



## TRINITY HIGHLIGHTS

APRIL 2013

A monthly newsletter of Trinity Lutheran Church - Greencastle, PA  
"Sharing Christ in Word and Deed"

SUNDAY WORSHIP 8:30 & 11 AM

SUNDAY SCHOOL 10 AM

1186 Jason Drive  
Greencastle, PA 17225  
717-597-9348

Email: [tlcgreencastle@embarqmail.com](mailto:tlcgreencastle@embarqmail.com)

Secretary: [tlcsec@embarqmail.com](mailto:tlcsec@embarqmail.com)

Website: [www.tlcgreencastle.org](http://www.tlcgreencastle.org)



**Evangelical Lutheran  
Church in America**

God's work. Our hands.

## FROM PASTOR BILL



As I sit here writing this the excavator is moving dirt for the very first time for our building addition. Yes, it finally is happening! It has been a long process and thankfully we

will see the fruit of our labor over the past five years. Now we will patiently watch as the construction unfolds.

Some years ago I took a course at Gettysburg Seminary in Church Art and Architecture. It was rather interesting. I don't remember a lot of details from the course but I do remember one quote from the professor which I believe is original with Winston Churchill. "We shape our buildings and afterwards our buildings shape us."

That will be the case for us as well. We are shaping a church building. We pray that our designs and our visions for this building will enhance our ministry. In any event, it will shape us. Maybe I should say it will "reshape" us. We will not be able to do things they way we have always done them before.

For the past twelve years we have settled into a comfortable and sometimes crowded routine on Sunday mornings. Everything was so close. It was only a few steps into worship and then to fellowship time to Sunday School and then to the later worship service. In the new building the distances will be greater between events and there will more ways of entering and exiting most of the gathering. It is not going to be obvious where the next event is happening unless you know the building and our routines really well.

Our worship space will have three columns of seating, not two. So we will have to rethink and redo many of our current ways of operating.

Because our building is going to shape us we are going to have to make changes and change is not always something embraced by all people. As the old quote goes - the last seven words of any church are "we never did it that way before".

Actually I don't think most of our changes are going to be overly difficult and in some ways will enhance our ministry. But we will need to anticipate, plan and communicate so that we can make the transistion as smoothly as possible!

In the peace of Christ,

Pastor Bill DeHass

## AN EVENING OF MUSIC

You are invited to an Evening of Music at Trinity. The musical program will be presented on Sunday April 7 at 7:00pm. The highlight of the evening will be an Easter Cantata presented by the adult choir under the direction of Trevor Timmons. Included in the Cantata will be readings of original poetry by Phyllis McCullough.

Additional musical selections will be presented by Trinity's Hand Chimes, The Praise Band, the organist and other musicians. Light refreshments will be served in Fellowship Hall following the program.

## WORSHIP SCHEDULE – April 2013

- Apr 7 Easter 2**  
**8:30 and 11 am Holy Communion**  
Acts 5:27–32                  Psalm 118:14–29  
Revelation 1:4–8              John 20:19–31
- Apr 14 Easter 3**    **8:30 - Service of the Word**  
**11 am Holy Communion**  
Acts 9:1–6 [7–20]              Psalm 30  
Revelation 5:11–14              John 21:1–19
- Apr 21 Easter 4**    **8:30 and 11 am Holy Communion**  
Acts 9:36–43                  Psalm 23  
Revelation 7:9–17              John 10:22–30
- Apr 28 Easter 4**    **8:30 - Service of the Word**  
**11 am Holy Communion**  
Acts 11:1–18                  Psalm 148  
Revelation 21:1–6              John 13:31–35

### Normal Sunday Morning Schedule

*Worship at 8:30 AM followed by a fellowship time*

*Sunday School at 10 AM*

*Worship at 11:00 AM*

## THANK YOU!!

To the soup makers for the Lenten evenings:  
**Bud Wolfe, Pastor Bill, Doris Burdick, Paul and Shirley Freeman.** And thanks to all the donations of bread from those who attended!

To our Wednesday evening discussion leaders:  
**Gaither Dean, Marie Dean, Rachelle Gehr, Phyllis McCullough, Ray Shriver Don Swart, Carol Swart, and Dave Wolfe**

## CONGRATULATIONS

To the Evangelical/Trinity Youth Group for winning the 2<sup>nd</sup> annual Martin Luther soccer tournament on Sunday March 24. **Logan Cline, Cayann Coote and Sarah Wolfe** were on the team from Trinity.

## FAMILY RETREAT

The Annual Family Retreat will be held on Friday April 19 and Saturday April 20. We will begin on Friday at 6 pm and end on Saturday at 4 pm. It will be at the Zinn–Tozer Lodge at Camp Nawakwa. There is a sign-up sheet on the board in the narthex.

### Happy Birthday to those celebrating birthdays in April



- 2 – Sandra Shank
- 5 – Donna Giffin
- 6 – Faith Miller  
Sue Deardorff  
Ken Castillo  
Harry McCullough
- 8 – Cara Barnhart
- 9 – Megan Stevens
- 11 – Dick Cline
- 12 – Rob Marsh
- 13 – Linde Cessna  
Lori McCullough
- 14 – Betty Henry
- 16 – Kathy Brown
- 18 – Graeme Murray
- 21 – Scott Berger
- 26 – Karen Johns  
Joshua Stout
- 27 – Gladys Coble
- 28 – Megan Wunderlich



### *Happy Anniversary to those Celebrating Anniversaries in April*

- 5 – *Karl & Mabel Higgins*
- 15 – *Don and Joyce Berger*
- 16 – *Lee and Sandi Cooke*
- 20 – *Paul and Shirley Freeman*
- 20 – *Gary and Peggy Louder*

**AROUND THE CHURCH**  
**APRIL 2013**

- 1 - OFFICE CLOSED
- 2 - Outreach Committee - 2:00 p.m.  
Zumba - 7-8 p.m.
- 3 - Council - 7:00 p.m.
- 4 - Choir Practice - 6:45 p.m.  
Hand Chimes - 8:00 p.m.
- 7 - Worship with Holy Communion - 8:30 a.m.  
Fellowship time following worship  
Sunday School for all ages - 10:00 a.m.  
Worship with Holy Communion - 11 a.m.  
E.T. Youth Group at Trinity - 5:00-7:00 p.m.  
Evening of Music - 7:00 p.m.
- 8 - Finance Committee
- 9 - Zumba - 7-8 p.m.
- 10 - Greencastle Homemaker's - 9:00 a.m.  
Worship & Music - 7:00 p.m.
- 11 - Choir Practice - 6:45 p.m.  
Hand Chimes - 8 p.m.
- 12 - E.T. Youth Group Retreat at Camp Nawakwa
- 13 - E.T. Youth Group Retreat
- 14 - E.T. Youth Group Retreat
- 14- Worship-Service of the Word - 8:30 a.m.  
Fellowship time following worship  
Blood Pressures taken in Pastor's Office  
Sunday School for all ages - 10:00 a.m.  
Worship with Holy Communion - 11:00 a.m.
- 15 - Stewardship Committee - 7:00 p.m.
- 16 - Zumba - 7-8 p.m.
- 18 - Choir Practice - 6:45 p.m.  
Hand Chimes - 8:00 p.m.
- 19 - Family Retreat at Camp Nawakwa
- 20 - Family Retreat at Camp Nawakwa
- 21 - Worship with Holy Communion - 8:30 a.m.  
Fellowship time following worship  
Sunday School for all ages - 10:00 a.m.  
Worship with Holy Communion - 11 a.m.  
Little Lambs and KFC Youth Group - 3-5 p.m.  
No E.T. Youth Group meeting  
Fundraiser by Harvest Committee at Hoss's
- 23 - Zumba - 7-8 p.m.
- 24 - Youth Committee 7 p.m.
- 25 - Choir Practice - 6:45 p.m.  
Hand Chimes - 8 p.m.
- 28 - Worship - Service of the Word - 8:30 a.m.  
Fellowship time following worship  
Blood Pressures taken in Pastor's Office  
Sunday School for all ages - 10:00 a.m.  
Worship with Holy Communion- 11:00 a.m.
- 30 - Zuma - 7-8 p.m.

AA Meetings are held every Monday and Friday nights at 8:00 p.m. in the Fellowship Room.

**Worship Assistants for April 2013**

**8:30 AM**

**Lay Readers:**

- 7 - Latasha Davis
- 14 - Robin Kline
- 21 - Sue Snyder
- 28 - Annabelle McCullough

**Ushers:**

- 7 - Don Swart and Darrell Swart
- 14 - Bruce DeMaster and Dave Wolfe
- 21 - Andre McKenzie and Bud Wolfe
- 28 - Andy and Rachelle Gehr

**Acolytes:**

- 7 - Madison Cessna
- 14 - Faith Miller
- 21 - Connor Cline
- 28 - Grace Cessna

**Greeters:**

- 7 - Ralph Burdick and Annabelle McCullough
- 14 - Don and Carol Swart
- 21 - Bruce and Bobbi DeMaster
- 28 - Rob and Alice Marsh

**Nursery**

- 7 - Michelle Kline and Faith Miller
- 14 - Stacie and Sarah Wolfe
- 21 - Deb Cline and Nancy Freshman
- 28 - Jen Barbuzanes and Linde Cessna

**Cantors:**

- 7 - Adam Buff
- 14 - Scott Valentine
- 21 - Megan Louder
- 28 - Ralph Burdick

**Communion Presenters:**

- 7 - Dave, Stacie and Sarah Wolfe
- 21 - Rob, Alice Marsh and Annabelle McCullough

**Communion Assistants:**

- 7 - Richard Miller, Donna Wolfe and Bud Wolfe
- 21 - Adam Buff, Cheri Roth and Donna Wolfe

**Communion Preparers for 8:30 a.m. Service:**

- 7 - Paul and Shirley Freeman
- 21 - Cheri Roth and Donna Wolfe

## 11:00 A.M. Service

### Ushers

7 – Dot Potter  
14 – Dale Thatcher  
21 – Cameron Schroy  
28 – Peggy Potter

### Comm. Assistants

7 – Cameron Schroy  
14 – Donna Wolfe  
21 – Adam Buff  
28 – Kevin Davis

## **WHAT'S HAPPENING IN SUNDAY SCHOOL?**

In the Adult Sunday School Class we will have a presentation on April 7 by **Megan Louder and Cameron Schroy** on their trip to the National Youth Gathering last July. For the rest of the month we will engage in a study on the Acts of the Apostles. They meet in the room on the south end of the building across from the Pastor's Office.

The Coffee, Tea and Thee Group will continue using "The Wired Word" which is a weekly study on current events and how our faith speaks to them. The group meets in the fellowship area.

## **YOUTH GROUP HIGHLIGHTS**

The Little Lambs and the KFC youth groups meet the third Sunday of each month from 3 to 5 p.m. The groups are lead by the parents.

The E.T. Youth Group meets the first Sunday of the month at Trinity and the third Sunday of the month at Evangelical Lutheran. They meet from 5 to 7 p.m. Rachelle and Andy Gehr and Dave Wolfe are the leaders.

The Youth Committee is sponsoring a Fun Sunday the 1<sup>st</sup> Sunday of each month. The program is open to all young people grades 5 and above. Details will be provided one or two weeks before the program.

## **ITEMS TO SAVE**

Please continue to save postage stamps. The "Stamps for Missions" program is ongoing. One pound of stamps provides a Bible for someone. When you cut them leave about 1 inch around each stamp. Please continue to save your used cell phones, ink cartridges, Campbell soup labels and General Mills Box Tops for Education. There is a box in the kitchen for all these items. Thanks to all!

## **GREENCASTLE-ANTRIM WOMEN'S FELLOWSHIP**

The Greencastle-Antrim Women's Fellowship will meet on Tuesday, April 23, 2013 at Evangelical Lutheran Church Memorial Fellowship Hall, 130 N. Washington Street. The speaker will be the Rev. Dr. Rick Wolgamott, Senior Pastor at Calvary Bible Church. His topic will be: "My Life Living With Christ".

## **LIFE**

(Living Independence for the Elderly) Lutheran Services, Inc. is enrolling participants and welcomes you to call or visit to learn more about this new ministry of Lutheran Social Services. LIFE Lutheran Services, serving residents of Franklin County is most simply "an alternative to a nursing home" making it possible for eligible individuals to remain independent and live safely in the community for as long as possible through coordinated delivery of a comprehensive array of health and social services. Coordinated by an interdisciplinary team, services are primarily provided in the LIFE Center located on Fifth Avenue in Chambersburg and supplemented by in-home support and referral services. All services emphasize holistic care and an improved quality of life. LIFE Lutheran Services provides transportation to and from the LIFE Center and medically necessary appointments for those participants enrolled in the program. The address of the LIFE Center is 840 Fifth Avenue, Chambersburg, PA. For directions or more information, please call LIFE Lutheran Services at (717) 264-5433 or go online at [www.lifelutheranservices.org](http://www.lifelutheranservices.org). Tours of the Center are available to the public Monday thru Friday from 8 a.m. until 4 p.m.



## CHAMBERSBURG CONFERENCE NEWS

### CHURCH DAY BUFFET

Members of our congregation and their friends are invited to the Church Day Buffet at the Fleck Center at Luther Ridge on Wednesday, April 10 from 12:00 to 1:00 PM. The menu for April is Creamed Lettuce, Baked Cube Steak, Mushroom Gravy, Twice Baked Potato Casserole, Green Beans Almondine, Dessert and Beverage. Cost for the buffet is \$6.75 per person. To reserve your place, please call 264-3212 by April 5.

### WELLNESS TALK AT LUTHER RIDGE

Lutheran Home Care & Hospice will give a Health & Wellness talk on Thursday, April 18 at 10:00 a.m. at The Fleck Center at Luther Ridge. The program is free of charge and open to anyone in the community. No registration is required. The topic is *Eye Health*. Your eyes are an important part of your health. Learn the many things you can do to keep them healthy by attending our wellness talk.

### ALL IN PRAISE RALLY

The *Are You All In Praise Rally* will be held for youth in grades 6 through 12 on Sunday, April 21 at First United Methodist Church in Chambersburg at 6:00 PM. The Rally will be led by the Salt'n Light Youth Ministry of Messiah College. For more information, please call Sharon McCall at Trinity, Chambersburg, 263-8156.

### WALKING THROUGH GRIEF

Have you experienced a significant loss by death? Do you feel that a traditional support group may not be what you need? Join the new Lutheran Home Care & Hospice Walking Group. It is a time to walk and talk, at a relaxed pace, with others who are grieving; to share ideas and support while enjoying the outdoors and getting some exercise. Wear comfortable shoes and bring your water bottle. The group will meet the first and third Mondays of May through October at 8:30 AM at Norlo Park in Fayetteville. Please call 717-217-3527 to register.

## Please remember these people!

There are some folks from Trinity that are not able to be with us on Sundays at the present time. We ask that you would remember them with a card, call - and always - in prayer.

### Helen Clever

Hearthstone Retirement Home  
102 S. Potomac  
Waynesboro, PA 17268

### June Cline

Room 274 Colestock Building  
Quincy Home  
Waynesboro, PA 17268

### Betty Goetz

39 S. Allison Street  
Greencastle, PA 17225

### Karl Higgins

834 Buchanan Trail East  
Greencastle, PA 17225

### Jean Jimick

Providence Place  
2085 Wayne Avenue  
Chambersburg, PA 17202

### Merna Slabik

Providence Place  
2085 Wayne Avenue  
Chambersburg, PA 17202

## FELLOWSHIP TIME

WE NEED PEOPLE to provide snacks and cold drinks for Sunday morning fellowship time. Please sign the sheet on the bulletin board in the fellowship room if you or a couple people would be willing to provide snacks. If you do provide snacks, please either refrain from items with peanut butter or nuts or be sure to mark the items. We have several members who have allergies to these foods.

## SPECIAL APPEAL FOR APRIL

The Special Appeal for April is designated for the Greencastle-Antrim Food Pantry. If you desire to make a monetary donation, please mark your envelope for Special Appeal or use the white envelope in the pew rack and mark it "Special Appeal".

# FROM OUR PARISH HEALTH COUNCIL

## Why is Exercise Important?

Have you ever heard the expression "use it or lose it"? It's true! If you don't use your body, you will surely lose it. Your muscles will become flabby and weak. Your heart and lungs won't function efficiently. And your joints will be stiff and easily injured. Inactivity is as much of a health risk as smoking!

### Helps Prevent Diseases

Our bodies were meant to move -- they actually crave exercise. Regular exercise is necessary for physical fitness and good health. It reduces the risk of heart disease, cancer, high blood pressure, diabetes and other diseases. It can improve your appearance and delay the aging process.

### Improves Stamina

When you exercise, your body uses energy to keep going. Aerobic exercise involves continuous and rhythmic physical motion, such as walking and bicycling. It improves your stamina by training your body to become more efficient and use less energy for the same amount of work. As your conditioning level improves, your heart rate and breathing rate return to resting levels much sooner from strenuous activity.

### Strengthens and Tones

Exercising with weights and other forms of resistance training develops your muscles, bones and ligaments for increased strength and endurance. Your posture can be improved, and your muscles become more firm and toned. You not only feel better, but you look better, too!

### Enhances Flexibility

Stretching exercises are also important for good posture. They keep your body limber so that you can bend, reach and twist. Improving your flexibility through exercise reduces the chance of injury and improves balance and coordination. If you have stiff, tense areas, such as the upper back or neck, performing specific stretches can help "loosen" those muscles, helping you feel more relaxed.

### Controls Weight

Exercise is also a key to weight control because it burns calories. If you burn off more calories than you take in, you lose weight. It's as simple as that.

### Improves Quality of Life

Once you begin to exercise regularly, you will discover many more reasons why exercise is so important to improving the quality of your life. Exercise reduces stress, lifts moods, and helps you sleep better. It can keep you looking and feeling younger throughout your entire life.

### How Often Should I Exercise?

The benefits of any exercise program will diminish if it's disrupted too frequently. A "stop-start" routine is not only ineffective, but can cause injuries. Being consistent with exercise, therefore, is probably the most important factor in achieving desired results.

People often assume that more is better. Wrong! Doing too much too soon or performing intense exercises on a daily basis will have deleterious effects, such as muscle/tendon strains, loss of lean tissue, and fitness-level plateaus.

If you are a beginner, start off slower than you think you should. Three days per week is realistic, safe and effective. If you are experienced, do cardiovascular (aerobic) exercises such as walking, jogging and bicycling for no more than 200 minutes per week with no more than 60 minutes per session.

Weight training should be done no more than three times per week targeting the same muscle groups. Exercise the same muscle groups on non-consecutive days because muscles need adequate time to recover and cannot be effectively trained if they are tired or sore.

Many people forget to stretch or make the excuse that they don't have the time. Flexibility is important, so make the time! Stretching can be done every day, but stick to a minimum of three times per week in order to reap the benefits. When the body is warmed up, such as after a workout session, perform five to 10 stretches that target the major muscle groups. Hold each stretch for 10-30 seconds.

Armand Tecco, M.Ed.

