

IMMANUEL LUTHERAN CHURCH

VOLUME 16, ISSUE 7 AUGUST 2020



WELCOME BACK!

SHARE IN CHRISTIAN FELLOWSHIP

- SUNDAY SERVICES AT 11:00AM
- CHOIR
- SUNDAY SCHOOL
- VACATION BIBLE SCHOOL
- BIBLE STUDY
- ADULT EDUCATION HOUR
- SOCIAL MINISTRY
- OUTREACH
- HALF CENTURY GROUP


INSIDE THIS ISSUE:

PASTOR'S PEN	3-5
REOPENING INFO	6-7
COMMITTEE NEWS	8-9
PARISH NOTES	10-11

As of printing, all group events are in accordance with CDC Guidelines and are subject to change due to COVID-19. Check our website for updates.

www.immanuelnorwood.org

AUGUST 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>The Calendar reflects “Church” events only. For information in regard to “Use of Building” by outside groups, please see the church calendar in church office, or contact Vi Mayberry or Fred Warner.</p>						1
2 11:00 AM Worship Service	3 6:30 PM Bereavement Grp.	4	5	6	7	8
OFFICE CLOSED - VACATION						
9 11:00 AM Worship Service 12:30 PM - Baptism - Harlan	10 6:30 PM Bereavement Grp.	11 6:00 PM Resource Mtg.	12	13	14	15
16 11:00 AM Worship Service 12:00 PM Council Mtg.	17 6:30 PM Bereavement Grp.	18	19	20	21	22
PASTOR - VACATION						
23 11:00 AM Worship Service	24 6:30 PM Bereavement Grp.	25	26	27	28	29
PASTOR VACATION						
30	31	<p>Group/Meetings - Online and in person meetings will be at the discretion of the group and conducted in accordance with current CDC Guidelines.</p>				

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PASTOR'S PEN

I have been thinking a lot about healing recently. Not just from Covid-19 but also about the unsettled nature of our emotional and spiritual life as we wrestle with social strife as we work toward equality and reconciliation.

I want to start by saying that Mental Illness or moments of stress should not be equated with spiritual problems. Mental health and spiritual health are not one and the same. As the body may become sick, even despite the person being spiritually sincere and devout, so can the mind. The mind is, after all, a bodily function and thus is subject to human infirmities and hardships as well.



Sure, good spiritual health may make you mentally stronger or resilient, as being physically and socially healthy can do too.

When it comes to what we can do daily to cultivate mental resilience there are several practical actions we can take. Research continues to report the importance of getting 7-8 hours of sleep in a night. Think about the 10 commandments, the last one has to do with rest! It is that important! It is also during this time that our bodies heal.

CHURCH STAFF

- *Pastor*
The Rev. Scott R. Lee
- *Secretary*
Vi Mayberry
- *Director of Music,*
Kathleen Schneider

CHURCH COUNCIL

- *Jean Crane*
- *Jason DeLong*
- *Siobhan DeLong - Secretary*
- *Fran Fisher*
- *Tom Graham*
- *Mary Lyn Horne-Onimus*
- *Colleen Kelly*
- *Janice Narcavage*
- *Vicki Slotterback*
- *Fred Warner - President*
- *Jeanne Warner - Treasurer*
- *Robin Woodrow - Vice President*

Let's not forget about the myriad of benefits that come with just 30 minutes of exercise, even just walking. We were not meant to be alone, connecting with loving and supportive relationships within and beyond the family can help. Lastly, Jesus says the things we retain on earth we retain in heaven. Practicing compassion, forgiveness and gratitude towards others as well as yourself goes a long way in helping the mind to not dwell in miserable places.

Stay well dear church.

Pastor Lee

Feeling Nervous, anxious, or on edge	Not at all	Several days	More than half the days	Nearly everyday
Not being able to stop or control worrying	0	1	2	3
Worrying too much about different things	0	1	2	3
Trouble relaxing	0	1	2	3
Being so restless that it is hard to sit still	0	1	2	3
Becoming easily annoyed or irritable	0	1	2	3
Feeling afraid as if something awful might happen	0	1	2	3
Summarize Scores				
Total Score				

If you score is 10 or higher, you may want to seek an evaluation by a doctor or psychologist. If your score is lower you may have identified areas for help or support.

Sleep is the most basic form of *self care*

Little interest or pleasure in doing things	Not at all	Several days	More than half the days	Nearly everyday
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling or staying asleep—or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching TV	0	1	2	3
Moving or speaking so slowly that other people could have noticed or the opposite: being so fidgety or restless that you have been moving more than usual	0	1	2	3
Thoughts that you would be better off dead or hurting yourself in some way	0	1	2	3
Summarize Scores				
Total Score				

If you score is 10 or higher, you may want to seek an evaluation by a doctor or psychologist. If your score is lower you may have identified areas for help or support.

Exercise to help reduce *anxiety and depression*

REOPENING INFORMATION

BEFORE worship Details

- To add to the prayer list, call the church office. The secretary will compile the list and leave it for use on Sunday.
- To add written announcements to the bulletin, contact the church office by end of day Monday for the following Sunday.
- Announcements will be made only by the Pastor. Provide your announcement (with full wording) to the church office. The secretary will provide a document with all announcements to the Pastor.

11:00 am LIVE and on-site WORSHIP DETAILS - INFO for attendance at the CHURCH

- **You MUST wear a mask. Please do not remove them while in the building.**
There will be supplies at church if you do not have one to bring.
- We may be testing temperatures on the way into the church.
- We will be taking attendance as you enter, so that contact tracing can be done if anyone gets sick.
- We will be asking you to sign a waiver acknowledging your risk of exposure to COVID 19.
- We will not have any cards, envelopes, pencils, papers, cushions or tissue boxes in the pews.
 - ◇ We will not use communion cards for the immediate future. If you are concerned about being on record for communion, call the church office during the week and Vi will record your communion.
 - ◇ Any cushions that are currently on a pew will be relocated to the shelf above the coat rack. Collect your cushion to use during worship and return it at the close of worship.
 - ◇ Tissue boxes will also be placed on the coat rack shelf. Collect yours as necessary.
- We will have volunteers at the Chester Pike entrance to screen and take attendance. We will not be leaving the handicapped entry unlocked...but if you need to enter there, please have someone in your party let the greeters know at the Chester Pike entry. They will meet you to admit you at the Winona entrance.
- **Please bring hand sanitizer with you.**
- After the service everyone will be expected to leave immediately. Any socialization will need to take place out of doors, maintaining physical distancing.



INFO for attendance via Phone or Internet

- **Zoom church live** – 11:00 am, sharing the service from the church
Use your smartphone, tablet or computer to log in using the link.
<https://us02web.zoom.us/j/84965224237?pwd=eFZaaU9USlcyS9GN0phc1BGZjFZZz09>
- Meeting ID: 849 6522 4237 Password: 295218
Use your phone (any type) to listen to the Zoom Church live. NOTE that the phone numbers are not local – you may incur long distance charges:
+1 301 715 8592 US (Germantown)
+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
Enter Meeting ID: 849-6522-4237 Password: 295218
- To watch a recording: Go to Facebook and worship via recording. The link to the recording will be posted sometime later Sunday.



**ALL GROUP EVENTS/MEETINGS ARE IN
ACCORDANCE
WITH PA STATEWIDE COVID-19 GUIDELINES.
This is a fluid situation and changes daily,
please keep up with the most recent church
developments by:**

Visit our website: www.immanuelnorwood.org

Follow us on Facebook: Immanuel Lutheran Church, Norwood

Church Office hours 9am-1pm - Answering machine: 610-586-5860

Send us your email address: secretary.immanuel@verizon.net

HELP YOUR CHURCH WHILE YOU EAT!!

YOU CAN SUPPORT IMMANUEL BY PURCHASING GIFT CARDS FOR
ACME, SHOPRITE, AND GIANT!



AVAILABLE IN \$10 - \$100 DENOMINATIONS!!

**FOR EVERY GIFT CARD WE SELL, WE GET 5% AS A
DONATION TO IMMANUEL!! IT REALLY ADDS UP!!**

TYPICALLY, CARDS ARE AVAILAABLE BEFORE AND AFTER WORSHIP
SERVICE.

IF YOU NEED THEM DURING THE COVID19 PANDEMIC AND
UNCOMFORTABLE ATTENDING SERVICES, CALL THE CHURCH OFFICE
AND LEAVE A MESSAGE FOR ALEX NARCAVAGE, HE WILL GET BACK
TO YOU.

**PLEASE BUY THE GIFT CARDS AND
HELP OUT IMMANUEL!**



Next year we'll be back
for another uplifting
year and look forward
to everyone's
involvement with VBS
2021.

**Stay Safe and Well!
We miss you all!**

**WE JUST WANT TO
SAY A GREAT
BIG
THANK YOU!**

We want to say **Thank You** to those who have sent in their offerings during this very stressful time as the world deals with the Covid-19 pandemic. Your thoughtfulness and generosity toward church has been wonderful! We have started to use the building as of July 5th! Throughout the whole time the electric, gas, and phone bills have continued to

come in. We are still able to pay salaries thanks to the offerings that have come in. Pastor is reaching out through Facebook and other ways, and now, starting back “in person” as well. Viola is in the office working to get as much info out to everyone with the bulletins and newsletters. Kathleen is now providing solo music for our services. Life of the church has continued to go on – just a little differently and “Virtually” only up to July 5th and now cautiously “in person as well”.

YOU are enabling Immanuel to continue on our Mission the very best we can even during a pandemic in the name of Jesus.

As mentioned last month, we did apply for the government sponsored “Payroll Protection Plan” through PNC bank. We did get approved in the second wave and received a deposit on May 5th. However, as many businesses are learning (and so are we), the rules for how to use this are *complicated, sometimes confusing and they are evolving*. The government has extended the deadline to October 20th and has changed the ratio of how the funds can be used to 60% for payroll and 40% for utilities. We are working with PNC to fully understand the rules. Our intention is diligently use what we can in a way that we do not turn it into a loan which we’d incur interest on and have to pay back. We’ll keep you posted as we go forward.

Let’s do our best with generous support so we can continue our Mission doing God’s Work the best we can as we move forward into the “new normal”. (“In person” with Face Masks, social distancing and following CDC guidelines plus providing our service virtually for those who decide to not attend “in person”).

Speaking of “virtually”, don’t forget if you would like you can sign up for Simply Giving (just contact Jeanne Warner).

Once again.....Thank You!!

Sincerely, Your Resource Committee

Jeanne Warner & Karl McClellan (Co-chairs) + Carol Henderson, & Peg Martinsen.



Ordering from Amazon? Enter AmazonSmile and designate Immanuel to receive a percentage of your purchase. Easy way to help your church!



Norwood Community Day scheduled to take place on September 12th, 2020 has been canceled due to COVID19.

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

Matthew 6:34



HOMEBOUND MEMBER BIRTHDAYS - AUGUST



August 16th -
Amy Williams



Remembering our Baptisms

August

Michael Essick, Sr.

Colleen Kelly

Roy Russell

Ethan Essick

Peg Martinsen

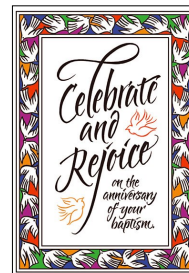
Myrna Shuster

Ava Firkser

Taylor Neher

June Firkser

Emily Firkser



IN REMEMBRANCE



Elizabeth Dawn Gaynor - June 1, 2020

Due to current health restrictions, a outdoor memorial service and life celebration led by Pastor Lee was held at Governor Printz Park in Essington on June 20, 2020 .

Erwin Grieb - June 8, 2020

Due to current health restrictions, a private funeral led by Pastor Lee was held on June 13, 2020 at Keven M. Lyons Funeral Service.

Jennie "Gaye" Kazmark—July 20, 2020

Due to the current COVID restrictions a memorial service is to be determined at a later date.

Please keep their families and friends in your prayers.

¹ Let not your heart be troubled: ye believe in God, believe also in me. ² In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. ~ John 14:1-2

IMMANUEL CELEBRATES!

Kevin Michael Greto & Sarah Ann Duffy were married on Friday, June 26, 2020 at Immanuel Lutheran Church officiated by Pastor Scott Lee.

So now faith, hope, and love abide, these three; but the greatest of these is love.

~ 1 Corinthians 13:13



IMMANUEL LUTHERAN CHURCH

501 Chester Pike, Norwood, PA 19074

Phone: 610-586-5860

E-mail: Pastor.immanuelnorwood@gmail.com
Secretary.immanuel@verizon.net



The Rev. Scott R. Lee

Church Office Hours

Monday - Friday 9:00 AM - 1:00 PM

August 2020

ALTAR FLOWERS AND BULLETINS

For Whom:

ALTAR FLOWERS

- In Honor of
- In Memory of
- In Celebration of

BULLETINS

- In Honor of
- In Memory of
- In Celebration of

DETAILS:

- ANNIVERSARY
- BIRTHDAY
- BAPTISM
- GRADUATION
- LOVED ONES
- OTHER

Prices and Ordering Information

Altar Flowers: \$35.00

Contact Fran Fisher at 610.586.3095

Bulletins:

\$20.00

Contact the Church Office for available dates.

Name of Sponsor(s): How it will appear in Service Bulletin

Envelope No:

Phone