



# The Spirit of St. Luke

St . Luke Evangelical  
Lutheran Church

September - October  
2011

## The Great Commission: Matthew 28:19 - 20

*“ Go therefore and make disciples of all nations baptizing them in the name of the Father, of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember I am with you always to the end of the age.”* Matthew 28:19– 20

*The following article is adapted from the proposal which was adopted at the Special Congregational Meeting held on Sunday, Sept. 25th. It presents the theological and faith reasons for the three year outreach program on which we are embarking.*

Matthew 28 is the last

charge of Jesus to his disciples, “ Go and make disciples”, go and share the Good News, the gospel of Jesus Christ. This word was and is to be shared with all people because Jesus’ life, death and resurrection were for declaring God’s love and forgiveness to all people and for the healing of the nations. All the baptized are called to this mission but, as the church, the body of Christ, this is our particular charge. St. Luke has made a commitment to be a “thriving ministry in the community”; we thus understand our ministry to be faithful

to the charge given by Jesus Christ. It is a ministry to all the people of our parish; portions of the communities of Parkville and Hamilton will be the focal points for our outreach. We do this with the intention of re-grounding St. Luke in its neighborhood. We are called to reach out to people of every race, ethnic group, color, gender, sexual preference, age, martial or economic status, for the sake of the Gospel. This is the mission given to us by God. The vineyard is ready; now pray we have the hands and hearts to reach out.

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## The Parkville Fair: Thanks one and all!

Thank you Kathy Egner and the members of the fair outreach team: Joe Benham, Dennis Egner, Carol Conroy, Nathan & Abby Formwalt, Norm Houck, Lisa Kleinwort, Stacey & Alina Miller, Carol Orlando, Shirley-Schoenberger, Sarah Thompson , Steve

Mentzer, Stephanie and Patrick Youells. Kathy reports that they handed out:300 bags of popcorn with the message, “Pop on over to St. Luke’s”, 200 rulers saying “God rules”, 200 pencils with “God erases our mistakes”, 200 pens with the

message: “God wrote the book of instructions for us to follow.” and bookmarks with “Use the bookmark to keep your place in the Book.” People were also offered an opportunity to receive prayer and Carol Conroy was able to pray for half a dozen folks who requested it.

*On Sunday, at our Special Congregational Meeting, we had the opportunity to think about events and methods for making St. Luke a household name in our community. There is a sign-up sheet available in the narthex for volunteers to minister in different outreach activities: praying to training to be a visitor in the neighborhood. Everyone can help in some way!*

**Birthdays of our Shut-Ins:  
September & October**



- 9-5 Mrs. Shirley Deitz**  
2729 Chesley Avenue  
Baltimore, MD 21234-7622
- 9-15 Mrs. Emily King**  
3215 Woodhome Avenue  
Baltimore, MD 21234-7818
- 10-1 Mrs. Sylvia Snead**  
20 Parkwind Court  
Baltimore, MD 21234-4237
- 10-27 Mrs. Naomi Riggleman**  
4102 Taylor Avenue, Apt. 301  
Baltimore, MD 21236-4608

**Usher Schedule**

**REMINDER:** When you take the attendance count each week, please record it in the book. Someone from each team should be assigned to do this.

**October 2011**

- Pat Miller  
Jackie Mongan  
Joe Benham  
Joyce McAdoo

**November 2011**

- George Boellner  
Lucy Boellner  
Rosalie Most  
Mitchell Most

**September Birthdays    October Birthdays**

- 09/01 Reider, Russell**  
**09/02 Bohnet, Ruth**  
**09/02 Salsberg, Krista**  
**09/04 Chlan, Wayne**  
**09/04 Taylor, Fran**  
**09/05 Deitz, Shirley**  
**09/09 Joyner, Amber**  
**09/11 Fang, Yi**  
**09/15 King, Emily**  
**09/15 Fisher, Mark**  
**09/15 Sauer, Katy (Lightner)**  
**09/17 Brittingham, Dolores**  
**09/19 Formwalt, Abby**  
**09/20 Mentzer, Robert**  
**09/24 Cochran, Bo**  
**09/25 Davis, Jan**  
**09/26 Ambrose, Mabel**  
**09/29 Egner, Kathy**  
**09/30 Provenzano, Brandon**

- 10/01 Snead, Sylvia**  
**10/03 Bauer, Carolyn**  
**10/04 Orlando, Carol**  
**10/07 Mathews, Terri**  
**10/09 Ashton, Elfriede**  
**10/09 Welker, John**  
**10/09 Constantino, Randy**  
**10/10 Chlan, Doris**  
**10/10 Fogelson, Jacquelyn**  
**10/10 Healy, Noah**  
**10/11 Warner, Mark**  
**10/26 Gonder, Elizabeth**  
**10/27 Riggleman, Naomi**  
**10/28 Schlick, Shirley**  
**10/30 Williams, Corey**

**On Sunday, September 25<sup>th</sup> we had a Special Congregational Mtg.**

immediately after the service. Members had received a letter in the mail the beginning of September outlining the three topics for the meeting: a look at the giving of St. Luke over the past ten years, the Outreach proposal and outline of ministry projects for the next three years and a report on the congregational survey taken last winter. All documents related to this meeting are available at rear of the church and/or the parish office. The proposal was adopted by those present 30 to 4. One of the provisions asks every member to wear a name tag during worship as a way to welcome visitors. They will be available in the narthex.

**November**  
**Newsletter**  
**DEADLINE: 10/8**

**WE are on You Tube!**

**There is one for each of the camps that we had this summer.**  
**To find: [www.YouTube.com](http://www.YouTube.com) then type in separately:**  
**-Performance VBS-St. Luke Evangelical Lutheran Church**  
**-Music Camp of St. Luke Lutheran Church in Baltimore**  
**-“The Plague” by St. Luke Evangelical Lutheran Church.**

## Farewell Note: Dear Friends at St. Luke:

As many of you are aware, we have decided to transfer our membership to Holy Communion Lutheran Church in Fallston. We did not arrive at this decision easily, as Bruce has been attending St. Luke for 51 years and Gail has been attending for 35 years. We would like to thank our friends at St. Luke for all the love and support you have shown us over the years. You have seen us through the births of our two children, their marriages and the births of our grandchildren. Your love and friendship was evident as Gail struggled with health issues. We will never forget the many happy years and fellowship we shared with you and we wish you a fond farewell. We will always keep you in our prayers.

Gail & Bruce Amrein

## On September 11<sup>th</sup> – We welcomed Sarah Thompson

She has been selected to be the Director of Youth and Family Outreach Ministry. Introducing our newest staff member, Sarah Thompson. Sarah is a recent graduate of Trinity Lutheran Seminary where she earned a Master's Degree in Youth and Family. She comes to St. Luke from Springfield, Ohio.

Her background includes: Site Director with Youth Works, three years experience as a youth leader and four years as a VBS Adult Leader. Sarah: *"I'm so excited to join you in ministry at St. Luke! Your congregation was so warm and welcoming during my visit. I know God has some amazing adventures planned for us!"*

### Ideas & Plans From The Director of Youth and Family

#### Outreach: Sarah Thompson



It's autumn, which means things are changing. School is in session; leaves are exchanging their green for vibrant reds, yellows and oranges; and St. Luke is no different! Here are some important youth and family notes for the fall:

**Youth group** isn't just for high school students! Students in **6<sup>th</sup> through 12<sup>th</sup> grades** are invited to attend **every Sunday from 7-8:30 p.m.** Join us as we grow in our faith and build relationships that glorify God together.

**Adults:** You can help with the expanding youth group by serving as an **Adult Leader!** I'm excited to work with you as we walk alongside these young people. All you need is a heart for God, an interest in teenagers and willingness to learn! Too much on your plate to commit to being an Adult Leader? Please consider being a **Youth Buddy!** These provide light snacks for our meetings as they are able. Popcorn, fruit, cookies, chips, soda, juice drinks – the sky's the limit! Interest sheets are hanging outside my office (the former Acolyte room).

The **2012 ELCA Youth Gathering** is getting closer! The theme is Citizens with the Saints as we return to New Orleans for service, worship and fellowship **July 18-22, 2012. Students currently in 8<sup>th</sup> through 12<sup>th</sup> grade are eligible** to attend this life-changing event. Registration opens **Oct. 9** and you can reserve your student's place with a **\$50 deposit per student.**

**Calling all young adults!** I'd love to start a **Young Adult Group** at St. Luke for those of us who've graduated high school but don't necessarily think of ourselves as "grown-ups" just yet. For those with a need for an age range, this group would encompass **people 18-35** and we can break that up a little as we grow. The possibilities are endless: Outreach in the community, activities, Bible studies and more. Let's develop a vision for this ministry together! Text me your interest at 937-631-2738 or look for the sign-up sheet outside my office.

Whew! There's a lot of exciting things happening! I hope to bring you more life-giving news next month.

**Please don't hesitate to contact me with your questions. My cell phone is 937-631-2738; email is sarah.thompson<at>LutheranNeighbor.org. Peace be with you - Sarah**



## Mental Health

*“O Lord, I have come to you for protection; don’t let me be disgraced. Save me, for you do what is right.”* Psalm 31:1 NLT

Mental health is something we tend to take for granted until there is a problem. At that time we wonder where to turn for help. In addition, stigmas are often attached to mental health issues which make us reluctant to seek help and we pretend that everything is just fine.

Mental illnesses can affect people of any age, race, religion, or economic status and are one of the leading causes of disability in the world. Without treatment, they can result in unemployment, homelessness, incarceration, or suicide. Some of the many conditions considered as mental illness are:

- ADHD
- Anxiety Disorder
- Bipolar Personality
- Dementia
- Depression
- Eating Disorders
- Learning Disabilities
- Obsessive/Compulsive Behaviors
- Panic Disorders
- Phobias
- Post-Traumatic Stress
- Schizophrenia
- Substance Abuse
- Suicide



*Our monthly health message continues on page 6*

**St. Luke Lutheran Church**  
**Town Hall Meeting--August 14, 2011**

Thirty congregational members attended the town hall meeting which was called to order by Norm Houck following the 10:00 a.m. Sunday worship service on August 14, 2011.

Norm announced that a person has been identified to fill the position of Director of Youth, Family and Outreach Ministry. The person is Sarah Thompson from Ohio. Lisa Kleinwort and Jeff Vigilante will be discussing salary, benefits and housing with Sarah. Rosalie Most commented that numerous members of the church had been involved in both the Skype and personal interviews conducted with both of the final candidates for the position. Discussion with Sarah will also include the possibility of Sarah renting one floor of the parsonage as part of her benefit package. Norm Houck will be meeting with the trustee of the Schnabel Estate to discuss financial support for the Director position for three years since it takes more than one year to make a positive impact with a new outreach program.

A concern was voiced about the integrity of the parsonage. Norm assured everyone that the parsonage is still being rented, and rent allows the church to break even with income and expenses for the property. Norm also announced that Carol and her family will be moving to the first floor since the first floor is unoccupied at present.

Concern was also noted about the flooding possibility in the basement with the increased rain that has been occurring. Norm stated that there are sump pumps in the basement that seem to be taking care of the excessive water. Work has also been done on the plumbing. A second issue related to the rain is the occurrence of a leak on the back wall of the church. Norm stated he would look into this problem.

Several people commented about the PA system in the church and the difficulty they experience in trying to hear the service. Norm acknowledged that Steve Mentzer has been checking out the system. It was noted that it is difficult to replicate the problem when testing the system. Efforts will be made to identify the ongoing problem. Everyone serving on the altar will be asked to speak loudly so that everyone can hear all portions of the service.

One person asked if there is consideration of going back to one service. Pastor Margaret stated that the two worship services will continue as currently scheduled. She noted that it is difficult to change the schedule because people become accustomed to attending a specific service, and no one wants attendance to decline.

It was noted that members miss the breakfasts that previously took place during the summer because it provided an opportunity for fellowship. After much discussion related to the importance of fellowship, it was decided that a brunch will be held on September 11<sup>th</sup> as part of the Homecoming scheduled for that day. The brunch will be held at 12:00 noon, and Lucy Boellner will coordinate a creamed chip beef brunch with all the trimmings. Pastor Margaret also suggested that some type of fellowship with juice, coffee and small treats should be planned for every Sunday. This will also encourage visitors to engage in conversation with members.

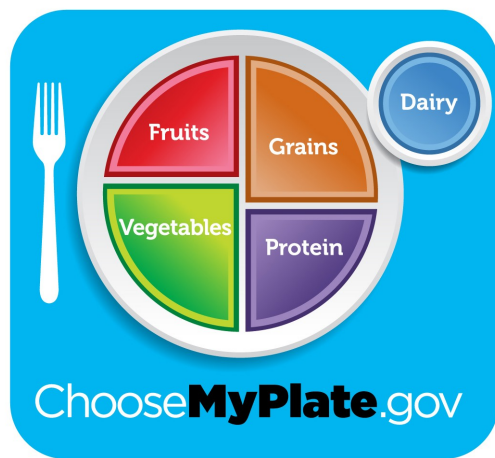
A meeting will be held on September 25<sup>th</sup> to discuss finances, the Youth and Family Ministry Director position, and the congregational survey. The data from the congregational survey is being compiled in order for everyone to have access to the information gathered from the congregation, including information regarding Christian Education.

A lack of adequate numbers of worship bulletins was identified as an issue. Numerous persons serving as ushers agreed that this is an ongoing problem. Karen Goodrich stated the number of bulletins printed is based on the attendance. Efforts will be made to increase the number of bulletins printed. It was also noted that the announcements are currently appearing on the bulletin instead of being printed on a separate sheet of paper, and this seems to be working well.

George Boellner acknowledged the commitment and fine work that Norm Houck has exhibited in his role as President of the Council.

The meeting was adjourned with prayer led by Pastor Margaret.

Respectfully submitted,  
Rosalie Most, Secretary



## Move over Food Pyramid; make way for

**My Plate**, coming this fall. What is My Plate? What does it mean? Who came up with this? What does this mean for me?

Good questions!! My Plate is the USDA's new generation icon

created with the intent to prompt consumers to think about building a healthy plate at meal times. The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein, and dairy food groups.

The goal of the initiative will be to support Americans in building healthy diets by empowering them with information they need to make healthy food choices. This communications initiative will build on a familiar image – a plate – and actionable messages to encourage consumers to make healthy choices.

The USDA has set up a new website, [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov), with tools and resources to help consumers put the Dietary Guidelines into action by building healthy eating patterns for meal times. One of

**The Tips** Nutrition Education Series provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator.

These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

[Choose My Plate](#)

[Add More Vegetables to Your Day](#)

[Focus on Fruits](#)

[Got Your Dairy Today?](#)

[Make Half Your Grains Whole](#)

[With Protein Foods, Variety Is Key](#)

[Build a Healthy Meal](#)

[Healthy Eating for Vegetarians](#)

[Smart Shopping for Veggies and Fruits](#)

[Liven up Your Meals With Vegetables and Fruits](#)

[Kid-Friendly Veggies and Fruits](#)

[Be a Healthy Role Model for Children](#)

[Cut Back on Your Kid's Sweet Treats](#)

[Limit Salt and Sodium](#)

### **Partners 2.0 - Re-tooling for Mission**

**Partners 2.0: Re-Tooling for Mission is a lay leadership training event for congregational teams focusing on the theme, "Every Member a Missionary ... When Small Talk Becomes God Talk."**

*Identical one-day workshops are being offered in three locations:*

Saturday, November 5, 2011, at Trinity Lutheran Church, Hagerstown, MD

- Saturday, November 12, 2011, at St. Andrew Lutheran Church, Dover, DE

- **\*Saturday, November 19, 2011, at St. John Lutheran Church, Parkville, MD**

**The day begins at 9 a.m. and concludes at 2:30 p.m.**

Included in the registration fee of \$20 per person are a continental breakfast, a boxed lunch, and all materials ... plus information to enrich yourself and to take back and share with members of your congregation

**Information on this event was in the Synod Resource Packet mailed to all congregations in early September. Please contact your pastor for information and to copy the registration form for others in your congregation to attend.**

If you need more information, contact the synod office: Pat Walton ... 410/230-2861; 800-869-5492 or

[pwalton@demdsynod.org](mailto:pwalton@demdsynod.org)

## So You Don't Believe in Demons!

By Steven Mentzer

For some it is alcohol,  
For others it's cocaine.  
We all have our demons,  
We all share the pain.

You could have a bad temper,  
Or watch pornography,  
We all have our demons,  
We need to be set free.

Cast out our demons,  
Lord,  
Bring them to the light,  
For when we face them,  
Lord,  
We will win the fight.

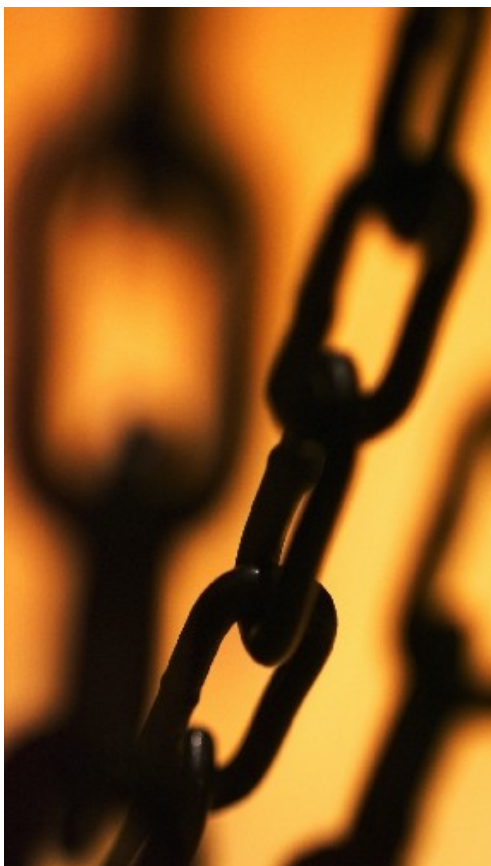
Cast out our demons,  
Lord,  
Set our spirits free,  
Cast out our demons,  
Lord,  
End captivity.

One could be into violence,  
And like to inflict pain,  
We all have our demons,  
They're driving us insane.

We suffer from depression,  
We're scared of everything.  
We all have our demons,  
And so we need to sing:

Cast out our demons,  
Lord,  
Bring them to the light,  
For when we face them,  
Lord,  
We will win the fight.

Cast out our demons,  
Lord,  
Set our spirits free,  
Cast out our demons, Lord,  
End captivity.



## Medications

*"...the leaves of the tree are for healing of the nations." Revelations 22:2 NIV*

Medications are used to maintain a certain level of health, prevent an illness, or cure a physical condition. For example, when your doctor orders a drug for blood pressure or diabetes, a specific level of that drug needs to be in your system to attain the desired outcome. Therefore, in order to reap the most benefit, it is important to understand why you need the medication, how to take it, how to store it, and what to expect from it.

Don't be afraid to ask questions. The more you know, the more compliant you will be with your treatment. Consider some of these questions. Why are you taking the drug? How will it affect you? Are there any side effects? Should you drive when you are taking the medication? How quickly will you see results? Do you need to take the entire prescription? Can you take the pill with something other than water? If you have difficulty taking pills, you might even ask if it comes in another form.

Medications do not last forever, so take them as directed. If the prescription is not to be completed, ask about an expiration date. Over-the-counter medications will have an expiration date printed on the box and bottle, so check the cough medicine you bought last year before taking any this year. Out of date medicine will have lost its strength to combat your illness, so check your cupboards regularly and dispose of old medications.

Also, be aware of possible interactions that can occur between the medication you are taking and some foods and other drugs. Taking medications with hot drinks may change its chemical structure while alcohol will change its absorption. With certain cholesterol, blood pressure, or cardiac medications, you should never eat grapefruit or drink grapefruit juice as it will increase the blood level of the drug and cause adverse side effects. To be sure you do not create po-



**A big "Thank You" to all the people that brought sweets for the Homecoming/Rally Day Brunch.**

**Pr. Margaret & Doris Chlan**

**Saturday, October 29<sup>th</sup>**

**Town Hall: Koffee Klatch**



**with St. Luke Council after 5 pm service. See You There!**



Dennis and Gayle Caprio are pictured at the Melk Abby in Melk, Austria, one of the many towns and villages they saw on their boat tour upon the rivers of Central Europe including: the Rhine, Danube and the Main.