

# Trinity Lutheran Church



## Upcoming Events:

- February 7: Souperbowl/ Youth Sunday
- February 10: Trinity Night at GAIN Warehouse
- February 17: Ash Wednesday
- February 20: Baltimore Servant Trip
- February 24: Soup Suppers Begin

## Pastor Katie's Message

During the wonderful Hallmark holiday month known as February, the focus of those around us, from retail stores to even our loved ones is love. Originally the day was marked to honor the martyr, Saint Valentine. There are two legends telling different stories of the saint. One legend has it that Valentine was a priest who ended up in jail after marrying Christian couples under the rule of Claudius the Goth. He was going to be persecuted because he was helping people commit a crime. As Valentine began his time in jail, the Emperor liked the priest, until the Valentine tried to convert him. This angered the emperor, who ordered his execution. And even though he healed the jailor's

daughter of her blindness, Valentine was killed. He later became the Patron Saint of lovers, couples, and bee-keepers.

His story became the holiday that most Americans celebrate as a day of love. The love Valentine was willing to risk his life for, by marrying couples in the church, and trying to convert the emperor, is the same love we are called to share every day in our lives. We are called to love our family and friends and we are called to love God with all of our heart, soul, and mind. When we live in the love of God and when we remember daily that God loves us, no matter what, we can do nothing else but share it with others. Valentine's day will come and go. Flowers will be put away, choco-



lates will be eaten, but the love of God for you and for all creation, will never leave. It is this love Saint Valentine believed in and wanted to share with the Emperor, and it is the love we are called to share with those around us. May we remember to share the love of God with all our family, friends, and neighbors, not just on the 14th, but all of our days.

## Trinity Service Night at GAIN Warehouse—February 10th

Join us for a night of serving those in need around the globe as we take the BOLD program and Trinity friends to GAIN Warehouse!

Last year, over 80 Trinity friends and family gathered at this Mount Joy distribution center to put together goods for those in poverty around the world. This location assembles goods that will be delivered by missionaries through Campus Crusades for Christ. Recently, their direc-

tor has visited Haiti and their goods have been distributed to members of the Port-au-Prince community. There are jobs for all ages—preschool to retired!

In order for us to best plan for the event, please sign up in the back of the sanctuary or at the youth bulletin board. The event begins at 6:00 pm and ends at 8:00 pm. Families with young children can leave whenever it best suits their family.



The GAIN Warehouse is located at 1506 Quarry Road, Mount Joy.

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**Evangelical Lutheran Church in America**  
God's work. Our hands.

## Pastor Mike's Message



Get ready to "turn"

What do you need to "turn" from?

It's hard to believe, but Lent is just around the corner, and with the season "repentance" will be on everyone's mind.

To repent is not to simply feel "bad" about the evil we have participated in. The biblical idea of "repentance" is to "turn." To turn away from that evil and back to God.

There's plenty of turning to do...recent statistics show that our self-centeredness is at an all time high. Our kids, whom we have raised to be this way, consistently rate being "wealthy" as their chief life-ambition. Our environmental situation is getting downright

scary. The continued plight of the poor in this country and especially throughout the world is cause for alarm...

But the turning we need to do isn't just from all that stuff "out there." We might be a self-centered culture, but as individuals we are also often self-destructive. Most of us don't get the exercise we need or eat as well as we could. Many of us don't make time for prayer or meditation. And play? Unless we're kids, most of us spend little, if any time, engaged in this essential, elemental part of life.

We have a lot of "turning" to do.

What is sometimes lost as we hear the Baptist's cry to

"repent," or as we sing the hymns that remind us of Christ's sacrifice, is that the call to "turn" is actually GOOD for us. We are being called, as we turn and walk with God, back to a life that is far more healthy and joyful than the life our society promotes.

It is healthy to care about others. It is healthy to give a hoot about the world. It is healthy to embrace your own right to take care of yourself: mind, body, and spirit.

So, as we prepare for Lent, hear the cry of the "voice in the wilderness." Get ready to "turn."

You owe it to God. You also owe it to yourself.

*Holy Week offers many musical opportunities*

## Looking ahead to February and March...in Music Ministry

During Holy Week, 2010, there will be two special musical events that will deepen your Lenten journey towards Easter.

The First will take place as part of Sunday morning worship on Palm Sunday and will involve our Children's Choir. The processional hymn that we sing annually, "All Glory, Laud, and Honor" was written by a church bishop by the name of Theodolph. In fact, the tune that we use to sing his text is called "St. Theodolph" in most hymnals. The Children will introduce the hymn at the 9:45 service and the 11:00 service on Sunday, March 28 by presenting a mini-cantata called "The Singing Bishop". As the finale to the musical we will sing the familiar hymn. Preparation for this will take place during our regular Wednesday evening Children's Choir re-

hearsals.

The Second event will be the annual Good Friday Tenebrae service of music, light and readings. Following the Ash Wednesday Service, we begin Lent, rehearsals to prepare for Good Friday will take place on Thursday evenings from 8:30 p.m. to 9 p.m. and also on Sunday mornings, from 9 a.m. to 9:30 a.m.. This arrangement is to allow those who cannot attend a rehearsal on Thursday evenings, to come on Sunday mornings, right after the first service and before the second service. The focus this year will be on the time in Jesus' life/death after he was taken from the cross and the period of time we call Holy Saturday, or Great Sabbath, when Jesus rested in the grave, prior to the resurrection.

Rehearsal times for Good Friday are as follows:

Thursday, Feb. 18 8:30-9 p.m.

Sunday, Feb. 21 9-9:30 a.m.

Thursday, Feb. 25 8:30-9 p.m.

Sunday, Feb. 28 9-9:30 a.m.

Thursday, Mar. 4 8:30-9 p.m.

Sunday, Mar. 7 9-9:30 a.m.

Thursday, Mar. 11 8:30-9 p.m.

Sunday, Mar. 14 9-9:30 a.m.

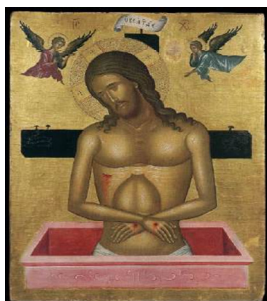
Thursday, Mar. 18 8:30-9 p.m.

Sunday, Mar. 21 9-9:30 a.m.

Thursday, Mar. 25 8:30-9 p.m.

\*Saturday, March 27...9:30-10:30 a.m.: Dress Rehearsal; 10:30 to noon: Children's Choir Dress Rehearsal

\*Good Friday, April 2nd 6 p.m. warm-ups and 7 p.m. service.



Music in February and March

## Souperbowl and Youth Sunday—February 7th

Join us for a Sunday to remember! On February 7th we'll be collecting food and donations for the Mount Joy Food Bank and enjoying a youth-led worship service at all three services.

Children and youth: we need your talent. We will be looking for a lot of young musicians and

vocalists to share their music, as well as youth to read scriptures and prepare and perform the sermon.

Please see Michelle if you are interested in any particular area of serving. A run-through of youth Sunday will be held Saturday, February 6th at 2:00 pm. It's important that you attend

this rehearsal.

As always, our talented youth band will do the music at our contemporary services. Thorny and Chip are working on pieces for all of you to perform.

Can't wait to see this year's service! We'll be talking about Youth Sunday in Sunday school classes later this month.



### Wednesday Schedule:

6:00 pm:

*Children's Choir*

*Youth Praise Band*

*Preschool Group*

6:45 pm:

*Preschool Group*

*K-3 Group*

*Tween Group*

*Jr. High Group*

*Sr. High Group*

*Pastor Mike's Study*

8:00 pm:

*Youth Choir*

## Baltimore Servant Day for Sr. High Youth—February 20th

Trinity's Sr. High Youth and leaders will serve the Baltimore Inner-City homeless on Saturday, February 20th.

The group will depart Trinity at 8:00 am, and return at 8:30 pm. We will be working with Amazing Grace Lutheran Church located in the heart of Baltimore—an area of great need.

Our projects for the day will be to prepare and serve lunch to over 50 homeless and families in-need; to assemble and restock food onto new shelving in their food pantry; to clean out

and paint walls in a small-group meeting space within the church; and if weather permits, to prepare the garden area for spring planting.

There is no cost for the trip, but we ask all youth to bring along spending money to cover a dinner meal at the Inner Harbor.

We are asking the congregation to help us in our service by donating the items we need for the day of work. Please prayerfully consider donating the following items, or providing funds to purchase them.

Items needed for our Baltimore project include:

- Food items for a grilled cheese, soup, salad, and dessert lunch (will serve 80 total with volunteers)
- Paint brushes and paint
- Non-perishable food items for their food pantry

Donations should be placed in Michelle's office at the church before Wednesday, February 17th. We thank you for helping our youth to be the hands and feet of Jesus!

## Jr. High Retreat Scheduled for March 12th– 14th

It's time for the much-loved Jr. High Retreat at Camp Mount Luther!

This annual event is a favorite of our youth and includes great fun, campfires, bible study, games, meals and much more.

Our theme this year is: "Surviving Friendship with God in the Center and Love for All."

We will be spending time discovering what it means to be a good friend, and what to do when friendships take a turn for the worst.

The deadline for signing up is Sunday, February 28th. Permission forms and the sign-up sheet are located at the youth bulletin board and online at our website.

Camp Mount Luther is located in Mifflinburg, PA and is a beautiful camp for our retreat.

Please contact Michelle with any questions, and sign up for this great event today!



Jr. High Retreat = Fun and Friends  
in the Beauty of God's World!



Winter Fun at Kirchenwald

## Winter Family Fun at Kirchenwald, February 21st

Winter may be cold and snowy . . . But winter sports can also be great fun!

Camp Kirchenwald in Colebrook is opening camp for a second time this winter on Sunday, February 21st.

Families are invited to visit camp from 1 to 6:00 pm and enjoy sledding, ice skating, winter hiking, cocoa by the fireplace, and a great dinner. Visit the camp's nature center, try your hand at the low ropes course, and bring back fun memories of your childhood.

Please sign up at the back of the sanctuary or online for this event. There is a nominal fee at registration to cover the cost of the meal.

We look forward to family fun with you on Feb. 21st!

### *Ten Stewardship Principles to Guide Us Towards Faith*

On behalf of the stewardship committee I would like to wish all members of the Trinity family a Very Happy New Year. As we begin a new year we leave behind all that was 2009, the good the bad and the ugly, but as always we enter this new year with the same confidence with which we begin each day – trusting in God to give us the faith and courage to meet whatever challenges come to us.

As with the rest of the country we are faced with economic

challenges for 2010, but we should begin this new year with great hope and we have many reasons to be hopeful. The congregation of Trinity has always been blessed with people who joyfully accept their role and responsibility as stewards in God's church and we look to the New Year with expectations of new opportunities, new beginnings and new possibilities.

In the coming months the stewardship committee will present the 10 Stewardship Principles.

These are the principles that can guide us to see our role as God's stewards and to provide a foundation for the life of a faithful and generous steward.

Our role as stewards is one of many dimensions; grateful, responsible, self-sacrificing, willing, sharing, proportionate, committed, consistent, genuine and challenged. By generously giving of ourselves, we discover the joy of Christ.

By Kate Thome-Stewardship Committee Chair

### *Help those in need with as little as an hour a week*

## Outreach—Drivers Needed

We periodically need people who are willing to drive members of our congregation, to different doctor's appointments, shopping trips, and other errands.

We generally need about one person a month who is willing to help out members of our congregation who cannot drive.

The trips can last for as little as an hour to as long as a few hours. We get requests for

every day of the week, so even if you only have one day free we could use you!

If you are able to provide rides please contact Pastor Katie or Barb Green, Outreach Committee Chair.



Ash Wednesday—Services and Activities for All Ages

## Ash Wednesday, February 17th—For All Ages

Trinity will once again host a variety of events on Ash Wednesday—suitable for all ages.

The BOLD program is adapted on this night to be an Ash Wednesday focused event. A worship service will be held in the Fellowship Hall at 6:45 pm and will be lead by Pastor Mike and Pastor Katie. At this all-age opening event, Ash Wednesday

will be explained and Ashes distributed to children and youth.

Activities will commence after the opening and will include Henna tattoos, crafts, games, and snacks. The BOLD night will end at normal times. Music ministry will be held as usual. Preschool BOLD will begin at 6:00 pm with normal activities.

The Traditional Ash Wednesday Service will be held in the Sanctuary at 7:15 pm. This service is open for all ages and will be lead by Pastor Mike and Pastor Katie.

We look forward to seeing you and your friends at our Ash Wednesday event.

# February 2010

Sunday Worship: Traditional (9:45 am) Contemporary (8:30/11:00 am)      Sunday Education: All Ages (9:45 am) Adults (11:00 am)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b></p> <p>9am, 6pm: Comfort Stitchers 9am, 7pm: Yoga</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>Young Adults, BOLD and Music Programs (see below)</p>	<p><b>4</b></p> <p>9 am: Quilting 7 pm: Yoga 7:30 pm: Chancel Choir</p>	<p><b>5</b></p> <p>9:30 am: Mom's Group</p>	<p><b>6</b></p> <p>9 am: Confirmation Retreat 2 pm: Youth Rehearsal</p>
<p><b>7</b></p> <p>Souperbowl &amp; Youth Sunday 12:30 pm: Chili Cook-Off</p>	<p><b>8</b></p> <p>9am, 7pm: Yoga 7pm: Biggest Loser</p>	<p><b>9</b></p> <p>6:30 pm: Beth Moore</p>	<p><b>10</b></p> <p>5:30: Outreach 6 pm: Service Night at GAIN 6:45pm: Finance</p>	<p><b>11</b></p> <p>9 am: Quilting 7 pm: Yoga 7:30 pm: Chancel Choir</p>	<p><b>12</b></p>	<p><b>13</b></p> <p>8 am: Mom's Group/Nursery</p>
<p><b>14</b></p> <p>Worship 8:30 am, 9:45 am, 11 am</p>	<p><b>15</b></p> <p>9am, 7pm: Yoga</p>	<p><b>16</b></p> <p>6:30 pm: Beth Moore 7:00 pm: Council Meeting</p>	<p><b>17</b></p> <p>Asb Wednesday Youth follow BOLD Schedule</p>	<p><b>18</b></p> <p>9 am: Quilting 7 pm: Yoga 7:30 pm: Chancel Choir</p>	<p><b>19</b></p> <p>9:30 am: Mom's Group</p>	<p><b>20</b></p> <p>8 am: Sr. High Baltimore Servant Trip</p>
<p><b>21</b></p> <p>Worship, Congregational Mtgs. 11 am: Rocky Boy and Haiti Meetings 1:30 pm: Hiking</p>	<p><b>22</b></p> <p>9am, 7pm: Yoga</p>	<p><b>23</b></p> <p>6:30 pm: Beth Moore</p>	<p><b>24</b></p> <p>Young Adults, BOLD, Music 6pm Supper Lent Worship</p>	<p><b>25</b></p> <p>9 am: Quilting 7 pm: Yoga 7:30 pm: Chancel Choir</p>	<p><b>26</b></p>	<p><b>27</b></p> <p>1 pm: Scrapbooking</p>
<p><b>28</b></p> <p>Worship 8:30 am 9:45 am, 11 am Mom's Night Out, Mom's Group</p>	<p><u>Wednesday Night Schedule:</u> 5:30 pm Young Adult Dinner and Discussion 6:00 pm Children's Choir, Youth Praise Band, Preschool BOLD 6:00 pm Lenten Soup Supper 6:45 pm BOLD Youth Groups, Pastor Mike's Book Study tbd Lenten Services 8:00 pm Youth Choir, Adult Praise Band</p>					<p><b>Help Haiti through Thrivent</b></p> <p>Thrivent Financial will match \$1 for every \$2 donated by Thrivent Financial member. Funds will be directed to Lutheran organizations supporting Haiti earthquake relief efforts. Log on to <a href="http://www.thrivent.com/helpinghaiti">www.thrivent.com/helpinghaiti</a> or call 1-800-236-3736 .</p>

Coming in March:

March 12-14: Jr. High Retreat, Camp Mount Luther

March 31: Easter Egg Hunt

Non-Thrivent members can donate through [www.elca.org/haitiearthquake](http://www.elca.org/haitiearthquake) or by placing a donation into a pew envelope and marking it "Haiti Disaster Relief."



Join us for a taste of the “Emerald Isle”

## St. Patrick's Sunday—The Wearin' O the Green!

On March 14th (three days before the “official” day) we will once again take a break from Lent and celebrate the faith and legacy of one of the most famous of Saints—St. Patrick!

All of our services will feature the music of the “Emerald Isle” and her people. And we, in sermon and children's sermon, will move past the mundane and sometimes silly traditions surrounding the holiday and delve

into the mysterious and powerful story of this great man.

While many of the stories about Patrick are more legend than fact (i.e., his driving the snakes from Ireland), there is much that is true about him that is both inspiring and amazing. (Come to worship, and you will hear!)

We also will see why, in this modern age, many are seeking the wisdom of the gospel Pat-

rick proclaimed as well as the beauty of “Celtic Christianity” in general.

Please add this joyous Sunday to your plan of Lenten discipline—celebrate “St. Patrick's Day” the way it was meant to be celebrated. In your church, with the Body of Christ!!

### *A Time of Fellowship and Worship*

## Soup Suppers During Lent

What would Lent be without participating in Trinity's Lenten Soup Suppers?

Join us every Wednesday Night at 6:00 pm during Lent in the Fellowship Hall for homemade soups, salads, and desserts

from members of our community. Everyone is invited to attend the suppers before our Wednesday Night Lenten services.

If you are able to provide soup, salad, or dessert please sign up

in the rear of the sanctuary.

Thank you for your help in carrying on this wonderful Trinity tradition. We hope to see you on Wednesday nights!

## Fellowship Committee Looking for Extra Hands

Periodically throughout the year Trinity's Fellowship Committee hosts several congregational activities. They are looking for extra hands who would be will-

ing, when called upon, to help in a variety of ways. If you are able to lend your talents and time (cooking, baking, cleaning up, or setting-up) please con-

tact Dave Stapler, the committee chair. Any help is welcomed!

## Summer Camp Registration—The Time to Plan is Now!



Summer camp—join the fun!

Summer camp creates lasting memories for our children and youth—now is the time to register your child or teen for camp with the Lutheran Camping Corporation!

Our synod offers three locations for campers of all ages:

*Kirchenwald:* Colebrook -overnight and day camps

*Wittel Farm:* Elizabethtown -day camp opportunities

*Nawakwa:* Gettysburg -overnight and day camps

There are numerous themes to choose from including traditional, horseback riding, survivor, arts/crafts/photography, science, and much more!

Trinity members can take advantage of the scholarship program offered by our church.

This will pay half of the fee for your child's camp! In order to take advantage of this scholar-

ship, registration forms must be turned in to Trinity before Wednesday, March 31st.

Pick up your brochure and registration instructions at the church. You can also visit our website for a virtual copy of the materials and links to camp information. Please see Michelle with questions.

Campers . . . Get ready for a fun-filled summer!

## Council Report

The Council met on January 17th for the first official meeting of the year. We said goodbye to our old members and hello to our new members- Tony Johndro, Don Good, and Sandy Brinker. We thanked Andy Green, Beth Ebersole, and Ann Divet for their three years of

service. The Council approved the roof repair bid from Heidler Construction. The bid is to repair the roof over the sanctuary and also make repairs to the flat roof over the offices. The total cost will be under \$40,000.

Council also elected new officers. Scott Noon will continue as Council President. Tony Johndro was elected Vice-President. Sandy Bricker was elected secretary. All three offices were elected unanimously.



Caption describing picture or graphic.

## Chili Cook-Off Rescheduled for Sunday, February 7th

The Chili cook-off scheduled for this Saturday has been rescheduled for February 7th immediately following the 11:00 service in the Fellowship

Hall. We hope that as you come to church that morning to help the kids with their Souper Bowl Sunday collection you are able to join us after worship of our

annual Trinity Chili Cook-off! Now you have a few more weeks to get your chili recipe to perfection! Sign-ups are in the back of the sanctuary.

## Fellowship Ice Hockey Game

Join your friends for a night of fun and excitement with the Hershey Bears, 2009 Calder Cup Champions! The annual Church Night with the Bears will be held on Sunday, March 7th.

Doors open at 5:00PM. Great seats in the 100 level section 113!

There will be live Christian entertainment during the evening.

Cost is \$16.00 per ticket. Deadline for tickets 2/15/2010

Sign up in the back of the church. Questions? Contact Jean Nelson at 471- 4376.

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*Fellowship  
activities this  
winter for family  
and friends*

## "Stories of the Family" Continues

What do a little man, the unexpected man, a man possessed, and sheep have to do with each other? They are our stories for

the month of February. We are still learning the stories that bind us together as a family as we continue to celebrate,

"Stories of the Family" here at Trinity.

## Biggest Loser

God absolutely LOVES losers. It's true! Scour the scriptures and see the many losers that Jesus hung out with. But in this case, we're talking about those who want to lose weight. If you're one of the many folks at Trinity or around Mount Joy who want their "temple of the Holy Spirit" to be more like a chapel and less like a cathedral, we invite you to be part of Trinity's Biggest Losers.

Open to all of Trinity's members, friends, visitors, and

neighbors, this will be motivating and fun way to "downsize." (It's also a great program to which you can invite your friends and co-workers so that they can learn about Trinity and meet some new people.) All you need to do is go to the Parish Nurse's Office on a Sunday in between the worship services to be weighed in. Your weight will be kept confidential. Then in the days and week following you will have the chance to share diet and exercise tips, find a gym buddy, and receive

devotional resources (Yes, pray on that elliptical, baby!) that can help you through your weight loss adventure. Prizes will be awarded for attaining goals (pounds lost and percentage of body weight lost). There will be monthly activities for all the losers and a heart-healthy potluck celebration at the end.

Upcoming Events:  
February 8, 7 pm meeting  
March 8, 7 pm meeting



Weigh in on Sunday and be part of Trinity's Biggest Loser Event



Alcohol affects more than only the addict

## Alcoholics Week: February 14th-20th

Approximately one in four children in the United States is exposed to family alcohol abuse or alcohol dependence. There are biological, psychological, behavioral, and social consequences of alcohol and drug exposure. All of these children are at risk of adverse developmental, social, and health outcomes.

Many of the children exposed to substance (alcohol, tobacco and other drugs) use are also exposed to chaotic environments that lack consistency, stability and emotional support. Many will be resilient and enter adulthood as productive individuals, but some will develop substance use problems and/or serious coping problems.

Children living with an active alcoholic score lower on measures of family cohesion, intellectual achievement, recreation, and independence. These children usually experience higher levels of conflict within the family and are hampered by their inability to grow developmentally in healthy ways. Up to 25 percent of children of alcoholics will become alcoholics themselves.

A relationship between parental alcoholism and child abuse is indicated in a large proportion of child abuse cases.

Children of alcoholics (COA) score lower on measures of verbal ability than children from non-alcoholic families. COAs are more likely to be truant, drop out of school, repeat grades, and be referred to a school counselor. They have greater difficulty with abstraction and conceptual reasoning.

We need to help these children or adolescents understand that there are lots of children in similar families –they are not alone. They need to understand also that they did not cause the drinking or drug use or the consequent behaviors - it is not their fault. Hopefully, they will come to realize that their concern is valid and that there truly is a problem. We need to steer them to places where they can get help.

If children or adolescents do not get help to heal, they can carry feelings of isolation and uneasiness with other people into their adult lives. They become people pleasers, losing their own identity in the process. They mistake any personal criticism as a threat. It is hard for them to trust themselves. They become reactors and are dependent on others. They are terrified of abandonment and often choose insecure relationships. They have learned to

keep their feelings buried and often confuse love with pity, tending to love those they can rescue. Constant upset is preferable to workable solutions.

Help can be found from family members, other relatives and friends; Al-Anon, Alateen, or AA. Nurses, counselors, social workers and teachers can be sources of help in the schools. Pastoral counseling or other supports are available through churches. They can also find help through therapeutic relationships, youth groups and youth workers.

May our churches be a sanctuary where children of alcoholics feel safe; where they can find the freedom to express all the hurts and fears that they have kept inside; where they can free themselves from the shame and blame that are carry-overs from the past. Let us walk with them so that they can learn to love and accept themselves as Jesus loves and accepts them.

“I will lie down and sleep in peace, for You alone, O Lord, make me dwell in safety.”  
Psalm 4:8

Information from [www.adultchildren.org](http://www.adultchildren.org) and [www.nacoa.org](http://www.nacoa.org)

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*I will lie down and sleep in peace, for You alone, O Lord, make me dwell in safety.”  
Psalm 4:8*



## 2009 Budget Recap

	Actual	Budget
Income:		
Offering	410,216	462,850
Interest	60,530	42,400
Total Income:	470,746	505,250
Total Expenses:	484,384	521,539
Balance	(13,638)	(16,289)

## Wholy, Wholy, Wholy—Healthy Retirement

“The Lord spoke to Moses, saying, ‘This applies to the Levites: from twenty-five years old and upward they shall begin to do duty in the service of the tent of meeting; and from the age of fifty years, they shall retire from the duty of the service and serve no more. They may assist their brothers in the tent of meeting in carrying out their duties.’” (Numbers 8:23-26a, NRSV)

One might assume that in the case of the Levites, forced retirement was meant to foster younger leadership – young men could begin to serve while still under the guidance of the temple elders. Or perhaps, it was due to the physical requirements of hauling the tabernacle and its furnishings through the wilderness. Regardless, God seemed to know that a healthy retirement requires some sort of advanced planning.

How well one adjusts to this new phase of life depends on a number of factors. Dr. George Valliant, professor of psychiatry at Harvard Medical School likens it to being in 4th grade – “cooperative play, helping others, having friends, and learning are all important. Problem is that by this age, we’ve forgotten how to play.” There may be much more than a grain of truth to his statement, because it appears that those who strongly identify with their occupation

often have some difficulty adjusting to life without a time clock.

Taking time to cultivate a network of friends outside of work relationships, can be immensely helpful in getting through the initial retirement adjustment phase. If you are one of those who used his/her job as an escape from family issues, this time may be particularly stressful. Spend time with your spouse, but don’t overwhelm them by expecting him/her to meet all your social needs – this is an adjustment for him/her as well. Meet friends for coffee, join a Bible study, organize a regular round of golf – allow yourself to have fun! Is there an activity that you’ve always wanted to try, but never had the time? Engage the creative side of your brain – it can lead to re-discovery of who you are! Have you always had a desire to play the piano, or learn to paint? Do it now!

During retirement, physical activity is more important than ever. Consider participating in a formal fitness program – golfing, dancing, swimming – or walking 20-30 minutes at least 3-5 times-a-week – any and all will go a long way toward establishing or maintaining healthy behaviors. Strength training exercises [weights or resistance] several times a week, have been recognized for their

value in decreasing stress, improving balance, and increasing endurance and flexibility. Good dietary habits: limiting fats, sugar, and salt, in conjunction with drinking at least 8 glasses of water per day, and getting regular sleep, all contribute to living a full and productive life.

Plan your time and set some personal goals. What do you want to accomplish on a typical day? It is human nature to waste time when you have lots of it! Get more involved in your community; volunteer at your local hospital, the local chapter of the Red Cross, Big Brothers/Big Sisters, help establish or maintain a community garden, spend time weekly at a soup kitchen, or delivering Meals-on-Wheels. Do you have a special gift or talent? Use it to teach others! Do you enjoy working with numbers/business – help your fellow retirees with tax preparation, or offer to serve as treasurer of a club or organization to which you belong. Help raise funds for a favorite charity or community group. Find out what it is that you enjoy doing, and do it!

Get to know yourself spiritually. Consider attending a guided retreat. Engage the services of a spiritual director. Study scripture. Sign up for seminary courses either locally or on-line. Explore a variety of prayer forms. Learn more about God



A message of Wholistic Wellness  
By Parish Nurse, Judi Cosgriff

as you simultaneously learn more about yourself.

Psychologist Abraham Maslow theorized that we progress through different phases of development as we age. For the healthy adult in later stages of life, one’s goal becomes reaching our full potential as an individual, or self-actualization. This involves letting go of old routines to make way for the next phase of life. It involves continual learning. Retirement is a great adventure – time to take a fresh look – to reassess in body, mind and spirit. In the words of Robert Fulghum, “Live a balanced life. Learn some and think some and draw some and paint and sing and dance and play and work everyday... And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.” (Source: All I Really Need to Know I Learned in Kindergarten) Blessings to you as you pursue this wonderful, new phase of life!

## Rocky Boy Collections Begin This Month

February is the month we begin our Rocky Boy collection.

For eight months we ask you to donate NEW warm hats, mittens, gloves, and baby layette items that we send to Our Sav-

our’s Lutheran Church on the reservation. The church distributes these items as needed.

Donations can be placed at the back of the sanctuary, or in the collections center in the rear

lobby entrance of the church.

Rocky Boy is in Box Elder, Montana. A mission group from Trinity is going there this summer.



New hats, mittens, gloves and baby layette items needed

## Trinity Staff

Senior Pastor	Michael J. Martine	pastormike@trinitymountjoy.org	368-2791
Associate Pastor	Katherine Brantner	pastorkatie@trinitymountjoy.org	938-6659
Parish Nurse	Judi Cosgriff, RN	judi@trinitymountjoy.org	653-6722
Director of Music	Mark Herr	mark@trinitymountjoy.org	572-7734
Inside Sextons	Beth and Tom Parker	beth@trinitymountjoy.org	517-8145
Director Youth/Family	Michelle Shirk	michelle@trinitymountjoy.org	426-3783
Office Manager	Kate Thome	kate@trinitymountjoy.org	653-8589
Finance Clerk	Kim Zern	kim@trinitymountjoy.org	653-8004

## Congregation Council Members

Scott Noon, President	scott.noon@trinitymountjoy.org	626-2627
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Sandy Bricker, Secretary	sandy.bricker@trinitymountjoy.org	560-3412
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Don Good	don.good@trinitymountjoy.org	

## Committee Leaders

Christian Education	Nancy Grundhoffer
Evangelism/Comm.	Scott Noon
Fellowship	Dave Stapler
Finance/Stewardship	Kate Thome
Outreach	Barb Green
Property	(open)
Staff Relations	Andy Green
Stewardship	Kate Thome
Worship and Music	Becky Noon
Youth	Sue Perini

## Volunteer Coordinators

Altar Duty	Cathy Hoffmaster	Greeters, 8:30 & 11:00	Rhonda Frieze
Acolytes/Crucifer	Sandy Christian	Lectors, 8:30	Madolin Heisey
Communion Assistants, 9:45	Helen Wallauer	Lectors, 9:45	Donald Miller
Communion Assistants, 8:30	Linda Spiridigliozzi	Nursery	(open)
Communion Bread	Cathy Hoffmaster	Prayer Shawl Ministry	Bonnie Sorace
Greeters, 9:45	Ann Fitzkee		



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**Evangelical Lutheran Church in America**  
God's work. Our hands.