week in January. Much of the work will start at the platform area where a partition and walls for the new media screens will be built. We will have an unusual background during worship services. However the end result will be well worth the inconvenience! Take a peek into Fellowship Hall as you go through the Gathering Space to see what is happening this month. Or better yet, join us in worship!



Social Ministry Corner

The DELTA Community Goal: Self-Sufficiency

The DELTA Community, now affiliated with the Gaudenzia Foundation, is a Harrisburg-based transitional program for single parent, homeless families, who are working toward self-sufficiency. DELTA is an acronym for Developing Effective Living Through Alternatives.

Among the families who have completed the program since 1989, over 85% have maintained permanent housing, increased earning capacities, increased self-esteem and self-determination and are able to make better decisions for their families. However, when participants make the decision to change their life circumstances, they typically become isolated. They disassociate with old friends and old behaviors and seek healthy relationships.

Trinity volunteers support DELTA participants through Family Night Out, when we prepare food in our kitchen and transport it to a church in Harrisburg. There, we serve the meal, provide child-care and share genuine hospitality. In 2012, Trinity volunteers will support DELTA's Family Night Out program on Monday, June 11 and Monday, July 9. Providing just one evening meal can be the first step in moving families from survival to personal change.

In 2011, through the Social Ministry Committee's Giving Tree project, numerous Trinity friends donated generously to help extend the Christmas season for DELTA families. Recipients told us that these gifts were a reminder that a caring faith community is near and supports them in their spiritual growth. Families in our community grow stronger with support, fellowship and prayer of Trinity members. If you'd like to participate, please contact Lorraine Graybill at 763-4183.

Save the Date

Sunday, March 11, 2012

Trinity's "Day of Caring"

Providing Many Opportunities for
Service to our Neighbors in Need



Trinity kitchen volunteers Joe Hunter, Jean Johnson and Suzanne Walker prepared a meal recently for the DELTA Community Family Night.

Blood Bank News

I was so very pleased when I called my Central PA Blood Bank contact the beginning of December so I could give you an update. As of the end of November, Trinity is credited with 211 units donated during 2011-- we still have December's donations to add to that! They asked me to pass along sincere thanks from the staff at CPBB, as well as from the many hundreds of people who received this blood and blood components.

Trinity's first blood drive of 2012 will be on Sunday, January 22, from 7:45 a.m. – 11:00 a.m. Look for the "Sign Up" table in the Gathering Space, after all services, on January 8 and 15. Since this is a new year, it means our Blood Bank is starting at the **Big 0**, so I am counting on all the regulars, and looking for new donors. If Sundays do not work for you (choir, usher, teacher, etc.), remember you can donate at hospitals, donor centers, work, Community Blood Drives, etc. Just be sure to tell them #157 or Trinity Lutheran, Camp Hill.

Have questions: Call Jeanie Bentzel @ 766-3526 or contact the Central PA Blood Bank @ www.cpbb.org or (717) 566-6161. **Only "YOU" can prevent a blood shortage! If you are healthy, you have 10-12 pints in your body and can easily spare 1 pint!**

Jeanie Bentzel

YG News

Greetings to all in the name of the Lord. The YG (youth group) season is in full swing. YG NITES, new retreats, new events and new friendships all await our YG participants. The calendar is jam-packed with something on almost every weekend. It will be all good!

The YG season so far has been quite busy. We kicked off the month of November on Sunday the 6th with a YG NITE with 60 YG and advisors in attendance. The topic was "YOU GOTTA EAT" and dealt with looking at prayer to be that sustaining force in our lives. It is really one of the most essential things we can possess on our faith journey. This served as an introduction to our YG WINTER RETREAT later in the month which was all about PRAYER! For this retreat we had 30 YG and advisors in attendance. The topic was incredible and the discussions were so good as we looked at PRAYER in every way imaginable. The main task of this retreat was to have our YG (NOT advisors), come up with a YG PRAYER that we can use to begin every YG event. Here is the prayer that our YG created in about 3½ hours' time:

Call: "Where two or more are gathered"

Response: "You are there"

Prayer: "Thank you for allowing us to come together as we are and grow into who we are meant to be. Even though we come from different paths, let us unify with you as a family of unconditional love. Help us to experience this time to the fullest, and make us genuine in all that we do. Amen."

Pretty impressive stuff! It was hands-down one of the best retreats that I have ever been a part of as a Youth Ministry Director! It was awesome. We are truly blessed to have the YG that we do.

Planning for the 2012 National Youth Gathering in New Orleans is well on the way. Service to others is the driving force behind this gathering. We have 16 Sr. High YG and three advisors planning to make the trek. We have officially registered and have been able to secure plane tickets and pay the deposit to attend the event.



A trip of this magnitude is an expensive undertaking, costing roughly \$1,200 for each youth. The parents will be paying \$500 towards this cost, the church budget will cover some of the cost, and we will look to raise the rest through fundraisers. PLEASE come out to support our YG fundraisers to help us raise the money we need to attend this awesome servant event! We need your help and support to make it happen! It is a trip that these kids will remember for a lifetime, and most of them will only get to do it once since it occurs every three years.

Our next YG Fundraiser definitely needs congregational support! Starting in the month of January the YG BULLETIN BOARD FUNDRAISER will begin. Placed in the Gathering Space will be a BIG bulletin board with 150 envelopes on it numbered from #1 to #150. Church members will be invited to take an envelope off the board, open it up and deposit the dollar amount listed on the envelope they take. In other words, if you take the #25 envelope you put \$25 in the envelope and return it to the church office. It's that simple. The bulletin board will be up for a few months, or until all the envelopes have been taken. I like this fundraiser because it keeps our impending trip in the congregation's eyes, and gives them an opportunity to give what they want in support of the trip. Hopefully it will be a successful fundraiser.

I am looking forward to the rest of this YG year. It will definitely be a busy one, but a good one all the same. The year will ROCK! I can't wait!

Yours In Christ,

Peter A. Fox
Youth Ministry Director

Mark Your Calendar
Women's Wednesday Morning Bible Study

A Women's Heart
God's Dwelling Place

A Bible Study led by Beth Moore.

Wednesdays at 9:30-11:30 a.m.
12 Sessions lasting from
January 18 to April 5, 2012

Babysitting will be available.

For questions or registration, please call:

Judy Trissler at 795-5919
or **Bert Weaver at 697-3259**

Senior Pastor's Bible Study
January - May 2012

The Senior Pastor's Bible Study for the winter/spring of 2012 will be the study of the New Testament book of Acts. The class meets on Thursday mornings from 9:30 – 11:00 a.m. and Thursday evenings from 7:00 – 8:30 p.m. All persons are welcome to attend.

Written sometime between 70 and 100 A.D., it tells the story of the development and spread of the early church. Scholars believe the author to be the same person who wrote the Gospel of Luke. Since we are, in essence, a story-formed community as a church, it makes sense that the early church was documented in story form. Some have even suggested that the title of the book is miss-named; that it should not read "The Acts of the Apostles," but rather, "The Acts of the Holy Spirit." Luke's concern was not necessarily to follow all the disciples as they spread the word about Jesus, but to show how the Gospel was spread into every corner of the gentile world.

Come and join us for this very interesting, informative and transformative book study. Class begins January 5.

Prayer Concerns

- * Almighty Pray for a Holy New Year. May the gift of God's love be accepted by the world and bring us peace.

Thanks be to God for his indescribable gift.

2 Corinthians 9:15

- * Pray for the unchurched, the unloved and misunderstood.

The Son of Man came to seek and to save what was lost.

Luke 19:10

- * Pray for all our volunteers, the countless numbers of people who work on numerous programs within our church.

Within your temple, O God, we meditate on your unfailing love.

Psalms 48:9

- * Pray for members of the congregation that they will be guided by the spirit of wisdom at the Annual Congregation Meeting.

- * Pray for our newly elected Congregation Council members, that they will have a good year.

Thank You from the Giving Tree Ministries

We bow in reverence to our Lord.

We give thanks to Him for all we have received.

To all those whose hearts prompted them to give to the **Giving Tree** benevolence ministries on behalf of: **Social Ministry:** CROSS, Churches Affiliated Child Care Centers (CACCC), Delta House, Prison Ministry, and New Hope Ministries; **Missions:** for students and families at Gettysburg Seminary and **Parish Ministry:** for Trinity Members in need.

We pray that every gift will be treasured or put to good use, for it is not the size or price that determines the extent of love.

Social, Missions and Parish Ministries

Missions Corner

Lutheran Malaria Initiative

Every 45 seconds a child dies from malaria, a disease that is both preventable and treatable. Malaria, like so many other diseases, disproportionately affects people living in poverty-stricken areas. People with malaria cannot work their way out of poverty because they are too weak to earn an income and their children too sick to attend school.

Most malaria cases and deaths occur in sub-Saharan Africa, where there are more than 200 million cases each year. Of those infected, nearly a million die.

Malaria is transmitted through mosquito bites. The first symptoms usually occur between 10 and 15 days after infection and include fever, headache, chills, nausea, and vomiting. If left untreated, the disease can cause extremely high fevers, seizures, coma, or death.

Simple steps to prevent, treat, and contain malaria are inexpensive and effective. The Lutheran Malaria Initiative (LMI) is working to help end malaria deaths in Africa. Key elements of LMI include teaching people to recognize the symptoms of malaria, promoting prevention, and providing treatment and prevention resources. The goal of LMI, a partnership of Lutheran World Relief and the United Nations Foundation, is to raise \$45 million in the global effort to help end malaria deaths in Africa by 2015.

Here's how you can help:

- ⇒ Attend the Missions luncheon on January 8 to learn more about the Lutheran Malaria Initiative.
- ⇒ Pray for those suffering from malaria.
- ⇒ Support LMI with a monetary donation.

Annual Report

Trinity's 2011 Annual Report will be available at the end of January. Copies will be placed in the Gathering Space for members to pick up at their convenience. If you wish to have a copy of the report mailed to you, please contact the church office at 737-8635.

Missions Committee luncheon

January 8 – 12:15 p.m.

In Fellowship Hall

Working through Lutheran churches in Africa, the ELCA Malaria Campaign is uniquely positioned to provide mosquito nets, insecticides, medication, health care, and education to help eliminate deaths from this disease.

The keynote speaker will be Christine Mumert, the campaign spokesperson for the Lower Susquehanna Synod. Please place your reservation at the Gathering Space receptionist's desk or call the church office before Wednesday, January 4.

Trinity Parish Deadline

The deadline for the February 2012 edition of *Trinity Parish* is **Tuesday, January 10, 2012 – no exceptions.** If articles are e-mailed, please send to the Editor, Donna Sprowls at parish@trinity-camphill.org. Please keep all articles to 300 words or less. Articles may also be dropped off in the *Trinity Parish* box in the church office.

January Artist of the Month

Terri Hoffler

Terri Hoffler established her business, ART EVERMORE, in 2008, after her husband purchased a mosaic class for her as a gift. She makes just about anything mosaic: mirrors, trays, pencil holders, mirrored boxes, planters, tables, etc. She does some acrylic on canvas as well. All of Terri's work is God-inspired. Her hope is that you will be inspired by her pieces also. Terri is currently on Etsy.com and Artevermore.com. She has displayed her work in several art shows in Pennsylvania and Virginia, participated in Art for Humanity art auction for Habitat for Humanity, and received several honorable mentions at Harrisburg Area Community College where she received a degree in Liberal Arts/Photography. Terri lives with her husband and two children in Dillsburg, Pennsylvania.

Many years ago an old man was waiting at the edge of the Potomac River waiting for a ride to cross. This was a time when men rode horses for traveling. The elderly man watched the first rider; he looked at him but did not ask for a ride. This happened to the second, the third, the fourth and the fifth, looking but never asking. When the sixth man approached on horseback the old man asked if he would take him to the other side of the Potomac. The man agreed. When they reached the other side the old man got off of the horse thanked him and proceeded to go on his way. The man on the horse was curious and asked the old man why he did not ask the others before him for the same service. The man said he looked into their eyes and knew they would not help him but with the sixth man he saw eyes of a helpful, caring, compassionate person. The man on the horse thanked him for all of the compliments, turned his horse, and Thomas Jefferson continued on his way to Washington.

Every Member Prayer List

January 1-7: Shelley and Kennley McCown; Michele McCormack; Darren, Wendy, and Kyle McClure; Hillary and Morganne McCartney; Margaret McBride; Jeff, Lori, Becka, and Shanie McBride; Judy McAllister; David Mays. **January 8-14:** Robert, Karen, David, and Andrew May; Paul May; Thomas Maurer; Stephanie and Thomas Maurer; Seth Maurer; Mark Mathews. **January 15-21:** Darby Masland; Beth and Danielle Masland; David, Leanne, Hailey, and Olivia Maser; Susan Marx; John and Barbara Martz; Janis Martinez, Steve and Gregg McCauley; Todd, Stacey, Colson, Brock, and Leah Martin; Tom and Nancy Martin; Elizabeth and Kyle Martin. **January 22-28:** Patty Marshall; Angie Marshall-Finnerty; Alexander Marschka; Tori and Bridget Markel; Millie Macomber; David and Marion Mackley. **January 29-February 4:** Kimberly and Kylee Mack; Shawn Machemer; Scott and Adyson Machemer; Arlene Machemer; Reed, Kelly, and Charles MacConnell; Carol MacConnell; Geraldine Mabus.

Parish Ministry Health Tip The Heart Friendly Way to Shovel Snow

Thousands of people die each year from heart attacks related to shoveling snow. Shoveling causes a sudden demand on the heart and a sharp rise in heart rate and blood pressure. **Those who are most at risk includes:**

- Anyone who has had a heart attack or who has a history of heart disease.
- Anyone with high blood pressure or high cholesterol
- Anyone who smokes, is overweight or sedentary.

If you have to shovel, here are some heart-friendly tips to keep in mind:

- Check with your physician about whether shoveling presents a risk for you.
- Don't drink coffee or alcohol, or smoke before or while shoveling. Stimulants can increase your heart rate, causing extra stress on the heart.
- Don't eat a big meal before starting.
- Dress in layers and wear a mask or a scarf. Inhaling cold air can constrict arteries, which decreases your heart's supply of oxygen.
- Begin slowly, pace yourself and take breaks often.
- Use a smaller shovel. It will force you to lift less snow.
- Skim the snow off of the top and work your way down at a steady pace.
- Try to push the snow, instead of lifting it.
- Shovel as soon as you can after the snow begins. New-fallen snow is lighter.
- Drink plenty of water and keep your body hydrated.

If you experience any of these symptoms, stop shoveling immediately:

- Shortness of breath.
- Tightness of your chest.
- Heavy sweating.
- Pain anywhere.

Have you made any household changes?

New address, new telephone number,
new e-mail address?

Birth of a child?

Do you have a student in college?

Has your son/daughter graduated and moved to
their own home?

Or a family member serving in the military?

Please call the church office at 737-8635 or
e-mail at trinluth@trinitycamphill.org.

*Happy New Year from Your
Intercessory Prayer Committee Members*

As always, we are here in 2012 to pray for you. There are two Prayer Boxes in our church with prayer request cards attached. One box is located on the reception desk in the Gathering Space and the other is on the far right table in the Nave area. When we receive a prayer request for a specific person, we pray daily for a month unless a further request is received. All prayer requests are kept confidential.

St Paul exhorted the Philippians saying, "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made to God."

*A View From the Underside,
The Legacy of Dietrich Bonhoeffer
Fifth Sunday Class for Adults
Room 126 from 9:30 - 10:30 a.m.*

Al Staggs, a pastor and full-time performance artist, brings to the stage the life of one of the great heroes of the twentieth century. The audience is brought into the prison cell where Bonhoeffer awaits execution and listens to his struggles with evil, injustice and God. (DVD: 50 minutes in length)



Trinity Parish Online

You can always expect the next issue of *Trinity Parish* in your mailboxes early in the month of publication. However, for those who would like the news before it's printed (literally), it is available on our web site at <http://www.trinity.camphill.org/TrinityParish>.

Book Discussion Group

The Book Discussion Group invites you the third Sunday of every month in Room 126 from 9:30 to 10:30 a.m. The book list for January through June 2012 is:

- January 15: *Raquela: A Woman of Israel*, by Ruth Gruber
- February 19: *The Woman*, by T. C. Boyle
- March 18: *In the Garden of Beasts: Love, Terror, and an American's Family in Hitler's Berlin*, by Erik Larson
- April 15: *The Invisible Bridge*, by Julie Orringer
- May 20: *The Warmth of Other Suns: The Epic Story of America's Great Migration*, by Isabel Wilkerson
- June 17: *Tinkers*, by Paul Harding



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More than Parenting: Building Relationships

*Sunday from 9:30-10:30 a.m.
Room 227-229*

The Parenting Class is expanding their focus to include marriage, parenting and care of older parents. In other words, they are building relationships. The new year will consist of three segments: Marriage, Sandwiched and Teens.

January 8 through February 19, the class will watch and discuss the 7-session DVD lessons entitled *Making the Most of Marriage* by Dr. Kevin Leman.

Guest speakers are scheduled as follows:

- | | |
|-------------|---|
| February 26 | Nursing Care Options: Joe Barrick, ManorCare Health Services Administrator |
| March 4 | Hospice and Palliative Care 101: Val Williams, Medical Social Worker |
| March 11 | County Services for the Aging: Cumberland County Office of Aging |
| March 18 | Issues with Children: Mark Heinly, Child Psychiatrist |
| March 25 | Parents, Kids and Money: Chris VanHart, Thrivent Financial Advisor |
| April 1 | TBA |

April 15 through May 20, the class will watch and discuss the 6-session DVD lessons entitled *Parenting Teenagers for Positive Results* by Jim Burns, Ph.D.

The class is opened to all adults.