

www.swamplutheran.org

Swamp Lutheran Church  
275 Swamp Church Rd  
Reinholds, PA 17569

717-336-2849

**STAFF**

**MINISTERS:**

Congregation

**PASTOR:**

Rev. Scott V. Brubaker

**ADMIN ASST:**

Brenda Johnston

**ORGANIST/CHOIR DIRECTOR**

Susan Kreitz

**ASSISTANT ORGANIST**

Grady Daub

**BELL CHOIR**

Doug Kulp

**SEXTON**

John Frantz

**WORSHIP**

8:00AM & 9:00AM

Sunday School

10:15AM

**THREE OPTIONS AVAIL-  
ABLE**

1. Watch video on YouTube
2. Tune in to FM 87.9 in your car parked in church lot
3. Join us inside for in person worship.

Those who participate from car or outside will be brought communion.



## Swamp Evangelical Lutheran Church

**MARCH 2023**

### *From Pastor Scott*

*<sup>8</sup>The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."*

John 3:8 NRSV

These are the words that Jesus spoke to Nicodemus, the Pharisee and member of the Jewish ruling council, who approached Jesus sincerely to learn more about his ministry. Nicodemus acknowledged that Jesus was a teacher sent from God because the miracles Jesus performed were signs from God.

Jesus describes a new birth in the spirit. Just as individuals

are led by the spirit, so too are congregations. The challenge for us, both individually and as a congregation, is to pay attention to where the spirit is leading us.

Figuring out where the spirit is leading Swamp Lutheran is the goal of our visioning project, *Story Matters*. If you participated in session one on January 14, you know how awesome the *Story Matters* project is. Everyone who participated felt it was worthwhile.

Participants left the first session with a homework assignment: Find a Bible story that you feel best describes our congregation. Then, share the story/Bible citation with me and some brief reasons why you selected that story. **For those who may need some ide-**

as, please check out **this [document](#) for examples or call the office to get a copy.**

On March 4, we will hold our second and last session of *Story Matters*. At this session, we will consider your Bible stories as we attempt to create a vision of where the Spirit is leading us in doing God's work.

Please email those Bible stories and your explanation to me at [pastor@swamplutheran.org](mailto:pastor@swamplutheran.org) and plan to attend our next session on Saturday, March 4, from 9 to noon. Lunch follows.

The Spirit is leading us. Be a part of discovering where.

See you in Church, Sunday School, and our next visioning session on March 4.

**Pastor Scott**



**This Lent, keep the chocolate and give up Bigotry, Judgment, Misogyny, Hatred, Bias, & Divisiveness! Love God. Love your neighbor. – Professor Karyn L. Wiseman**

## Church Office Requests



Please call the church office at 717-336-2849 when:

- You are in the hospital or prior to going to the hospital** (or have a relative call for you). In an emergency, call Pastor Brubaker at 717-598-4663.
- You are confined to your home for an extended period of time** because of illness or accident.

- You are going to a rehab center or a nursing home.**
- There is a change in your family status** (birth, death, marriage, or divorce).
- You move to a new home, move out of the area, or go away to college or graduate school.**

Important for keeping data base current.  
 **You schedule a meeting or an event** of a group or committee. To be open and communicative with everyone, we would like to include all scheduling on the Church Calendar and in the Weekly Bulletin.

John Bergman  
Katie Houck  
Joan Long  
Hunter Leisey  
Susan Levan  
Clair Sweigart  
Nancy Kulp  
Charles Hoppman  
Michael Wargo  
Jan Lorah  
Jean Wolf  
John Frantz  
Larry Knauer  
Ray Fox  
Larry Eckenroth

Ed Miller  
Larry Knauer  
Nettie Kriener  
Michael A. Crowther  
Shirley Achey—neighbor of Sue Kreitz  
Mary Kring—*—* aunt of Linda Ream  
Melissa Gress Swift  
Grace Ranck  
Reba Ranck  
Faith Moyer  
Kent Weinhold  
Deb Lorah  
Gene Miller  
Karen Gardner  
Casey & Connor



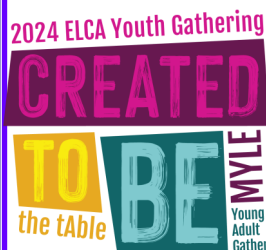
When someone is put on the prayers list, we will keep them on for four weeks. After that time, they will be taken off unless you make another request to have them put back on.

**GIFT CARDS FOR EASTER** -Gift cards are available for purchase and the list of available gift cards is in the Narthex on the table. Deadline for ordering is March 26, 2023 and the cards will be delivered in time for Easter. If there is a specific place that you are interested in and do not find it on the list, please speak to Missy Ragan to check availability. (717) 314-5658



### Mark Your Calendars

2024 ELCA Youth Gathering  
July 16-20, 2024, in New Orleans, LA



Youth participants must be in eighth to 12th grade at the time of registration (fall 2023).

Young adults who are 18 to 35 are invited to take part in the first-ever ELCA Young Adult Gathering. Participants will be split up into cohorts by age.

Financial support of the congregation is critical. Please give generously during the Lenten Pick 6.

## MARCH BIRTHDAYS

LAMAR EBERLY 3/10  
119 MARTZALL ROAD  
DENVER, PA 17517

FRITZ FICHTNER 3/13  
40 COOPER WAY  
DENVER, PA 17517

MICHAEL MILLER 3/15  
PO BOX 210  
65 NORTH MAIN STREET  
REAMSTOWN, PA 17567

WANDA MAXEY 3/19  
278 W. FARMERSVILLE RD.  
LEOLA, PA 17540-9794

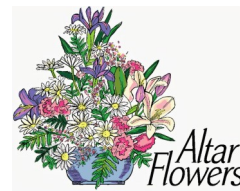
WILLIAM FETTER 3/20  
360 SANDY HILL ROAD  
DENVER, PA 17517

DELORES BECKER 3/24  
815 W. LEESPORT RD #218  
LEESPORT, PA 19533-8857

THE REV. JAMES B. MILLER 3/25  
200B N. RIDGE ROAD  
REINHOLDS, PA 17569

### ALTAR FLOWERS

Grumbine Flowers, providing our weekly altar flowers and candle. The flower price is \$40.00 and the candle price is \$5.00. The flower calendar is posted on the Narthex bulletin board or you can call Joyce Stoner at 717-336-7077, Sundays Available in March



March 12 and 26 are available for flowers  
March 26 is available for candle.



**REMINDER**  
**Choir Rehearsal**  
**Thursdays, 7:00PM**  
**March 2, 9, 23 and 30**

**No rehearsal March 16**

**Ephrata Area Social Services** and Swamp Lutheran Church continue on a monthly cycle to partner with food distribution. Monthly on the second Wednesday we distribute food boxes on behalf of EASS. Currently, there is a shortage of canned fruits, mustard and ketchup. Thank you for helping as you are able.



Pastor Jim Miller is currently at Gardens Spot Village. He can be reached by phone at 717-351-2513



Clyde Showalter  
Mary Ann Weitzel  
Michael A. Crowther  
Clarice Haws  
Charles Moyer  
Ella Shirk  
Leona Showalter  
Anna Adams



Karl Kittler	01
Cooper McQuate	01
Abigail Brubaker	04
Nick Higgins	05
Ashlyn Rapp	06
Jodi Bingaman	07
Olivia Posegay	09
Lamar Eberly	10
Kylee Kidwell	23
Fritz Fichtner	13
Mike Miller	15
Susan Levan	16
George Philippopoulos	17
Ryan Brown	18
Wanda Maxey	19
William Fetter	20
Denise Kidwell	21
Nathan Laudenslager	22
Brooke Koehle	23
Beckah Koehle	23
Dolores Becker	24
Sue Van Zant	24
Sandy Clouser	25
Josh Lorah	25
Lee Showalter	25
Rev. James Miller	25
Michael Witmer	27
Lillee Martin	28
Stacey Pannebecker	28
Chris Zander	28
Justus Lorah	29
Doug Kulp	31

# Pick Six Lenten Offering

This year, Swamp Lutheran will again offer a special giving opportunity for Lent: Pick Six. For the six weeks of Lent, we are encouraging you to give a special, weekly offering in addition to your regular giving. The benevolence giving options listed below are opportunities to give to ministries benefitting those in need—sharing God’s love outside the walls of Swamp.

Envelopes with these options listed on them are available on the table in the narthex. Please grab a pack of six envelopes (one for each week of Lent). Call the office if you need them mailed to you.



**Swamp Action Fund:** Help those in dire need of support for rent, bill payment, etc.



**Community Meal:** Contributions to this ministry support the purchase of food and supplies for the monthly community meal Swamp supports in the community.



**Confirmation Camp:** Help subsidize the cost of Confirmation Camp held at Camp Kirchenwald in June.



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

Help bring God's hope, healing and renewal to people whose lives have been disrupted by disasters in the United States and around the world.



**EPHRATA AREA SOCIAL SERVICES**  
OF EPHRATA, PA

Contributions help provide services to people in our community in the areas of food, clothing, fuel, transportation, and meals on wheels.



**Swamp Food Pantry:** Contributions support Swamp’s ministry of food to those challenged by food insecurity.



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

Contributions to this ministry support the work to eradicate hunger in the United States and throughout the world financially.



**Jan's CIRCLE OF FRIENDS**

**Jan’s Circle of Friends:** Contributions to this organization fund efforts to assist children coping with domestic violence and parental loss.



**2024 ELCA Youth Gathering**  
including MYLE the Table  
Young Adult Gathering

Contributions help cover the cost to send Swamp Youth and Advisors to the 2024 Youth Gathering in New Orleans, LA.



**HOMES OF HOPE** Contributions support the Cocalico Area Homes of Hope transitional housing home in Adamstown and provides housing, mentoring, and budget coaching to participants.



## FLASHLIGHT EGG HUNT

Swamp Lutheran Youth (SLY) along with youth from CALM churches will have a fun evening including a LOCK-IN at Swamp.



DATE: March 31 at 6:00PM—April 1 at 9:00AM

WHERE: Swamp Lutheran Church

WHAT: Dinner, Bonfire, Flashlight Egg Hunt,  
Movie and maybe some sleep.

MARK YOUR CALENDAR!

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### ***This Lent, Give instead of Giving up***

<sup>31</sup> “Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ <sup>32</sup> For it is the gentiles who seek all these things, and indeed your heavenly Father knows that you need all these things. <sup>33</sup> But seek first the kingdom of God<sup>[a]</sup> and his<sup>[b]</sup> righteousness, and all these things will be given to you as well.” Matthew 6:31-33

Lent is an excellent opportunity for self-reflection; an opportunity to reflect on what it means to be a disciple of Christ. During Lent, in addition to prayer and fasting, Christians are asked to focus intently on “almsgiving,” which means the practice of giving money or goods to help those who need it.

The foundational call of Christians to charity is a frequent theme of the Gospels. And we Christians have a powerful example: God, who displayed and displays absolute ongoing generosity, which we receive gratefully by the Holy Spirit.

Psychologists tell us that we can change behaviors by changing our attitudes, and we can change our attitudes by changing our habits. So, let’s work on both simultaneously. Let’s think more generous thoughts and practice a higher level of giving. Each will reinforce the other.

Take the opportunity to reflect back God’s generosity towards us by giving more generously to God’s work, both through special giving such as our Pick 6 Lenten offering program and by upping your regular giving with an eye toward the goal of a biblical tithe.

Generosity as a virtue runs counter to all that our world teaches us about stuff making us happy and content because it tells us that true life is about giving things away, rather than about acquiring them. To that extent, it mirrors the very nature of God the great Giver, who gives us the gift of Christ, the gift of the Holy Spirit, and our daily bread day by day.

As Jesus teaches, giving away worldly things in God’s service leads to an abundant life of wholeness which lasts into eternity.



FEBRUARY

Lowell Haws



March 1	7:00PM	Lenten Series Service	Faith United, Denver
March 4	9:00AM	Swamp Visioning	Church Social Hall
	12:00PM	Lunch	
March 8	7:00PM	Lenten Series Service	St. Paul's, Adamstown
March 15	7:00PM	Lenten Series Service	Bergstrasse, Ephrata
March 18	9:00AM	New Member Class	Church Social Hall
March 21	7:30PM	Grady Daub Recital	Miller Chapel LVC Campus
March 22	7:00PM	Lenten Series Service	Muddy Creek, Denver
March 25	4:00PM	CUBS Blue & Gold Banquet	Social Hall
March 26	8:30AM	One Service	Cocalico Choralaires
March 29	7:00PM	Lenten Series Service	Mellingers, Schoeneck
March 31	6:00PM	SLY Flashlight Egg Hunt and Overnight	
April 1	9:00AM	Parents pick up youth from church	
April 2	8AM & 9AM	Palm Sunday	
April 6	6:00AM	Holy Week Breakfast	
	7:30PM	Maundy Thursday Service	
April 7	6:00AM	Holy Week Breakfast	
	8:00PM	Good Friday Service	
April 9	6:00AM	Easter Sunrise Service	
	7:00AM	Easter Breakfast	
	8:30AM	Easter Worship Service	

Next Council Meeting  
MARCH 16, 2023

**Lutheran Disaster Response** shares God's hope, healing and renewal with people whose lives have been disrupted by disasters in the United States and around the world. When the dust settles and the headlines change, we stay to provide ongoing assistance to those in need. You may support these efforts by writing a check to Swamp Lutheran with the memo marked Disaster Response. The church will then send one check to Lutheran Disaster who in turn will donate 100% of the donation to assist those impacted.



### 50 Plus Year Membership at Swamp

We need your help!! We would like to recognize folks who have been members for over 50 years who joined from 1970—1973. If you are a member who joined the church during these three years please call the office at 717-336-2849 and give Brenda your month and year of membership. Thank you!

## Visioning Project for Swamp's Future Stories Matter!

Stories are how we make sense of our lives. Our personal and communal stories help us see how we are part of God's story. As living variations of scripture, together we will look at our future as Swamp Lutheran Church. This is a season for us to celebrate our sacred stories, especially as we look forward with hope toward the future.

We need *your* stories to be included in a two-part visioning workshop called *Story Matters*. Please plan to attend. Pastor Richard Jorgensen and Deacon Marsha Roscoe of our Synod staff will lead us in this project.

In part one, we will reflect on the stories of our lives and our congregation. In part two, we will name how we are part of God's story. We are inviting members of every age and stage, regardless of how long you have been a member here. What matters most is that God has a story to tell through you! In this highly interactive workshop series, you are invited to come with openness to notice how God is working through our lives. We are working to secure childcare for those who need it.

**Part two will be on Saturday, March 4, 2023, from 9:00 am to noon followed by lunch.**



**HOMEWORK for Part 2: Write down the name of a biblical story or text that reminds you of the congregation, explain briefly why you selected that story, and give it to Pastor Scott. The facilitators will use your stories to help us discern where God is calling us going forward. If you have any questions or need help, please ask Pastor Scott.**

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### KNITTERS AND CROCHETERS NEEDED

It has come to our attention that patients at the VA Medical Center in Lebanon need Lap Robes. The size of the Lap Robe needed is **3.5' x 5'** and may be knitted, crocheted, or made of fleece. Since the Lap Robes are sent home with the patient when they leave the VA, there is an ongoing need for them. If you currently make prayer shawls, please consider switching to making Lap Robes. **Yarn is available from the church, if needed.** We will be collecting the Lap Robes in the Church Library. The VA is appreciative ! **Thank you to all continuing to work on this outreach.**



## CHURCH COUNCIL HIGHLIGHTS FEBRUARY 15, 2023

Your Council met Wednesday 15 February. Highlights include:

**Kitchen Krew:** Our Food Bank provided food for 26 families in February.

They will do a luncheon prior to Ash Wednesday service beginning at 5:00.

March 4 will be serving a luncheon after the Visioning meeting.

Thursday April 6, Friday April 7 and Easter Sunday will serve breakfast.

Always looking for folks to help on the committee. See John Frantz or myself if interested.

**Welcome:** 85 cards were mailed out.

Lap blankets for veterans were delivered.

Prayer shawls were given to residents of The Gardens at Stevens and Faithful Living.

The Spring Fling will be held May 20<sup>th</sup>.

If you turn 70 this year, please inform the office so you can be put on the card list for birthdays.

**Youth Ministry:** The Wreaths Across America project sold 29 wreaths and had a profit of \$160.

Seven youth and 5 adults participated in Laser Tag on February 7.

March 31—Flashlight Egg Hunt and sleepover

They are starting to plan for the 2024 Youth Gathering

**Scouts:** January 23—they visited the Reinholds Fire Company

February 6—Denver Boro Manager, Rod Redcay, was their guest speaker

February 25--Pinewood Derby at Swamp.

March 13 will be bowling at Berks Lanes

March 25—The Blue & Gold Banquet will be held.

**Learning:** Letters were mailed out to students for Confirmation Camp.

Melia VanZant and Nathan Laudenslager will be confirmed on June 4.

The Community Egg Hunt will be held April 8.

Vacation Bible School will be held July 9-13 from 6:30-8:30 pm at the Reinholds Carnival Grounds.

Youth from Pre K to 8<sup>th</sup> grade are invited.

There will be a free meal prior to bible school available from 5:30-6:15

Swamp's contribution will be approximately \$500; determined after all expenses are in..

**Worship:** Dates and times to keep in mind:

Cocalico Choralaires will be here March 26, one service at 8:30 with a breakfast following.

Lent services start Wednesday February 22.

April 6--Maundy Thursday service starts at 7:30pm

April 7—Good Friday service starts at 8:00pm

April 9--Easter Sunday services at 6 and 8:30am with breakfast between

May 28—Summer worship schedule starts



**Other items discussed:** COVID task force met and reviewed the current numbers and recommended that we make no changes at this time.

- ◇ The Synod Assembly will be held in June. If you are interested in attending as a delegate, please let Pastor know.
- ◇ We are looking for a new Property Chairman. If you are interested, let Pastor or myself know.
- ◇ Personnel committee will explore various options, including part-time sexton to do the cleaning also.
- ◇ Time and Abilities forms will be mailed out to the congregation. Please take the time to complete the form to support your church.
- ◇ Pick 6 Lent giving program is starting today. Envelopes are in the Narthex.

The EAGLES had a great run this year! Even though they lost the Super Bowl, it was a terrific season. They will be back next year.

Phillies pitchers and catchers reported to spring training and it's only 42 days until opening day! Let's Go Phils!



Questions may be addressed to Cubmaster Travis Leed at 717-381-1608 or committee chair Tyler @ 717 740 3674 email at [pack95reinholds@gmail.com](mailto:pack95reinholds@gmail.com). Excited to share that we have 3 new Cubs and 3 new adult helpers. Adult Volunteers are always needed.

- March 13 Bowling Dutch Lanes 6:00PM
- March 25th Blue and Gold Banquet 4:00PM
- ⇒ Live Music from Dezzie Renae will
- ⇒ Special Life Saving Award Presented (a scout who saved his parents life earlier this year)
- ⇒ Other Awards.



Have you updated your will and remembered the ministry of Christ at Swamp Lutheran?

Swamp Lutheran Church can be named a beneficiary in your will and/or in your life insurance policy.

.....  
**Give a gift that celebrates your life and commitment to Christ!**

**OFFICERS of COUNCIL**

Lori Gockley, President,  
David Sauder, Vice President,  
Danielle Kauffman, Secretary  
Deb Kohl, Financial Secretary  
Guy Templin, Co-Treasurer  
Sue Knauer, Co-Treasurer

**CONGREGATIONAL COUNCIL**

Danielle Kauffman - Communications  
Sue Ellen Knauer - Constitution;  
Personnel  
Lee Showalter - Disaster Response  
Guy Templin - Finance  
Deb Sweigert - Love, Inc.  
Randy Krater - Property  
Tom Showalter - Safety & Security  
Pastor Scott Brubaker - Scouts  
Deb Kohl - Service  
Fritz Fichtner - Generosity  
Jen Weitzel - Welcome; Learning  
Alan Worley - Youth Ministry

Swamp Evangelical Lutheran Church				
TREASURERS REPORT				
Jan 01, 2023 through Jan 31, 2023				
Account	Budgets January 2023	Actuals January 2023	% of Budget	Remaining
<b>Income</b>	\$ 26,679.25	\$ 20,637.70	77.35%	\$ 6,041.55
<b>Expense</b>	\$ 25,963.64	\$ 26,507.14	102.09%	\$ (543.50)
OPERATIONS	\$ 3,745.86	\$ 6,789.85	181.26%	\$ (3,043.99)
ADMINISTRATION	\$ 1,641.70	\$ 1,577.81	96.11%	\$ 63.89
BENEFITS	\$ 2,590.44	\$ 435.64	16.82%	\$ 2,154.80
THROUGH STAFF	\$ 9,125.50	\$ 9,075.50	99.45%	\$ 50.00
REIMBURSED EXP.	\$ -	\$ 40.00	0.00%	\$ (40.00)
YOUTH MINISTRY	\$ 66.67	\$ -	0.00%	\$ 66.67
PROPERTY	\$ 5,026.71	\$ 827.26	16.46%	\$ 4,199.45
WORSHIP	\$ 412.52	\$ 337.74	81.87%	\$ 74.78
SERVICE	\$ 83.34	\$ -	0.00%	\$ 83.34
COMMUNICATIONS	\$ 16.67	\$ -	0.00%	\$ 16.67
GENEROSITY	\$ 41.67	\$ -	0.00%	\$ 41.67
WELCOME	\$ 466.68	\$ -	0.00%	\$ 466.68
LEARNING	\$ 437.52	\$ -	0.00%	\$ 437.52
BENEVOLENCES	\$ 2,308.36	\$ 7,423.34	321.59%	\$ (5,114.98)
<b>Income less Expense</b>	\$ 715.61	\$ (5,869.44)	-820.20%	\$ 6,585.05



**SUNDAY, MARCH 26**

**8:30 AM—ONE SERVICE ONLY**

Our church will welcome the Cocalico High School *Choralaires* and the Cocalico Middle School *Select Singers* to share their music with us during worship on March 26.

Mark you calendar so that you do not miss this special Sunday of music and service.

Grady Daub will present an organ recital on March 21, 2023 at 7:30PM at Miller Chapel on the Lebanon Valley College Campus



**Gently Used Sneakers Needed.** Cub Pack 95 is collecting sneakers as a fundraiser. Used sneakers (pairs only; athletic shoes only) may be deposited in the bins located in the Narthex and the social hall lobby. The sneakers will be purchased from the Cubs by an organization that resells or recycles them, saving landfill space and natural resources while helping the Scouts raise money to fund their activities. The Cubs are **not** able to accept any non-athletic footwear including but not limited to dress shoes, heels, rain boots, sandals, slip-ons, water socks, wedges, and work boots of any kind. Questions may be addressed to Cubmaster Travis Leed at 717-381-1608 or email at [pack95reinholds@gmail.com](mailto:pack95reinholds@gmail.com)





TURNING TOWARDS GOD'S ABUNDANCE  
WEDNESDAY LENTEN SERVICES DURING MARCH

7:00PM

Wednesday, March 1	Faith United, Denver	Pastor Jim Goodyear
Wednesday, March 8	St. Paul's Adamstown	Pastor Marissa Becklin
Wednesday, March 15	Bergstrasse, Ephrata	Pastor Peter Schwabe-Fry
Wednesday, March 22	Muddy Creek, Denver	Pastor Scott Brubaker
Wednesday, March 29	Mellingers, Schoeneck	Pastor Sandy Gideon
Wednesday, May 18	Ascension, Swamp, Reinholds	Pastor Tim Craven

Offering to benefit Disaster Relief Trip to Houston, Texas, April 16-22, 2023.  
Checks to: North Lancaster Conference Dean's Fund

**LUTHERAN WORLD RELIEF PERSONAL CARE KIT PROJECT**

We are currently accepting donations dedicated to the Lutheran World Relief Personal Care Kit Project. We will be collecting items through the end of April. Donations may be given to **Jane Lesher, Denise Null, Connie Taylor and Debbie Carvell**. Questions to Debbie Carvell 717-336-5638.



We appreciate everyone following the guidelines listed below, as Lutheran World Relief will not send anything that doesn't adhere to these guidelines. Each kit will contain:

- One bath-size towel, (approximately 52"x27"), dark color recommended
- Two bath-size bars (4 or 5 oz) of soap, in it's original wrapping
- One adult-size toothbrush in it's original packaging
- One sturdy comb, (wide-toothed preferred), remove packaging

One metal nail clipper, remove packaging

Wrap all items in the towel and tie with ribbons or yarn. Do not add other items or leave out any of the items listed. **If you don't feel comfortable wrapping an entire kit, we will accept donations of any of the items and gladly assemble the kits! Hint for buying towels: Big Lots carries really nice towels that are the exact size needed for the kit. We bought some last year for a price of \$5.00 each!**

**As always, thank you for making this project a success!**

# Living Lutheran

## On giving up and taking on

By [Tim Brown](https://www.livinglutheran.org/author/tim-brown/) March 3, 2017 (<https://www.livinglutheran.org/author/tim-brown/>)

Should we give something up or take something on in Lent? It seems the rules aren't quite as clear as they used to be: fish on Fridays, evening worship on Wednesdays, no alcohol or chocolate for a 40-day fast? What's the point?

The gift of the liturgical calendar is that it focuses the heart and mind on developing the spiritual tools necessary for the life of faith. We wait in Advent so we can cultivate the spiritual resources required for times of waiting. We celebrate at Christmas and practice spiritual gift-giving so we know how to give, and receive, gifts—including the gift of Christ.

And we turn inward in Lent so we know how to survive when the spiritual well is dry, despondent or gone altogether. Whether you take something on or give something up doesn't really matter. What matters is that whatever you do is intended to bring you back to the one who gives all and is all-in-all for the Christ follower.

Lent is a spiritual housecleaning intended to bring us back to ourselves and the God who first formed us from the ash we smudge on our foreheads that first day of this holy fast. Here are some ideas around giving up and taking on this Lent that might do just that.

**Take on intentional, personal prayer.** I have an app on my phone by “Common Prayer: A Liturgy for Ordinary Radicals” that pings me at 7:30 a.m., noon and 7 p.m., reminding me to take a moment to pray. It even provides me with prayers for the day so I don't go searching for words. You can find more at [commonprayer.net](http://commonprayer.net).

**Give up your meal—or at least transform it.** Perhaps on Mondays you'll make a meal of rice and beans mixed with a simple vegetable or side of fruit. And as you eat, you'll be mindful of the nearly 1.2 billion people around the world who live below the poverty line and spend half of their daily food expenditure on rice, and the more than 300 million people who use beans to keep malnutrition at bay. As a family, this could be a neat discipline of looking at a new culture every week and eating in solidarity with them.

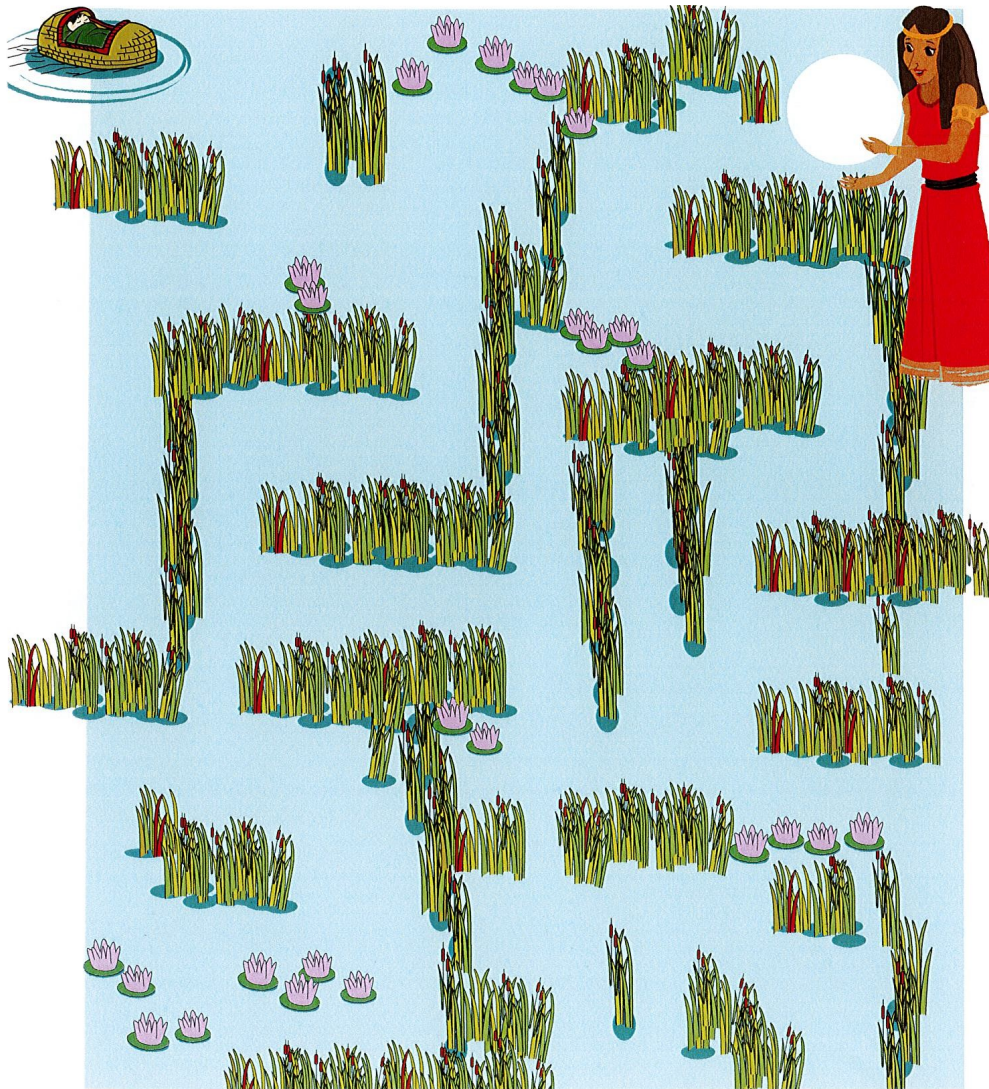
**Take on a greater fast: money.** Practice spending on only what you need in this season, and be strict about the definition of “need.” But do not pocket the savings. Practice the spiritual gift of generosity for others or a cause that seeks after God's *shalom* in the world. Pad your spiritual life, not your bank account.

**Give up your table for others.** On Maundy Thursday, Jesus gathered with his friends. Can you make your own table a welcome one in this season of introspection? Hospitality is a spiritual discipline that allows us to see God in the other, and sometimes we find that we see God for the very first time.



# KIDS PAGE

Help Baby Moses find his Way Safely  
Through the Maze



**SWAMP  
EVANGELICAL  
LUTHERAN CHURCH**

275 Swamp Church Rd  
Reinholds, PA 17569

717-336-2849  
secretary@swamplutheran.org

Office Hours: 8:30-12 Noon



SWAMP  
EVANGELICAL  
LUTHERAN CHURCH



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



## SUPPORT YOUR CHURCH AND THE CHARITIES YOU LOVE THROUGH YOUR LEGACY

**Have you included a gift to your church in your estate plan?**

**Do you want to leave a legacy gift to other ministries of our church?**

Through partnership between the ELCA Foundation and your ELCA Synod and regional ministries, free charitable estate planning is available to you.

### **Gift planning services for individuals:**

We can help you navigate your options to create a gift plan that benefits the ministries that mean the most to you, while maximizing your financial and estate-planning goals. Options include:

- Facilitation of gifts made through wills, trusts or estates.
- Personalized gift plan illustrations
- Resources specific to your legacy needs.
- Tools that create multiple avenues of approach such as donor-advised funds, named endowment funds, and charitable trusts and annuities.
- Gifts of cash, securities, and real estate
- Qualified Charitable Distributions (QCD) from your qualified retirement accounts.

### **Your Regional Gift Planner**

**Marianne Brock**

(717) 574-9066

Marianne.Brock@elca.org



Marianne is the gift planner for Allegheny, Upper and Lower Susquehanna, Northeastern and Southeastern PA, and Virginia Synods. She is available to assist individuals and couples in creating legacy and estate plans benefitting family and loved ones, the ministries of our church, and other non-profit organizations.

Contact Marianne to set up a confidential, no-cost, no-obligation appointment.

[www.swamplutheran.org](http://www.swamplutheran.org)

Newsletter Submission  
APRIL  
FRIDAY  
March 24, 2023

# OPPORTUNITIES

## Summer Camp Open House



**Summer Camp Open House at Kirchenwald & Nawakwa**

**Sunday, March 20**  
**Sunday, April 10**  
**2:00-4:30 pm**

**Come join us!!!**

- Meet some of the Summer Camp Staff
- Take a tour of camp
- \$10 gift certificate for the camp store to every brand new camper!!

Kirchenwald is located on 340 acres of undeveloped timberland, adjacent to 4000 acres of State Game Lands, in Lebanon, Pennsylvania.

Nawakwa is located on 336 acres outside of Arendtsville, in Adams County, Pennsylvania.


For more information, visit [www.LutheranCamping.org](http://www.LutheranCamping.org) or call the Camping Office at 717-677-8211.



Holy Trinity Lutheran Church  
Cordially invites you to  
A free community concert

## Essence of Joy Choir

From Penn State University  
Sunday - March 26, 2023 4 o'clock pm



Holy Trinity Lutheran Church is located at 167 East Main Street in Ephrata. Parking is available behind the church, and the facility is handicapped accessible. This concert is sponsored through a grant from the Anne Grossman Swigart Charitable Foundation.

For further details, please contact 717-733-4134

### DAY OF RENEWAL REGISTRATION FORM

**Date:** Saturday, April 29, 2023  
**Registration:** 9:00-9:30 a. m. (refreshments upon arrival)  
**Time:** 9:30 a.m. to 3:00 p.m.  
**Place:** St. Bartholomew, Hanover  
**Cost:** \$25.00 (Includes program and lunch)  
**Theme:** "Women Who Know and Understand the Ways of God"  
**Scripture:** Luke 1:45  
**Special Offering:** Hanover Area Council of Churches Ministries: See Page 6  
**Contact for Questions:** Edna Sterner  
 Phone: 717-637-5722  
 Email: [waldem50@yahoo.com](mailto:waldem50@yahoo.com)



**About the Speaker:** Rev. Sheila Elizabeth Ireland  
 Sheila Ireland was born and raised in Baltimore, Maryland. She has two adult sons, Colby and Kelly, and a grand-daughter, Breckie Bobbi. Sheila moved to Hanover, Pennsylvania after retiring from public education in 2005. During her thirty-year tenure in education she was an elementary classroom teacher, resource teacher, assistant principal and principal. Sheila holds a Bachelor of Science from Coppin State University, a Master of Arts from Notre Dame of Maryland University, and a Master of Religion from Gettysburg Lutheran Theological Seminary (now United Lutheran Seminary). Her coursework includes completion of Evangelical Free Church of America's Gateway Theological program, where she earned a certificate in Theology. Sheila was licensed and ordained to preach the Gospel in September, 2012. Prior to then and over the years, she has participated in ministries that include: preaching, teaching, Christian education leader, Sunday School, Vacation Bible School, New Member's Class, Deacons and Usher Boards, adult Bible studies, and women's studies. She enjoys ministry, reading, television, and traveling. In retirement, Sheila studied martial arts and earned a first degree Black Belt in Taekwondo.



Sponsored by:  
 The Women of the Evangelical Lutheran Church in America  
 Lower Susquehanna Synodical Women's Organization

(Please complete and mail this section of the form **postmarked by Monday, April 17, 2023**)  
 Make check payable to **LS SWO WOMEN OF THE ELCA** and mail to:  
**Kathy Kauffman, 970 Stevens Road, York Haven, PA 17370**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email address: \_\_\_\_\_  
 Home Church: \_\_\_\_\_ City: \_\_\_\_\_

Variety of Sandwiches  
 Variety of Salads  
 Variety Desserts

## SWAMP LUTHERAN CHURCH ANNUAL EGG HUNT

**Saturday April 8, 2023**  
**10:00 AM-12:00PM**  
**Ages: Pre K- 5<sup>th</sup> Grade**

**Come Enjoy Crafts, Snack and Prizes**

**275 Swamp Church Road**  
**Reinholds, PA 17569**

**HOPE TO SEE YOU THERE**



**Can't wait to get together again with Lutheran Women?**

**You can register for the Twelfth Triennial Convention and Gathering to be held September 19-24, 2023, in Phoenix, AZ. Visit [welcatg.org](http://welcatg.org) for more information.**



Twelfth Triennial Theme



SWAMP LUTHERAN CHURCH  
275 SWAMP CHURCH ROAD  
REINHOLDS, PA. 17569