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# 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. 35 No. 03, March 2013

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## The Pastor’s Prism



*Existing for More Than Ourselves*

The view from our kitchen window continues to provide me with things to ponder. Beyond our yard are three pastures that have race horses in them. Each pasture is fenced with 3 neat rows of horizontal boards alternating with space between them. Currently, the horses are given baled hay each day by a couple persons, one who drives a tractor while the other throws off baled hay from a wagon. At one end of the pasture is a water tank and a shed. Sometimes we’ll see foxes or hawks searching for mice in the meadow.

What is amazing to me about what I see is a microcosm of how all this fits together in a purposeful way. It allows me to postulate, **everything and every creature, including humans, exists for more than itself.** The earth gives itself to the grass, the grass and hay gives itself to the horses, The fences were once trees now give themselves as boards and posts. The iron that was in the earth gives itself to nails, which give themselves to hold the boards on the fence and for metal in the tractor and wagon. The horses give themselves for enjoyment and racing by their owners. The humans give of themselves to take care of the horses. On and on go the connections that one can see of one thing or one creature to another. Everything and everyone exists for more than itself but for good of others or something else.

All these connections are the way that God has designed the world. Everything can be traced back to Him, “God saw everything that He had made, and indeed it was very good” (Genesis 1:31a). It has long been noted that all of creation is good, even if we haven’t discovered that purpose for ourselves,

e.g., why there are cockroaches, mosquitoes, cancer, malaria. Understanding that all things and all creatures exist purposefully leads us to greater respect for the creation, even those parts that we don’t understand.

Where humanity and creation seem run into problems is when the focus comes on one thing at the expense of another, which ignores the Divine connection. We certainly see this among ourselves as humans who seem to constantly fight for power, resources, or something else. At the current time it would seem that we humans are the greatest threat to all that is as we multiply and use up resources that are increasingly limited as a result. We’ve not learned how to control our insatiable appetites, thinking that everything is for exploitation.

The same thing happens in nature as well when we see one species attempting to take over things as did the Gypsy moth in forests or Canadian thistles in pastures. Some might argue this is simply the tendency of natural competition of the survival of the fittest, particularly when resources seemed limited.

In coming into our world as a human being, Christ exemplifies the human and Divine connection. He showed us that all things were under His domain as He calmed storms, healed people, raised the dead, preached repentance, showed us nearness of the Kingdom to God, revealing that everything is connected and exists for more than itself. His suffering and death on the cross perfectly illustrate that God’s love exists for more than Itself and is for humanity and the creation. God giving Himself for us through Christ reminds

us that we exist for more than ourselves as we give glory to Him and serve our needy neighbor with the gifts and skills He has given us.

+ “Pr. Lee

Almighty God, we praise You for the wonderful way You have created all that is, and the connections that exist between everything. Forgive us as we try to exploit Your creation in ways that are harmful and against Your will. Give us the wisdom to know, understand, and respect the connections You have created. Most of



all help us to recognize that we exist for more than ourselves, as You call us to for serve You and our neighbor; it is through Jesus Christ and His cross that we know Your self-giving love for us. Hear us and have mercy on us, through that same Jesus Christ in Whose Name we pray. AMEN

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## Newsletter Information

**Deadline:** 3<sup>rd</sup> 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 or Sunday bulletin. (Announcement forms are available on the church and parish house bulletin boards. Please fill out a form and place in the church office’s “In Box”. You may also email your information to the church office, to the Secretary’s attention.)
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## Host Families for German Youth Needed

During the first two weeks of July 2013, St. Mary's will be hosting a visit from a group of English-speaking German youth, ages 15 to 20 years old, with chaperones from our "sister" congregation, St. Jürgen's Evangelical Lutheran Church in Schlamersdorf, Germany. This visit comes as an outgrowth of St. Mary's 250<sup>th</sup> anniversary in 2012 when a "sister" relationship began with Pr. Dieter Kuchenbecker and the St. Jürgen congregation.

Host families in the local Christian community with youth of similar age are being sought to share in this unifying, culturally-growing experience, which will be centered at St. Mary's Evangelical Church, 3978 Littlestown Pike, Westminster, Maryland. The purpose of their visit is to interact and share with American youth close in age under the theme of "Common Ground." Also, the program will include shared Bible study, worship, discussion and group visitations, with exact details forthcoming.

This visit is a wonderful opportunity to share and learn with and from another culture, which has many similarities to our own. We already profess what we share most in common, which is our unity in Jesus Christ. And, it is through this unity in Christ that we are provided a path towards better understanding, tolerance, fulfillment and enjoyment of each other's cultural traditions, similarities and differences ... **and we invite your family to share in this experience.**

Host families are asked to provide room, board, and transportation to and from St. Mary's for group and church-hosted gatherings, although we will try to coordinate travel where ever possible. Also, we're planning a few sightseeing trips (i.e. possibly Washington DC, Hershey Park, Gettysburg, etc ...) which would **not** require your financial support; just merely drop-off and pick-up of youths from St. Mary's. Of course, everyone is welcome to participate in all activities; but, this is not required as a host family. Every effort will be made to match youth based upon host family desires.

**A general meeting is scheduled for Tuesday, March 5, at 7 p.m. in our parish house for interested families** to discuss details such as agenda, insurance, food/drink concerns, health matters and possible youth/adult exchange trip to Germany. At the end of the meeting, we will ask for a commitment to be involved from those interested. For more background, please see the article on "Common Ground" and the interview with Pastor Dieter in the November 2012 edition of the "Silver Run Luther Light".  
[http://www.stmaryselc.org/files/November\\_2012\\_youth.pdf](http://www.stmaryselc.org/files/November_2012_youth.pdf)

If you have questions in the meantime, please don't hesitate to contact Jim Huber (410-848-0525), who chairs our committee, or Pastor Lee. **Please give your involvement prayerful consideration.**

## As Luther Says...\*

**I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.** Psalm 32 (viii)

You ask Me to redeem you. Do not grow disheartened. Do not teach Me and do not teach yourself. Let Me be the only Master you need and I will lead you in the path in which I want you to walk. You think that everything is ruined when things do not go as you think they should. Your thinking is harmful to you and it hinders Me. Things must not go according to your understanding but beyond your understanding. Sink down into unknowing and then I will give you My understanding. Not to know where you are going is to know exactly where you are going. This is the Way of the Cross and you will never find it unless I lead you like I would lead a blind man. Therefore you will not be led by yourself or a human being or a creature but by me. I Myself will instruct you through My Spirit and Word in the way in which you should walk. This will not be a labour that you would choose, nor the suffering that you would predict, suffering that approaches you, contrary too all your thinking, your choice and your desire. Follow Me. When I call, be My student. When the time comes, your Master will be there. And then you should not be a horse, or a foolish animal.

*Schriften, 18. BD., S. 489*

\*Luther's Breviary. A Meditation for Each Day of the Year, Wartburg Verlag GmbH, Weimar Und Internationale Martin Luther

## Information for Easter Season

- Saturday March 2nd 5:00pm - 7:00pm and Saturday March 9th 9am - 11am join us in the Parish house for our Carroll Art Peep show creation.
- Saturday March 30<sup>th</sup> 12:00pm - 4:00pm join us for our

Egg Hunt and Easter celebration. This year we will have a pot luck lunch, egg hunt, a lent craft and bingo for all ages including adults. If you would like to bring a dish, donate a candy or an item for bingo prizes we will have a sign up sheet in the overflow room of the church or please contact Laura Bennett 443-847-0602 [monsterjb@verizon.net](mailto:monsterjb@verizon.net).

**Candy donations/egg donations - NO Peanuts**, mini Hershey's, individually wrapped jelly beans, individually wrapped skittles, individually wrapped m&m, individually wrapped chocolate Easter eggs, fruit roll ups, fruit gummies, stickers, large plastic eggs, Bingo prizes. **We are in need of prizes for children between the ages of 8-16. If you would like to donate please let Laura know.**

## Lent in 2013

Our Lenten offerings will go towards the support of Barbara Robertson, missionary in Tanzania.

Lenten Focus: "Have a Little Faith- In the "Pastor's Prism" (see page 1 of the February Newsletter) are given details of our Lenten Focus for the Sundays of Lent. Lenten offerings will go towards support of ELCA missionary in Tanzania serving in HIV/AIDS ministry. We'll meet on Sunday evenings, beginning at 5:30 p.m. with a simple supper of bread and soup in the parish house. From about 6-6:45 we'll look at a portion of the film, "Have a Little Faith". This will be followed by a brief devotion, as we hope to complete everything by 7 p.m. What we need are volunteers to provide and serve soup and bread for the Sunday evenings below. Please let "Pr. Lee" know if you would be willing to volunteer on one of the evenings asterisked \* below:

<u>Dates</u>	<u>Soup/bread provider/server</u>
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March 3 *	
March 10 *	
March 17	Fairbank/Spriggs
March 24	Tentative trip to our



**Worship  
Schedule  
For Lent**

Seminary at Gettysburg to participate in the Palm Sunday Vespers by the Schola Cantorum and other musicians at 7:30 p.m. If there is enough interest before the service we will share a meal (Dutch treat) at Li's Chinese Buffet Restaurant, 165 York Street in Gettysburg at 5:30 p.m.

Holy Week begins on Palm Sunday, March 24<sup>th</sup> at 9:30 a.m. with the blessing of the Palms in the rear of the church. Maundy Thursday service is on March 28<sup>th</sup> 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, March 29<sup>th</sup> we will have two services. The first service, Stations of the Cross, will be at 2 p.m. and 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 on 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, March 31<sup>st</sup>, with a festive worship service at 9:30 a.m.]*

## Kids' Corner

The puzzle is based on Luke 24:1-12 (NIV).

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Y L X Y P K W G P R X I F L W
D B A R H V N E S P I C E S K
P W V S L I P U E F Z S Z U T
A R W A N U S V T K Q A E F N
G D O R C K T Z O W T J O N A
Y R O L T Q O K M B O D Y L Z
G M O W L D N E B S S T B Q J
Y D B U G E E V N R T H K E Z
W L Z O N Q D U L T W H J M T
F O I Q W D J U F O E R X S C
R R M V R E M E M B E R R S I
J D I E I U D P R E C I E P K
G F E G N N N B D D F C G D O
O D D A H S G C Q A A I X I V
L A T F D T M P J F Y Z T F L
    
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living	tomb	rolled	risen	dead
women	first	spices	away	bowed
faces	stone	entered	ground	remember
morning	week	body	fright	day

## St. Mary's Lutheran Creative Crafters

We'd like to give a special thank you to everyone who donated craft supplies and time to make the many beautiful hand-crafted items, as well as the baking ingredients and assistance during the Bake-a-thon days. We baked well over 100 dozen of cookies plus fruit bread, and sold every bit of it. Without your generosity and support it would not have been possible. Some members have mentioned that getting together during the week works better for them in order to participate in our crafting activities. In response, we are planning to meet on a weekday starting in February, while also continuing to meet on Sundays following worship service. If interested in joining us, please let Cindy Sparacino or Fran Crist know what weekday and time works best for you. We are also gearing-up for the upcoming Strawberry Festival and are asking for donations of crafting supplies such as used candles, CD's/DVD's, grape-vine wreaths for recycling; 1/2 to 1 1/2" lace (various colors); 16 to 20 oz. Styrofoam cups (for plants), and 4<sup>th</sup> of July and Father's Day-themed decorations such as wide-ribbon, floral/picks, containers, fabric and notions. We have also placed a table in the back of the parish house (upstairs, right of the doors) to collect white elephant sale items and donations of supplies.

## Prayer Ventures

*These petitions are offered as guides to prayer for the global, social and outreach ministries of the church. Thank you for your continued prayers for the life and mission of this church.*

**1** Remember in your prayers the members of the Roman Catholic Church, both the clergy and the lay people, during the process of choosing a successor to Pope Benedict XVI.

**2** Pray for Ella Vandervlugt, an ELCA missionary teaching in Bratislava, Slovakia.

**3 Third Sunday in Lent** - Gracious God, help us to remember that you were here when the world was made. Help us to trust in your faithfulness, and to know that in an unpredictable and chaotic world, you will always remain.

**4** Give thanks for the lifesaving ministry of Dr. Mark L. Jacobson, an ELCA missionary in Tanzania who was awarded the 2013 Dr. Nathan Davis International Award in Medicine from the American Medical Association for his work in that country.

**5** Remember in your prayers Kjerstin Sanden, who is spending a year volunteering in Buenos Aires, Argentina, as part of the ELCA Young Adults in Global Mission program.

**6** In light of the decision by the Ethiopian Evangelical Church Mekane Yesus to sever its relationship with the ELCA and other churches, pray for the global ecumenical movement and for a healthy dialogue among the varied Christian traditions around the world.

**7** Pray for ELCA Young Adults in Global Mission participant Adam "Lee" Kirberg, whose volunteer work in Madagascar includes teaching.

**8** Include in your prayers Robin Strickler, an ELCA missionary in Rwanda serving in education administration.

**9** Pray for Carolyn Stypka, an ELCA missionary teaching English as a second language in Tokyo.

**10 Fourth Sunday in Lent** - Dear Lord,

embrace us in your mercy. Hold us close in your great grace and compassion, that we may show the same love to others as you have shown to us.

**11** Pray for ELCA missionaries Dr. Helmut and Rotraut Diefenthal and their work as radiology trainers in Tanzania.

**12** Pray for the children in the world's refugee camps. More than half of the Syrians in Jordan's Za'atri camp are under the age of 18.

**13** Pray for the Rev. Peter Harrits, the ELCA Young Adults in Global Mission coordinator for Malaysia, as he helps guide young volunteers through their year of service with the program.

**14** Give thanks for the ELCA Malaria Campaign and the global effort to fight malaria in Africa, which has helped slow the rate of deaths from the disease there.

**15** Pray for Patrick Cudahy, who is teaching for a year in Malaysia as an ELCA Young Adults in Global Mission volunteer.

**16** Pray for the ministries of the pastors of the ELCA who daily share the love and saving grace of Jesus Christ.

**17 Fifth Sunday in Lent** - Merciful God, we thank you again for another week and another morning, for calling us to be your servants all the days of our lives.

**18** Lift up the many people still suffering from the effects of the economic collapse. May the love of God and the kindness and concern of others help them find joy and stability in their lives.

**19 Joseph, Guardian of Jesus** - Pray for Elizabeth Michell, an ELCA missionary teaching in Bratislava, Slovakia.

**20** Pray for Kristen Lee and her service in Mexico as an ELCA Young Adults in Global Mission volunteer.

**21** Pray for the congregations of the ELCA as they strive to do God's work with their hands often amid difficult social and economic circumstances.

**22** Remember Rebecca Wicker in your prayers as she walks in accompaniment

with new friends in Malaysia as an ELCA Young Adults in Global Mission program participant.

**23** Pray for Barbara Robertson and her ELCA missionary work providing HIV and AIDS education in Tanzania.

**24 Palm Sunday/Passion Sunday** - Everlasting God, like your Son and Servant, Jesus Christ, riding into Jerusalem, help us to go where you've called us boldly and confidently. Prepare us for what lies before us, however difficult the journey may be.

**25** Pray for ELCA missionaries the Rev. Jose David Rodriguez and Kathryn Baker and their work with future pastors at a seminary in Buenos Aires, Argentina.

**26** Give thanks for those who through Kalos, the ELCA legacy society, have designated a gift in their will, trust or to an endowment to support the work of this church.

**27** Pray for Samantha Berglund, an ELCA Young Adults in Global Mission volunteer serving with a Christian residential outdoor activity center in Tollesbury, England.

**28 Maundy Thursday** - Pray for all those who, like Jesus on the night of the Last Supper, are facing trials and tribulations that they may feel the strength of God by their side.

**29 Good Friday** - O God, on this day we give thanks for your unending love manifested through Christ's suffering on the cross that through him we may share in the peace and joy of the victory over death. In Jesus' name we pray. Amen.

**30 Vigil of Easter** - Pray for the Rev. David and Alicia Brondos, ELCA missionaries in Mexico City, and their ministry of theological education.

**31 Resurrection of Our Lord, Easter Day** - O God, on this day when the tomb of our Lord and Savior was found empty, we rejoice in knowing that Jesus is indeed resurrected and alive. Let us not forget the joy and hope we find in his resurrection. Help us to be made new just as Christ was dead but rose again.

# Notes & Thank Yous

## Evangelical Lutheran Church in America God's work. Our hands.

January 24, 2013

Dear St Mary's Evangelical Lutheran Church,

Thank you for your recent gift of \$100.00 to ELCA Missionary Sponsorship. Your generosity is appreciated now more than ever.

Your gift, combined with the gifts of others, helps nearly 250 missionaries in 48 countries preach, teach, heal, build and seek peace alongside our global neighbors...

...Your ongoing prayers and financial gifts – together with the hard work of Evangelical Lutheran Church in America (ELCA) missionaries and our global companions make a world of difference!

As the ELCA, we do more together than we ever could do alone. We are a church that rolls up its sleeves and solves problems - doing God's work in the world. Thank you for your support.

Yours in Christ,  
Lanny Westphal  
Director, Missionary Sponsorship and Global Appeals

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## Lutheran Camping Corporation of Central PA Kirchenwald, Nawakwa, and The Wittel Farm

January 9, 2013

Dear Friends,

As 2013 begins we anticipate the very good ministry the new year will bring. We also give thanks for and celebrate the accomplishments of 2012. One of those accomplishments was the annual Quilt and Craft Auction which raised \$5,894 for the Endowment Fund.

A significant reason the event was successful was due to the many fine items donated to be purchased in the silent craft auction and the live quilt auction. Thank you so very much for helping make the 2012 Quilt Auction successful by donating a quilt to be auctioned. Your item brought \$70.00.

I hope that you will help make the 2013 Quilt Auction a success by again providing something to make the auction enjoyable and exciting. It's not too early to begin thinking about or working on what you may donate. I've already begun carving a bowl and some Christmas ornaments...

Your in Christ,  
Michael Youse

## Silver Run Community Food Pantry

February 10, 2013

Dear Jim,

On behalf of the Silver Run Community Food Pantry, I'd like to take this opportunity to personally thank you for the extremely generous donation of \$1,127.00. As you are aware this type of support will assure that we, together, continue to meet the needs of those in our local Community. Please know that the direct impact on our Community is witnessed each evening the Pantry is open.

Also, please remember that this donation will be matched at .50 on a \$1. Presently we have reached \$7,697.42 or the \$10,000.00 figure we must raise to receive the additional \$5,000.00 matching grant from Thrivent Financial. This means we must raise an additional \$2,302.58 to meet our goal. The deadline to raise funds has been extended from 12/31/12 to 3/31/13 and we very much appreciate how you have worked to help us reach this goal. This is a Community endeavor and we are glad that we are able to work together as brothers and sisters in Christ to service our neighbors in need. Without your help we would be unable to meet the demand that seems to be ever growing. Once again, I'd like to express that it is an honor to receive such a generous gift and an honor to serve on your behalf.

Warmest regards,

Brenda Meadow  
Program Director, Silver Run Community Food Pantry



## Annual Basket/Bag Bingo

Saturday, March 16, 2013 at  
Carroll Lutheran School  
1738 Old Taneytown Road  
Westminster, MD. 21158  
Doors Open 12:00 Noon  
Games Begin 1:00 PM



Food and Refreshments Available  
Door Prizes & Raffles (including 50/50 & purses)  
All Baskets/Bags Generously Filled  
Liners and Protectors with Nearly All Baskets

\*Bring a non-perishable food item to be entered to win a special prize\*

Your Favorite Home Show Vendors and Businesses will be present for your shopping convenience.

Admission is by Ticket Only

### Tickets

Advance ticket price thru March 8th \$12 / \$15 at the door  
to purchase tickets, contact: Jodi Mechem 240-731-4694

All Proceeds benefit Carroll Lutheran School  
Supplemental funding provided by Thrivent Financial for Lutherans  
Longaberger and Thirty-One Gifts names are the property of the Longaberger Company and Thirty-One Gifts.  
This fundraiser is not approved or sponsored by the Longaberger Company or Thirty-One Gifts.

## St. Mary's Lutheran Donations 2012

	<u>Month</u>	<u>Date</u>	<u>Amount</u>	
<b>Monthly Donation:</b>				
Carroll County Prison Ministry	Jan.	1/11/12	35.00	
Carroll County Food Sunday	Ash Wed.	3/6/12	240.33	
Pleasant Valley Fire Co.	Mar.	3/18/12	35.00	
New Life for Girls	Apr.	4/19/12	40.00	
Habitat for Humanity	May	5/15/12	36.00	
ELCA Vision for Mission	June	6/18/12	25.00	
Carroll County Food Sunday	July	7/27/12	25.00	
Silver Run Lights Fund	Aug.	8/23/12	65.00	
Gettysburg Lutheran Seminary	Sept.	9/11/12	65.00	
Pleasant Valley Fire Company	Oct.	10/15/12	65.00	
Silver Run Lights Fund	Nov.	11/29/12	45.00	
Carroll County Food Sunday	Thankg.	11/30/12	205.00	
The Gideons Int'l	Dec.	12/15/12	40.00	
			921.33	
 <b>Delaware/Maryland Synod:</b>				
Benevolence			6,500.00	
Missionary			1,167.00	
World Hunger			100.00	
			7,767.00	
 <b>Christmas Bazaar:</b>				
Benevolence			492.00	
Shepherd's Staff			1,475.00	
Carroll Lutheran School			1,475.00	
St. Mary's Operations				1,475.00
			3,442.00	
Total Christmas Bazaar				4,917.00
 <b>Strawberry Fest.:</b>				
Rape Crisis			723.00	
Missionary Support			723.00	
St. Mary's Handicap Access				1,446.00
Benevolence			321.25	
			1,767.25	
Total Strawberry Fest.				3,213.25
World Vision (Mahantesh Baburao)			380.00	
Total outside Donation			14,277.58	
 <b>Delaware/Maryland Synod Summary:</b>				
Benevolence			7,313.25	
World Hunger			100.00	
Synod Mission			25.00	
Missionary			1,890.00	
			9,328.25	

Submitted by Art Wisner, Treasurer



## Wellness Notes

For 2013 we begin a new "Wellness" section in the newsletter. We live in a fast paced, high stress world and find less and less time to eat well and exercise. Neglecting our physical well-being affects us not only mentally, but also spiritually.

*"Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body."* 1 Corinthians 6:19-20

### Spring Allergies - How To Avoid Or Reduce Them

1. Like to reduce your chances of suffering from any allergies, hay fever etc this spring or just want to re-energise & trim up after a heavy winter?

Spring will soon be sprung so now is the time to eliminate the causes of these imbalances. Step 1 - Understand the Cause:

As modern science doesn't fully understand the cause of Spring allergies we will look at the natural health sciences. According to the ancient science of Ayurveda, funnily enough, the problems we can experience during spring - hay fever, sinus trouble, allergies etc - are not essentially caused by Spring. They originate in winter/late winter more than spring itself.

As we tend to eat more food, heavier foods and exercise less in winter, the food we eat is often poorly digested. The results of this poorly processed food (impurities) get stored in our tissues.

When the weather is cold (e.g. winter), the impurities are as if harder and more solidified (more like lard), thus producing the imbalances we commonly associate with winter - stiffness, joint/arthritis pain, heaviness etc.

As the weather warms up in spring however, our bodies warm up, and the impurities start getting melted down into a more liquefied form. These 'liquefied toxins' are then released throughout the body and can block the channels of our body.

Our immune system can get compromised and we cannot defend ourselves properly against the allergens that increase during spring.

More allergens combined with blocked channels and a compromised immune system - that's the key cause for increases in spring allergies. Things To Help:

The first and foremost step is to eliminate the impurities built up in the body over winter.

1. Spring Clean: Try either taking a much lighter diet for a week or two (avoid the foods listed in 2.) or have a fruit or liquid only breakfast once or twice a week. E.g.

just drink fruit or vegetable juices (or eat some light fruit if hungry) up until lunchtime. - This will give your digestion a rest and allow your body to do some internal cleansing.

2. Reduce/avoid Heavy, Hard to Digest Foods: Eat predominantly light, 'fresh', natural whole foods. i.e. fruits, vegetables & wholegrains.

Avoid/reduce yellow cheeses, ice cream, heavy desserts, fried foods, red meat and 'old' foods - leftovers, tinned food and processed foods where possible. - If you want your body to behave intelligently, eat intelligent foods.

3. Exercise More: Exercise helps clear the body channels and strengthens the immune system. Obviously avoid allergy triggers such as cut grass to begin.

4. Avoid Sleeping In: According to Ayurveda, sleeping in after 6.30 - 7.00am is disastrous in Spring and for allergies generally as it increases heaviness and sluggishness and blocks the bodily channels.

5. Drink Warm/Hot Water or Ginger Tea: Warm water (as opposed to cold water) is a great way to help flush out toxins and clear blocked channels. If you tolerate it okay (be a bit more careful in summer), adding 1-2 slices of fresh ginger can help further.

6. Spice It Up: Increase spices that either help open your bodily channels (e.g. black pepper), reduce the production of impurities (e.g. cumin), stimulate digestion (e.g. ginger) or are directly anti-allergenic (e.g. turmeric). - Turmeric is fantastic for allergies. Sage and coriander can also be good.

Symptomatic Hay Fever Help: - The following are obviously not 'treatments', but can help reduce symptoms.

1. Oil Your Nose: If you get hay fever or are susceptible to it, keeping your nose well lubricated (oiled!) is important. By the end of winter, many of our tissues can become quite dry, particularly those directly open to the environment (e.g. the nose). Dry tissues are more sensitive to allergens, so regularly applying some sesame or almond oil to the insides of your nostrils (sniff it up) can help.

2. Inhalation: Put a couple of drops of eucalyptus type essential oil in a bowl of hot water and inhale for 3-5 minutes (cover your head with a towel). - You can also add few drops of the same essential oil on a handkerchief to carry around with you during the day.

3. Consider a mask if you are out in the garden or near triggers.

4. Change your clothes after being near known allergens. Medications: If your allergy is severe, then some medication may be advised by your doctor/practitioner. That's fine if you really can't cope without it. Getting some hay fever myself from time to time, I know how irritating it can be!

However, appreciate that pharmaceutical medications do not treat the cause of any allergies, so will never be a long-term fix. Like all drugs, they simply mask the underlying cause while suppressing the symptoms.

If taking medication in the short-term, be extra vigilant with balancing your body from within (through detoxing, eating 'whole' (real) foods, getting enough quality rest, so you can hopefully reduce any medication over time.

Remember, it's never truly the allergens (dust, grass, pollen etc) that is the real problem, it's our body's inability to effectively deal with them.

We can forever run away from or isolate ourselves from the allergens... or build-up our inner defenses and create invincible balance, so that we don't get so affected by them.

Good luck for a happy, allergy-free Spring.

\* The above is just general advice. If you have a specific condition/problem we obviously recommend you seek specialist medical advice and/or consult a qualified natural health practitioner for individualised recommendations.

About the Author Mark Bunn is the author of 'Ancient Wisdom for Modern Health'

# March 2013

\*\*Holy Communion is celebrated each Sunday\*\*

Sunday Worship 9:30 a.m. 11 a.m. Sunday School/Confirmation Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 Shirley Hare, Kelsey Powell 3<sup>rd</sup> Sunday in Lent - Purple Isaiah 55: 1 - 9 Psalm: 63: 1 - 8 1 Corinthians 10: 1 - 13 Luke 13: 1 - 9 <b>Basket Offering</b> - Pleasant Valley Fire Co. <b>5:30 p.m. - Lenten Focus #3</b></p>	<p>4 Kelli Scott</p>	<p>5 Sarah Bollinger  <b>Meeting about German Youth - 7 p.m.</b></p>	<p>6  <b>Silver Run Food Pantry 5:30 - 6:30 p.m.</b></p>	<p>7 Bertha Miller</p>	<p>1 ----- 8 Laci-Jo Ernst</p>	<p>2 <b>Peep Show Creation 5 - 7 p.m.</b>  ----- 9 <b>Peep Show Creation 5 - 7 p.m.</b></p>
<p>10 Faye Boughter, Paul Sell 4<sup>th</sup> Sunday in Lent - Purple Joshua 5: 9 - 12 Psalm: 32 2 Corinthians 5: 16 - 21 Luke 15: 1 - 3, 11b - 32 <b>5:30 p.m. - Lenten Focus #4</b> Daylight Saving Time Begins</p>	<p>11  <b>Church Council Meeting - 7 p.m.</b></p>	<p>12 Donna Myers</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16  <b>CLS Basket Bingo Noon</b></p>
<p>17 5<sup>th</sup> Sunday in Lent - Purple Isaiah 43: 16 - 21 Psalm: 126 Philippians 3: 4b - 14 John 12: 1 - 8 <b>5:30 p.m. - Lenten Focus #5</b> St. Patrick's Day</p>	<p>18</p>	<p>19 Jason Bennet  <i>Joseph, Guardian of Jesus</i></p>	<p>20 <b>Newsletter Deadline 10 a.m.</b> <b>Silver Run Food Pantry 5:30 - 6:30 p.m.</b></p>	<p>21 Ann Brumback</p>	<p>22 Nicholas Middleton</p>	<p>23</p>
<p>24 Sunday of the Passion/Palm Sunday - Scarlet Isaiah 50: 4 - 9a Psalm: 31: 9 - 16 Philippians 2: 5 - 11 Luke 22: 14 - 23: 56 <b>Lenten Focus - 5:30 p.m. - Li's Chinese Buffett 7:30 p.m. Palm Sunday Vespers by Schola Cantorum @ Gettysburg Seminary</b></p>	<p>25</p>	<p>26 Dorothy Bowman</p>	<p>27</p>	<p>28 <b>Maundy Thursday Service - 7:30 p.m.</b></p>	<p>29 <b>2:00 p.m. Stations of the Cross</b> <b>7:30 p.m. Good Friday - St. John's Passion</b></p>	<p>30 <b>Easter Egg Hunt &amp; Potluck Dinner 12:00 - 4:00 p.m.</b>  <i>Resurrection of Our Lord, Vigil of Easter</i></p>
<p>31 Resurrection of Our Lord/Easter Day- White Acts 10: 34 - 43 Psalm: 118: 1 - 2, 14 - 24 1 Corinthians 15: 19 - 26 Luke 24: 1 - 12 <b>Social Hour - Church Council (No Sunday School)</b></p>	<p><b><u>Anniversaries:</u></b> Rodney and Linda Bupp - March 17, 1990 James and Tammy Fairbank - March 22, 1986 Arthur and Gail Wisner - March 20, 1982</p>			<p><b><u>Worship Helpers</u></b> Acolyte: Katie Fairbank, Suzy Spriggs Usher: The Fleischer Family Communion Asst.: Altar Guild: Ruth Warfield</p>		



