

The Lutheran Light

"As the Body of Christ, St. Mary's Evangelical Lutheran Church is called by the Father through the Holy Spirit to worship God and witness to others."

Vol. 36 No. 04 April 2014

The Pastor's Prism



Remembering and Forgiveness

At times we Christians struggle with things, call it sin, that linger in our memory, even horrible things that were utterly wrong or things we failed to do, which may or may not have been found out by others. Yes, we make our confession, and receive absolution but then the memory of what we did or failed to do still continues to come back and haunt us.

When that happens there may be several things going on. In the first case, the memory may serve as a warning not to conduct ourselves in the same way should such a tempting situation arise in the future.

Secondly, it may be that we haven't truly accepted the absolution that was offered to us. That is we haven't really taken God's forgiveness into our hearts.

Thirdly, the memory may arise from the devil who is constantly trying to separate us from the forgiveness that has come through Christ. The devil's attacks are designed to bring us weak resignation or despair, which can lead to doubts about God and His existence.

Regardless of the source of the lingering memory, we need to look outside of our feelings to what Christ has promised to all those who put their trust (faith) in Him, which Luther recognized when he wrote, **"I believe I cannot by own reasoning or understanding come to Jesus my Lord, or believe in Him, but the Holy Spirit has called me through the Gospel, enlightened me with His gifts, sanctified and kept me in the true faith..."** (Luther's explanation to the 3rd Article of the Creed in the Small Catechism).

At such times when sinful memories come to haunt us, we need to get beyond our feelings and turn to God in prayer and look to His Word for guidance. Yes, God forgives our sins if we truly receive the forgiveness He offers us through Jesus Christ. Such texts as Ephesians 1:5-8a; 4:31-31; Colossians 1:13-14, 3:13, show us that the forgiveness of sins is given through Jesus Christ and His vicarious suffering to all who acknowledge their sin and receive this great gift.

There are even texts that show God forgets the sin that we commit as in Jeremiah 31:34; Hebrews 8:12; 10:17-18. This happens when we show our intention to do better through bearing fruits of repentance. God doesn't keep account of our sins but He does expect something to happen as a result of having received His forgiveness. That is clear from Matthew 25, the great judgment scene where all people are asked what they did about feeding those who were hungry, thirsty, lacked clothing, the sick, and the imprisoned. Jesus says at that time, **"Truly I tell you, just as you did it to one of the least of these who are My brothers, you did it to Me."**

Furthermore Jesus makes clear the importance of response to God in the stories about the good Samaritan (Luke 10:29-37) and Lazarus and the rich man (Luke 16:19-31). He also showed that His forgiveness is to lead to repentance as in the case of the woman caught in adultery to where He says to her after her accusers have left the scene, **"Go and sin no more"** (John 8:1-11).

Undergirding all our remembering and receiving forgiveness is receiving the love that God gives to us that is reflected back to Him in our acts of love

towards Him and the neighbor. Faith makes it possible to receive the love He gives and faith makes it possible to put the needs of others above our own. His forgiveness is sure and we can try again to serve once more because of what He has given us through Jesus Christ and His cross.

+ "Pr. Lee"

Almighty God, forgive us those times when we wallow in the memories of our sins and fail to trust Your forgiveness that comes through the crucifixion of Jesus



Christ. Free us from those sinful memories that cause us to despair rather than having faith. Help us to learn from memories to avoid repeating those sins that are harmful, and give us the strength to show our repentance by showing our love for You through actions to our needy neighbors. Have mercy on us and help us through Your Son Jesus Christ our Lord in Whose Name we pray. **AMEN**

Newsletter Information

Deadline: 3rd Wednesday by 10:00 a.m.

Office Hours: Mon/Wed/Fri 9am-1pm

Please contact the office when:

- ✓ your committee plans a meeting/activity so it can be listed on the master calendar.
- ✓ you have an announcement to be included in the newsletter. (Online Announcement form on our website. Paper announcement forms available on the church and parish house bulletin boards. You may also email your information to the church office, to newsletter@stmaryselc.org)

Council Highlights



Council met on Monday, March 10th, 7:00 p.m..

- Our appreciation to the Audit Committee for reviewing financial records for 2013 - Donald Lawyer, Cynthia Lawyer, and Donna Myers. Our appreciation to Art Wisner our treasurer for his continuing careful and accurate management of St. Mary's financial accounts.
- April 5th - Egg Hunt and Pot-Luck 4:00 to 8:00 p.m. Please bring a dish or two for sharing.
- April 6th - Church Brunch sponsored by the Sunday school and others following Sunday worship service to benefit Mahantesh Baburao whom we help support through World Vision.
- Quilt tickets are available for the Strawberry Festival.
- On March 6th Jeff Spann from Church Extension Fund of the ELCA went over handicap ramp access plans to the parish house with Property Committee.

~Dwyn Fleischer,
Acting Council Secretary

As Luther Says...*

A Christian is at once a sinner and a saint' he is wicked and pious at the same time. For so far as our persons are concerned, we are in sins and are sinners in our own name. But Christ brings us another name, in which there is the forgiveness of sins, that for His sake sins are remitted and pardoned. So both statements are true: There are sins, for the old Adam is not entirely dead as yet; yet the sins are *not* there. The reason is this: For Christ's sake God does not want to see them. I have my eyes on them. I feel and see them well enough. But there is Christ, commanding that I be told I should repent, that is, confess myself an sinner and believe the forgiveness of sins in His name. For repentance, remorse, and knowledge of sin, though necessary, is not enough; faith in the forgiveness of sins in the name of Christ must be added. But where there is such a faith, God no longer sees any sins; for then you stand before God, not in your name but in Christ's name. He adorns you with grace and righteousness, although in your own eyes and personally you are a poor sinner, full of weakness and unbelief.

*What Luther Says, Ewald M. Plass, compiler, St. Louis: Concordia Publishing House. 1959.8th printing.1380:4443

News Around the Parish

CHURCH MEMBERSHIP DECLINE is the subject in the "Exploring Series" which will be held at the Lutheran Theological Seminary at Philadelphia on April 10 from 7 p.m. - 9 p.m. The panel discussion with "smart" people who don't go to church will be led by the Rev. James Hazelwood, Bishop of the ELCA New England Synod. There is no cost for the event and it can be streamed live on your computer by simply registering. Go to www.ltsps.edu/exploringseries and register by putting your browser on "click here" to access registration.

WE RECEIVED A "THANK YOU" from the Silver Run Food Pantry for our donation of \$993.00 from the Christmas Bazaar. We also gave Carroll Lutheran School \$993.00. We cleared \$4414.50 at the Bazaar. 10% or 441.00 went to the MD/DE Synod. Of the remaining \$3,973.50 we kept half, \$1,987.00, designated for handicap access and the other half was divided between the Food Pantry and the School.

THE OUTREACH COMMITTEE WILL BE DOING THE KITCHEN FOR THE "LIONS BINGO" on Saturday April 12, 2014. We would like donations of pies, cookies and maybe fudge. Monetary donations are also welcome for purchase of food items. Donations can be dropped off the Friday (April 11) before, between 10 and 2, or Saturday around 4 to 5. We will also need help in the kitchen. See Jim Crist for questions or donations.

Silver Run Community Food Pantry

located at
St. Mary's Evangelical Lutheran Church

(Distributed from Parish House located directly behind Church, Mayberry Road Entrance)



**1st & 3rd Wednesday
of the Month
5:30 - 6:30 p.m.**

Non-Perishable Food Items Distributed.

All Are Welcome!

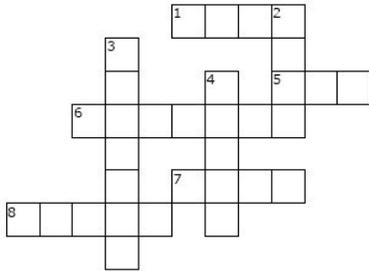
Donations Accepted!

Email: foodpantry@stmaryselc.org

Kids' Corner

Easter Sunrise Surprise

He is not here; he has risen! Luke 24:6a (NIV)



ACROSS

1. A place where someone, especially an important person, is buried
5. A period of twenty-four hours
6. To kill someone by tying or nailing them to a cross
7. A period of seven days
8. A hard solid substance found in the ground which is often used for building

DOWN

2. The whole physical structure that forms a person
3. The first or early part of a day
4. "He is not here, he has _____." Luke 24:6

day	morning	stone	crucify
week	tomb	body	risen

Enter the correct words in the boxes based on the shape of the letters.

<p>1. </p> <p>2. </p> <p>3. </p> <p>4. </p>	<p>5. </p> <p>6. </p> <p>7. </p> <p>8. </p>
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women	stone	away	crucified
tomb	rolled	living	raised

Fill in the blanks. Answers are found in Luke 24:1-12

- ___ 1. The women went to the _____ on the first day of the week.
A. tomb B. crucified C. risen D. body
- ___ 2. It was very early in the _____.
A. living B. stone C. morning D. risen
- ___ 3. They found the _____ rolled away from the tomb.
A. crucified B. body C. stone D. morning
- ___ 4. They did not find the _____ of Jesus.
A. stone B. tomb C. risen D. body
- ___ 5. "Why do you look for the _____ among the dead?"
A. believe B. crucified C. living D. morning
- ___ 6. Jesus had told them he would be _____.
A. risen B. living C. stone D. crucified
- ___ 7. "He is not here, he has _____."
A. risen B. body C. believe D. living
- ___ 8. Some people did not _____ what the women told them.
A. crucified B. stone C. living D. believe



"He has risen! He is not here."
Mark 16:6

DRAK

TIRSF

KEWE

WMOAN

1	2	3	4	5
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Notes & Thank Yous



February 27, 2014

Dear Members,

On behalf of the students, staff, families and the Board of Trustees, I extend my sincere appreciation for your very generous donation of \$993 to Carroll Lutheran School through funds raised at your Christmas Bazaar. Your generosity will allow CLS to continue to educate children in a truly unique way; fostering the love of Christ as a guiding value. With your gift, students will continue to receive a high-quality, faith-based education in a safe, nurturing environment where all students are accepted and respected individuals.

CLS would not be able to complete its mission if it were not for the members of our conference churches and the donations you contribute. Not only are all of the teachers and staff thankful for your donation but our students and families benefit from your generosity and support through your financial gift. Donations allow CLS to realize our mission to develop *lifelong learners* who demonstrate *Christian compassion* and *social responsibility*. Your gift is truly appreciated.

In Christ's service,
Karen E. Ganjon
Administrator

Dear friends in Christ at St. Mary's Ev Lutheran Church,

Thank you so much for your covenant to sponsor Eric & Wendolyn Trozzo, our missionaries in Malaysia. Your gifts really do make a difference for God's global mission!

Blessings,
ELCA Global Church Sponsorship Team



Evangelical Lutheran Church in America

God's work. Our hands.

March 4, 2014

Dear St. Mary's Evangelical Lutheran Church,

Thank you for your generous gift of \$110.00 to Eric and Wendolyn Trozzo. Your support is appreciated very much.

Your gifts for ELCA Global Church Sponsorship help the ELCA respond to God's call to go and proclaim the good news of the gospel near and far. Our church is made up of 10,000 congregations, 65 synods and numerous church wide ministries working hand in hand with 80 companion

Lutheran churches around the world.

Together, we achieve things on a scale and scope we could never do alone. With your support, our church:

- Sends more than 240 Missionaries, including more than 60 Young Adults in Global Mission, to work hand in hand with our global companions in more than 40 countries.
- Provides scholarships to International Leaders as they respond to God's call to ministry.
- Supports Global Ministries in our companion churches, including evangelism and education efforts...

...Your gifts and prayers connect you directly to our missionaries and global companions who are working alongside each other to build up Christ's church. You make their life-changing ministry happen!

In gratitude,
Rev. Lanny Westphal, Director
ELCA Global Church Sponsorship

Contact Information

Council President: Craig Fleischer 410-346-6065, **Council Vice-President:** Dwyn Fleischer 410-346-6065, **Council Secretary:** Jill Spriggs 410-751-7670, **Treasurer:** Art Wisner 443-824-3914, **Funeral Reception Committee:** Marion Matthias 410-346-7380, **Outreach/Welcome Chairperson:** Jim Crist 410-848-4391, **Christian Education Chairperson:** Laura Bennett 410-346-6729, **Property Committee Chairperson:** Gary Meadows cell 410-236-9161, **Staff Support:** Rick Sparacino 717-637-0067, **Stewardship Chairperson:** (), **Worship & Music Committee Chairperson:** (), **Flower Committee:** Ruth Warfield 443-732-6030 & Ann Pearre 410-346-6686, **Altar Guild Coordinator:** Fran Crist 410-848-4391, **Lector Coordinator:** Jim Crist 410-848-4391, **Acolyte Coordinator:** Zachary Scott, **Front Sign Preparer:** Crystal Ruby, **Bell Ringer:** Junior Miller, **Stamp Coordinator:** Helen Wolf, **Carroll Lutheran School Delegate:** Jim Huber, **Thrivent Liaison:** Donna Myers, **Carroll Lutheran Village Delegates:** Jim & Fran Crist, **Silver Run Food Pantry Program Director:** Brenda Meadows 443-244-0453

Women of the **ELCA** 

Spring Meeting

Monday, May 5, 2014 6:30 p.m.

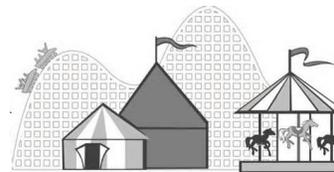
**St. Mary's Lutheran Church
3978 Littlestown Pike
Westminster, MD 21158**

6:30 pm - Registration with coffee and dessert
7:00 pm - Devotions - Immanuel Lutheran Church Women
7:15 pm - Guest Speaker - Amy Livingston
The Adoption of Foreign Children

We encourage you to attend and bring a friend or two!

Let's have a great turnout! See you on May 5, 2014.

Group Ticket Sales



It's that time of year again. Hershey Park group ticket sales.. This year I am not going through someone, I am selling tickets myself. I wanted to share this with everyone I know... So here you go.

I am selling group rate tickets to Hershey Park. You can use the tickets any time between May 9th and September 28th 2014.

- Regular tickets (ages 9-54) \$32.00
- Junior/senior (3-8 & 55-69) \$27.75
- Senior plus (70+) \$21.50
- Kids age 2 and under free

These are great rates however, I have a deadline to get these rates. Please let me know as soon as you can if you would like tickets and how many. Please feel free to ask friends and pass the word. I will be collecting the money the week of March 31st. Please make the check out to Me. I need to mail a check on April 5th. Otherwise we will not be able to get this rate. Please let me know if you have any questions.

~Laura Bennett, 443-847-0602



Mother's Day is quickly approaching (5/12/13). If you would like to place a special greeting which will appear in the Mother's Day bulletin insert, the cost will be \$1.00 per entry.

Please fill out the form below and mail to the church office or place in the designated box in the overflow room along with your cash or check made out to St. Mary's Evangelical Lutheran Church. Should you have any questions, please contact Susan in the church office 410-346-7146.

Deadline is Sunday, May 5, 2013.

(To avoid misspellings, please print legibly.)

In honor of _____

by: _____.

In honor of _____

by: _____.

In honor of _____

by: _____.



In memory of _____

by: _____.

In memory of _____

by: _____.

In memory of _____

by: _____.

Mar Lu Ridge Camp

Registration for Summer Camp is happening now! Mar Lu Ridge offers camps for children ages 6-17, day camps for ages 6-10, as well as Family and Adult Camp. All are welcome! We invite you to visit our website and check out the brochure – Choose from classic small group camps, Horseback, Arts, Cooking, Pioneer, Adventure, the ever popular Night Owls and so much more. Our next Open House will be held April 26 from 2-4:30 pm in Agape Hall. Summer Camp changes lives, and Mar Lu Ridge has a 54 year history of offering a safe, Christ centered outdoor experience for everyone!



Over-View of Lent in 2014

Our Lenten offerings go towards support of Prs. Eric and Wendolyn Trozzo, missionaries, who serve at the Lutheran Center at the Ecumenical Seminary at Sabah, Malaysia. Lenten Focus meetings continue each of the Sunday evenings during the Lenten Season at 5:30 p.m. with a simple supper of bread and soup in the Parish House. From about 6 p.m. to 6:45 p.m. we have presentations and discussions on *Revisiting Luther* as we look at some of Luther's writings, including some of his letters, prayers, hymns, and other writings. We also utilize the PBS film/DVD, *Luther*, that does an excellent job of presenting some of the context of Luther's times with interjections from those who have made studies of his life and times.

Holy Week begins on Palm Sunday, April 13th, at 9:30 a.m. with the blessing of the palms in the rear of the church.

+ Sunday, March 30th at our 9:30 worship service will include the Service of Healing with Holy Communion.

+ Maundy Thursday service is on April 17th at 7:00 p.m. (with

the laying-on-of-hands for individual forgiveness, pedilavium (foot washing), Holy Communion, and stripping of the altar and sanctuary.

+ On Good Friday, April 18th, we will have two services: - At 2:00 p.m. - Stations of the Cross, outside, weather permitting. Please dress casually but warmly. In case of inclement weather, we will conduct the Stations of the Cross in the Parish House auditorium. This service lasts about an hour. - At 7:30 p.m. - Good Friday, our service is centered around Jesus' Passion according to St. John and Jesus' cross.

May this Lent bring us and others His blessings as we participate in the opportunities that are provided to worship, learn, and grow as His people in service to Him and to our neighbors.

[The Resurrection of our Lord is celebrated on Sunday, April 20th, with a festive worship service at 9:30 a.m.]

Wellness

The Best Foods for a Good Night's Sleep
by: Dr. Isaac Eliaz

What you eat can drastically affect how you sleep, so in order to get a good night's rest, it is essential to choose foods that calm your mind and body rather than those that stimulate you. Certain types of foods will naturally promote rest and relaxation, particularly those that contain tryptophan the amino acid that the body uses to make serotonin, the neurotransmitter that slows nerve activity within your brain.

Tryptophan - Since tryptophan is a precursor of other neurotransmitters in your brain, including serotonin and melatonin, eating foods that are rich in tryptophan will help you feel relaxed and sleepy. Foods such as turkey, hummus, lentils, and kelp are naturally high in tryptophan and also contain nutrients that provide a host of other health benefits. In addition, bananas not only contain tryptophan, but also potassium and magnesium, which are natural muscle relaxants. Fresh and dried cherries are also one of the only natural food sources of melatonin. Read more of my healthy diet recommendations by visiting www.dreliaz.org/recommends-diet.

Carbohydrates - Foods that are rich in starchy, high-glycemic carbohydrates may also promote better sleep, as they help to stimulate the release of insulin and tryptophan and cause these sleep-inducing substances to enter the brain. According to a study published in The American Journal of Clinical Nutrition, carbohydrates that are on the high end of the glycemic index scale, meaning they increase the body's sugar levels rapidly, encourage sleep when eaten at least four hours before bedtime. Foods such as Jasmine rice, potatoes, carrots, corn, puffed cereal, and honey are some of the healthiest choices of simple carbohydrates.

Calcium - Calcium helps the brain use the tryptophan to manufacture melatonin. Certain combinations, such as whole-grain cereal with milk, a peanut butter sandwich, or crackers with cheese contain both carbohydrates and calcium that work together to relax the mind and body. Calcium itself is so beneficial in helping you sleep, as it is a natural muscle relaxant that can also help you manage stress levels.

Timing - Eating these various foods calms your nervous system and triggers a sleep-inducing hormonal response, helping you rest better at night. However, timing is everything, as eating a large meal too late or eating right before bed time can actually have the opposite effect and keep you up at night. It is best to eat these foods later in the day or at least one hour before bed time since it takes about one hour for tryptophan from food sources to reach the brain.

Above all else, it is important to avoid rich, heavy and high-fat foods within two hours of bed time, as they require a lot of work to digest, and may cause stomach trouble and heartburn. It is also wise to avoid drinking too many liquids, including water, juice, tea or other fluids, as this may result in frequent bathroom trips throughout the night. Caffeinated drinks, such as soda, coffee or caffeinated teas not only act as diuretics, but will also keep you stimulated and make falling asleep that much more difficult. For more recommendations on relaxation-promoting diet and supplementation tips, visit www.dreliaz.org.

About The Author - Dr. Isaac Eliaz is a respected author, lecturer, researcher, product formulator, and clinical practitioner. He has been a pioneer in the field of integrative medicine since the early 1980s. Dr. Eliaz is a frequent guest lecturer on integrative medical approaches to health, immune enhancement, and cancer prevention and treatment. (www.articlecity.com)

April 2014

Holy Communion is celebrated each Sunday

Sunday Worship 9:30 a.m. Sunday School/Confirmation Class 11:00 a.m.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Silver Run Food Pantry 5:30 - 6:30 p.m.	3	4 Kourtney Powell	5 Easter Egg Hunt & Pot Luck - 4 - 8 p.m.
6 5 th Sunday in Lent - Purple Ezekiel 37: 1 - 14 Psalm: 130 Romans 8: 6 - 11 John 11: 1 - 45 Basket Offering - New Life for Girls Church brunch following worship. <i>5:30 p.m. Lenten Focus #5</i>	7	8	9	10 Streaming computer session/why people don't go to church 7 - 9 p.m.	11	12 Lion's Club Basket Bingo in Parish House
13 Sunday of the Passion/Palm Sunday - Scarlet Isaiah 50: 4 0- 9a Psalm: 31: 9 - 16 Philippians 2: 5 - 11 Matthew 26: 14 - 27: 66 <i>5:30 p.m. Lenten Focus #6</i>	14 James Pearre Church Council Meeting - 7 p.m.	15	16 Newsletter Deadline 10 a.m. Silver Run Food Pantry 5:30 - 6:30 p.m.	17 Alec Schapiro Maundy Thursday Service - 7:30 p.m.	18 2:00 p.m. Stations of the Cross 7:30 p.m. Good Friday - St. John's Passion	19 Sharon Adams <i>Resurrection of Our Lord: Vigil of Easter</i>
20 Resurrection of Our Lord/Easter Day - White Acts 10: 34 - 43 Psalm: 118: 1 - 2, 14 - 24 Colossians 3: 1 - 4 Matthew 28: 1 - 10 (No Sunday School)	21 Shirley Stansbury <i>Easter Monday</i>	22	23	24 Carl Eyler	25 <i>Mark, Evangelist</i>	26 Spring Cleanup Day 8 am - Noon Scout Eagle Project/Food Pantry Work Day NCCS Class Trip Scrapbook Day in Parish Hall 9 am - 6 pm
27 (Earth Day) 2 nd Sunday of Easter - White Acts 2: 14a, 22 - 32 Psalm: 16 1 Peter 1: 3 - 9 John 20: 19 - 31 Social Hour - Outreach Committee	28 Rodney Bupp Lutheran Men @ St. Luke's 6:30 p.m.	29	30 Joanne Carpenter	Worship Helpers Acolyte: Suzy Spriggs, Gillian Scott Usher: The Meadows Family Communion Asst.: Helen Wolf Altar Guild: Fran Crist, Jill Spriggs (No anniversaries this month.)		



The Silver Run
Lutheran Light

St. Mary's Evangelical Lutheran Church
 3978 Littlestown Pike
 Westminster, MD 21158-1541
 (Corner of Route 97 and Mayberry Road)
 Silver Run

The Rev. Dr. H. Lee Brumback, II, Pastor

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 Outreach Email: outreach@stmaryselc.org
 Newsletter Editor: newsletter@stmaryselc.org
 www.stmaryselc.org

OUR MISSION "As the Body of Christ, St. Mary's Evangelical Lutheran Church is called by the Father through the Holy Spirit to worship God and witness to others."

**St. Mary's Evangelical
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 3978 Littlestown Pike
 Westminster, MD 21158-1541**

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