



EVANGELICAL LUTHERAN CHURCH
of Greencastle, Pennsylvania

| | |
|---|------|
| Church News & Events | 2 |
| Parish Nurse | 3 |
| Announcements | 4 |
| Calendar | 5 |
| Treasurer's Report, Food Pantry, Online giving | 6 |
| Volunteer Schedule | 7 |
| Approved Council Meeting Minutes | Ins. |

Thanksgiving Observance

*Count your blessings instead of your crosses;
Count your gains instead of your losses.
Count your joys instead of your woes;
Count your friends instead of your foes.
Count your smiles instead of your tears;
Count your courage instead of your fears.
Count your full years instead of your lean;
Count your kind deeds instead of your mean.
Count your health instead of your wealth;
Count on God instead of yourself.*

Author Unknown





Prayer Service will be held on Mon, Nov 6th at 7:00 pm

in the Chapel. If you have a prayer concern and not able to attend, please let Donna Greifzu or the office know prior to the service.

Church Council will meet on Monday, November 13th at 7:00 pm, in the fellowship hall.



Annual Congregational Meeting will be held on Sun, Nov 19th immediately following the worship service. Please plan to attend this important meeting to plan for ELC in 2024.

Altar flower sponsor needed for Nov. 5th. If you would like to sponsor the flowers, please contact Donna Greifzu, 717-377-1780. Cost is \$35.



The Women of the ELCA and Gleaner's SS Class will hold a Christmas Luncheon at Nick's Airport Inn on Friday, December 1st at 12:30 pm. To make your reservations, please call Sandy Kinzer at: 301-667-2243 or email her at: skinzer@embarqmail.com by Nov, 24th. Please note, Nick's prefers cash or check to expedite payment of bill from a special menu.



Evangelical Lutheran's "HANDS OF LOVE QUILTERS" completed 65 quilts this past year. The Women of the ELCA, in conjunction with Social Ministry Committee reported assembling 50 school kits. Both of these Lutheran World Relief Parish projects were shipped to New Windsor, MD on October 12. Thanks to Steve Sanders for volunteering to transport these items, not just for Evangelical, but also for the Chambersburg Conference, as our congregation is the drop off location for LWR. Steve also provided the U-haul to transport.

Other churches who brought items to transport parish projects to New Windsor were Evangelical, Waynesboro; Trinity Lutheran, Chambersburg; St. Stephens, Upton & St. John's Mercersburg (joint effort); St. Luke, Chambersburg. Salem Chambersburg is delivering their items themselves.

**Total of items were: Quilts = 301;
School Kits = 128
Personal Care Kits = 127**



I would like to thank everyone for the visits, meals and prayers. The broken arm is healing nicely, still waiting on the healing of my sight. Richard and I thank you and let you know we really appreciate what everyone has done.

God Bless,

Linda Murray



Foods to Avoid when you have AFib

- 1) **Deli turkey** – When you have AFib, an irregular heartbeat, you need to watch what you eat. Too much salt raises your blood pressure, and high blood pressure may make you more likely to go into AFib. It may also make symptoms harder to manage, so your odds of having a stroke go up. One serving of deli turkey slices could have more than 1000 milligrams of sodium. That is about ½ of daily intake. Other salty foods to avoid include pizza, canned soups, breads and rolls.
- 2) **Some instant oatmeal** – Read the sugar content before you buy this quick and easy breakfast food. One popular fruit-flavored bran has about 11 grams of sugar in one packet. Other surprising sugar sources are: Pasta sauce, granola bars, and ketchup.
- 3) **Coffee** - The science on caffeine as a trigger for AFib is somewhat mixed. Older research suggests a link, newer studies don't. But either way, you should go easy on coffee. Too much caffeine could raise your blood pressure and heart rate, which might set off episodes of AFib.
- 4) **Leafy greens**– Taking a blood thinner can stop clots, which lead to a stroke, from forming. But one type of these medications may not work as well when you eat foods high in vitamin K like lettuce, spinach and kale.
- 5) **Grapefruit** –If you take medicine to control your heart rhythm, skip this citrus fruit until you talk to your doctor. Grapefruits and grapefruit juice have chemicals that can change the way you digest certain medications.
- 6) **Red meat** - The saturated fats in beef, lamb, and pork are the kind that raise bad cholesterol in your blood. High levels of LDL cholesterol can lead to heart disease and AFib and raise odds of a stroke.
- 7) **Butter** - Dairy products made from whole or 2% milk, cream, and cheese are also sources of saturated fat. Your body already makes all the "bad" cholesterol it needs, and eating foods with saturated fat causes it to make even more. The better for your heart choice: skim milk and low fat dairy products.
- 8) **Fried foods** - Doughnuts, potato chips, and French fries may have what some doctors call the worst type of fat you can eat: trans-fat. Unlike other fats, these are a double-whammy: They raise bad cholesterol and lower good cholesterol. Baked goods such as cookies, cakes, muffins may also have them.
- 9) **Energy drinks** - Many brands add other ingredients to a super-sized shot of caffeine to give you a boost. The combo may be worse for your heart than caffeine alone.
- 10) **Sea salt** - Sure, the crystals are bigger than regular salt and the flavor a little stronger, but sea salt still has about the same amount of sodium as table salt, contrary to what people think. To help shake your salt habit, try different spices and herbs to season your food.
- 11) **White rice** - These little grains are stripped of the nutrients and fiber your heart needs to stay healthy. Fiber can help improve cholesterol levels. It may also lower your risk of heart disease, obesity and type 2 diabetes. Opt for whole grain or wild rice.
- 12) **Frozen slushies** - Those same icy drinks that cool you off on a hot, steamy day can also set off an episode of AFib.
- 13) **Too much of anything** - Overeating even healthy foods can pack on the pounds. You have a higher chance of getting AFib when you are overweight. It also makes your AFib more likely to come back after certain treatments, like ablation.

Enjoy the Thanksgiving holiday with family,
Connie



Greencastle-Antrim ChristianWomen's Fellowship*Morning of Christmas Music*

When: December 5, 2023
Where: Greencastle Presbyterian Church
Featured Musician: Dave Besecker

A variety of instrumental and vocal music, as well as group carol singing.



****no meeting in
November****

Thankoffering Sunday sponsored by The Women of the ELCA will be on Nov, 12th.

This year's speaker is Andrea Oslikova. Andrea graduated from Mount St Mary's University in 2004 with a Bachelor of Arts in History. She also spent a year of study at the University of Economics in Prague, Czech Republic. After 3 years of service in Slovakia with ELCA Global Missions, she returned to the US and later began a successful career in corporate banking with a focus on Learning & Development. She came to United Lutheran Seminary (ULS) in 2018 and enjoys her work as a Major Gift Officer. Andrea is also a part-time student at ULS working toward an advanced degree.

Another giving opportunity: *The Samaritan's Purse project Operation Christmas Child (OCC) collects shoebox gifts filled with fun toys, school supplies, and personal care items—and delivers them to children (ages 2-14 years of age) in need around the world to demonstrate God's love in a tangible way.* Last year, our preschool and elementary children, packed 11 shoeboxes with toys and supplies for the Operation Christmas Child project. Our boxes went to the countries of Cameroon, Dominican Republic, Ukraine, and Paraguay.

The shoebox is the first gift many children have ever received! The treasures and personal letters (our children included a Christmas card/note) inside communicate that someone cares for them and gives them an opportunity to experience the love of God.

Our children would like to pack shoeboxes again this year. Each shoebox is to contain a special "WOW" toy. The WOW toy can be a doll, stuffed animal, toy cars/trucks/boats, purse, small musical instrument (such as a harmonica or woodwind recorder,) hat/visor, hair accessories, sunglasses, watch. Remember, **all** the items for the child need to fit into one shoebox. If you would like to buy a WOW item, please place these items in the **WOW box located in the 1st floor elevator lobby by Sun, Nov 5. Or, you are welcome to give a monetary donation so that the other school/hygiene items can be purchased for the boxes or to help with the shipping costs. OCC requests a \$10 donation per box for shipping.** Our children/youth will be packing these shoeboxes on Nov 12.

Thank you for supporting our children and helping them to learn how to show God's love to others.






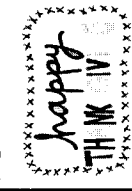

EVANGELICAL LUTHERAN CHURCH
of Greencastle, Pennsylvania

NOVEMBER 2023 CALENDAR

www.ELCGreencastle.org

office@ELCGreencastle.org

717-597-3310

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|-----------------------|--|---|--|---|
|  5 <i>All Saints' Sunday</i> 9:30 am SS 10:45 am Worship | | | 1 9:00 am Quilters | 2 | 3 | 4 5:00 pm Worship |
| 6 7:00 pm Prayer Service | 7  | 8 9:00 am Quilters | 9 | 10 | 11 5:00 pm Worship  | |
| 12 <i>Thankoffering</i> 9:30 am SS 10:45 am Worship | 13 7:00 pm Council | 14 10:00 am W/ELCA | 15 9:00 am Quilters 10:00 am Green-castle Homemakers 7:00 pm Playground | 16 | 17 <i>Newsletter Deadline</i> | 18 5:00 pm Worship |
| 19 9:30 am SS 10:45 am Worship <u>Annual Congregational Meeting</u> 6:30 pm <i>Community Thanksgiving Service</i> | 20 | 21 | 22 | 23  | 24 <i>Office Closed</i> | 25 5:00 pm Worship |
| 26 8:30 am Worship/ Music + Christian Ed 10:45 am Worship | 27 6:00 pm Women's Club | 28 | 29 9:00 am Quilters | 30 | <i>Dec 1st 12:30 pm Lunch at Nick's Airport Inn</i> |  |

| 2023 | Operating Income | Total Expenses | Net Income/Loss |
|-----------|------------------|----------------|-----------------|
| January | 20,838.24 | 17,923.69 | 2,914.55 |
| February | 17,417.49 | 17,724.47 | (306.98) |
| March | 12,950.88 | 15,947.32 | (2,996.44) |
| YTD | 51,206.61 | 51,595.48 | (388.87) |
| April | 16,683.00 | 16,663.39 | 19.61 |
| May | 12,729.62 | 13,370.13 | (640.51) |
| June | 10,581.56 | 17,090.64 | (6,509.08) |
| YTD \$ | 91,200.79 | \$ 98,719.64 | \$ (7,518.85) |
| July | 11,796.31 | 11,365.45 | 430.86 |
| August | 10,493.44 | 10,448.60 | 44.84 |
| September | 13,877.79 | 10,079.61 | 3,798.18 |
| YTD \$ | 127,368.33 | \$ 130,613.30 | \$ (3,244.97) |

Food Pantry News:

Thank you to everyone who helps in the food pantry and/or gives food/monetary donations. The families we serve are very appreciative. Please continue to pray for these families who visit our pantry.

Our wish list for November is as follows:

Jell-O and pudding cups

Sugar

Vegetable Oil



Monetary donations or gift cards for Sunnyway Foods store are also appreciated.

Thank you to everyone for your continued support of this ministry.

Krista and Kimberly

Online Giving

Your regular offering can be done online with a bank account, debit card, or credit card! Visit ELCGreencastle.org/Giving to select your funds and how often you wish to contribute. You can give to all the same funds that are on your offering envelope and more, including the food pantry, quilters, memorials, and more. Prefer to use a smartphone app? Search for the "Vanco Mobile" app on the Apple and Google Play Stores.

Social Media

Follow us online! You can find us at [Facebook.com/ELCGreencastle](https://www.facebook.com/ELCGreencastle) and [Instagram.com/ELCGreencastle](https://www.instagram.com/ELCGreencastle) to see photos, get updates, and watch videos.



In the past several years, in place of Thanksgiving food baskets the food pantry has been giving \$100 Sunnyway gift cards to families whose children attend the Greencastle Antrim Primary/Elementary schools at Christmas-time. To be able to continue this giving, we need your help. If you would like to donate monetary contributions toward these gift cards, please send your donation to the church office and write on the memo line of your check "Christmas gift cards." Please send in contributions by November 20, so we can organize/purchase cards/ and get them to the families by mid-December.

Schedule—November

| | <u>Children's Church</u> | <u>Nursery</u> | <u>Saturday Usher</u> | <u>Sunday Usher</u> |
|-----------------|--------------------------|---------------------------------|-----------------------|---------------------|
| <i>Captains</i> | Krista Smith—717-372-925 | Sue Eckstine—717-597-3748 | | |
| 11/5 | Krista Smith | Sue Eckstine Donna Greifzu | Bonnie Speak | Megan Barkdoll |
| 11/12 | Carol Rockwell | Sue Eckstine Lilah Placko | Bonnie Speak | Megan Barkdoll |
| 11/19 | Dawn Boscolo | Connie Overcash Sue Eckstine | Bonnie Speak | Megan Barkdoll |
| 11/26 | None | None | Bonnie Speak | Megan Barkdoll |
| | | | | |
| | | | | |

Altar Guild

Connie Overcash

Lay Lectors

11/5 - Darrell Miller 11/12 - W/ELCA
 11/19 - Bonnie Speak 11/26 - Heidi Sanders

Slide Clickers

Saturday

Nov—Bonnie Speak



Sunday

11/5 —Connie Overcash
 11/12—W/ELCA
 11/19— Bonnie Speak
 11/26— Heidi Sanders

Communion Assistants

11/5 - Donna Greifzu
 11/26 - Donna Greifzu



Weekly Services

Saturdays: 5:00 pm Worship
 Sundays: 10:45 am Worship

November Newsletter Deadline is

Friday, November 17th

Church Officers for 2023

| | |
|----------------|----------------|
| President | Tammy Hodder |
| Vice President | Megan Barkdoll |
| Secretary | Bonnie Speak |
| Treasurer | Darrell Miller |

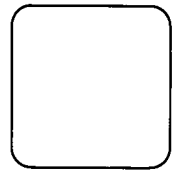
Office Hours (September—May)

Monday—Friday: 8:30 AM to 3:30 PM
 Lunch Hour 11:30 AM to 12:30 PM
 Church Secretary: Carol Rockwell
 Office: 717-597-3310, office@elcgreencastle.org

Evangelical Lutheran Church

130 N. Washington St.

Greencastle, PA 17225



Address Service Requested

November
NEWSLETTER



"O give thanks unto
the Lord; for he is good:
for his mercy endureth
for ever".

Psalm 136:1

**EVANGELICAL LUTHERAN CHURCH
CONGREGATION COUNCIL MEETING**

September 11, 2023

- I.** The Evangelical Lutheran Church's (ELC) Congregation Council (CC) meeting was called to order by President Tammy Hodder at 7:02 p.m. in the Memorial Fellowship Hall (MFH). Sheila Rushlow opened the meeting with a prayer.
- II. Present:** President Tammy Hodder, Vice President Megan Barkdoll, Treasurer Darrell Miller, Roger Bitner, Charles Eckstine, Timothy Horn, Bob Kendle, Sheila Rushlow, Heidi Sanders, and Nancy Snyder.
- Absent:** Secretary Bonnie Speak
- III. Minutes:** The Minutes of the August 14, 2023 monthly CC meeting were approved on a motion by Charles Eckstine and seconded by Roger Bitner. Motion carried.
- IV. Treasurer's Report:**
- A. According to the Treasurer's Report, ELC had a net gain of \$469.57 for the month of August. This total was \$44.84 if preschool income and expenses are excluded.
- B. The Treasurer's Report and Account Balances Report for August 2023, as well as payment of current bills, were approved on a motion by Tim Horn and seconded by Bob Kendle. Motion carried.
- V. Committee Reports:**
- A. Christian Education** **Chairperson: Bonnie Speak**
Committee Meetings: Third Sunday at 8:30 a.m. in MHF
The 2023-24 Sunday School Calendar has been approved.
- B. Finance Committee** **Chairperson: Vacant**
Committee Meetings: As Needed
No Report
- C. Endowment Committee** **Chairperson: Darrell Miller**
Committee Meetings: As Needed
The Endowment portfolio shows a decrease in market value of \$8,832.18 for the month of August, totaling \$398,280.19 compared to the market value on July 31 of \$407,113.37. The portfolio has had a year-to-date increase of \$27,846.40.
- D. Evangelism Committee** **Chairperson: Megan Barkdoll**
Committee Meetings: Second Sunday at 8:30 a.m. in MFH
No Report.
- E. Mutual Ministry** **Chairperson: Vacant**
Committee Meetings: Quarterly in Parlor
No Report.

F. Property**Chairperson: Bob Kendle and Sam Shank****Committee Meetings: As Needed**

Johnson Controls has proposed a 2024 contract for \$3,065.00 for maintaining the security system.

G. Social Ministry**Chairperson: Charles Eckstine****Committee Meetings: As Needed**

Our Social Ministry Committee has been supporting Social Ministry Month for over 25 years. Some of the projects we have supported over these years has been: Shipping costs for our Ingathering Items, our Food Pantry, Pastor's Discretionary Fund, supplies for GA School Nurse, coats for GA primary school students, Haven of Rest Farm, Lutheran Disaster Fund, UCC Community Meals, Clean Water project, Malaria Campaign, Sudan Relief, Drought in Africa, Midwest Floods, and Lutheran Missionaries.

Projects for October Social Ministry Month October 2023:

- September 30 and October 1 - Our Food Pantry
- October 7 and 8 - Shipping costs for our 50 kits and approximately 55 quilts
- October 14 and 15 - Grace UCC Monthly Community Meal
- October 21 and 22 - GA Primary and Elementary School nurse
- October 28 and 29 - Lutheran Domestic/International Disaster Response Fund

We will have more information about each project in the October Newsletter.

H. Stewardship**Chairperson: Vacant****Committee Meetings: Quarterly Meetings**

No Report

I. Technology Committee**Chairperson: Timothy Horn****Committee Meetings: As Needed**

Sheila Rushlow reported that she has a coworker that does IT work and could help pick out a new laptop for the church secretary. Heidi Sanders and Tim Horn both agreed that this would be worth exploring.

J. Worship and Music**Chairperson: Sue Miller and Connie Overcash****Committee Meetings: Fourth Sunday at 8:30 a.m. in Parlor**

Worship and Music (W/M) met on August 27, 2023.

1. The committee recommends that W/M and Christian Education combine as one committee to provide better coverage of church activities. Tammy Hodder checked with pastor Dana Blouch-Hansen and was informed that no council vote was required. Members will be notified.
2. W/M discussed the possibility that ELC and Trinity Lutheran Church (TLC) could consider altering worship service times to 10:30 a.m. to help each other with services. Sunday School under such a scenario would be from 9:30-10:15 so we could invite TLC's children as they do not have Sunday School for children now. This was simply a preliminary discussion and nothing concrete.
3. Hanging of the Greens is planned for December 3 with limited decorating.
4. Children's Christmas Program is planned for December 17
5. Service with Carols and Gospels is planned for Saturday, December 23
6. Krista Smith and Heidi Sanders are discussing the October 1 service.

7. Volunteers are still needed on occasion to read liturgy, lessons, prayers, lead music, slide clickers, and communion ushers.
8. ELC will invite TLC members to Saturday services.
9. The elements for Saturday communion for September 16 were blessed by Pastor Nienstedt on September 10. He gave us revised wording for communion services that could be used by lay ministers.
10. We were advised by Pastor Nienstedt that the elements should be used within a week of blessing.
11. Combined W/M and Christian Education committees from TLC and ELC will be meeting on September 20 at 7 p.m. in the ELC chapel.
12. ELC's W/M committee will meet on Sunday, September 24 after the service.

K. Youth

Chairperson: Vacant

Committee Meetings: Second Sunday

No Report.

L. New Transition

1. Call Committee: Emails were sent out looking for volunteers for a potential call committee. We have a couple volunteers for tentative approval.
2. The synod has recommended we start a Ministry Site Profile (MSP) even if ELC should ever share a minister or merge with TLC in the future.

VI. Pastor's Report – N/A

VII. Old Business

- A. Darrell Miller gave an update on the organ project and upcoming furnace maintenance. Both are paid for out of special funds and are not a part of the normal income and expenses of the church.
- B. The next meeting with TLC is on September 21 at 6:30 to have a tour of the church and to discuss the quadrant form to be completed by both congregations. The next meeting with Reverends Jorgensen and Blouch-Hansen will be on October 16 at 6 p.m. at ELC.

VIII. New Business

- A. The New Transition Council brought forth the following volunteer names for a potential Call Committee (Item V.L.1): Connie Overcash, Faye Miller, Sheila Rushlow, Donna Griefzu. CC discussed the matter, with some concern raised as to whether or not it was a good idea to start planning with all the discussions going on with TLC already. This is still a recommended step by the synod regardless. A motion was made by Darrell Miller to approve of these four individuals preliminarily for a possible Call Committee. Seconded by Heidi Sanders. Tim Horn and Roger Bitner abstained. Motion carried 6-1.
- B. A motion was made by Sheila Rushlow to begin a MSP as recommended by the New Transition Committee (Item V.L.2). Seconded by Nancy Snyder. Tim Horn abstained. Motion carried 6-2.
- C. The following facility requests were received for the following dates:
 1. Greencastle Lions Club: September 28, 2023 from 6-9 p.m. in the New Spirit Sunday School Room
 2. Greencastle Leos Club: October 15, November 12, December 10, January 14, February 4, March 17, April 21, May 19 from 12-2 p.m. in the MFH.

3. Greencastle-Antrim Women's Club: 4th Monday of each month from October 2023 to May 2024 from 6-9 p.m. in the MFH.

A motion was made by Charles Eckstine to approve of all three requests. Seconded by Heidi Sanders. Motion carried unanimously.

D. ELC secretary Carol Rockwell made a vacation request for the following dates: October 18, 19, 20, 23; November 24; December 26. A motion was made by Darrell Miller to approve. Seconded by Heidi Sanders. Motion carried unanimously.

E. Heidi Sanders and Sheila Rushlow have recommended ELC sign up for a Youtube Premium membership. This would allow ELC to download videos ad-free off Youtube and play them in the sanctuary. This would help with special programs, playing music with lyrics, and finding sermons online in the event a sermon was needed. This would cost \$139.99 for 12 months and would come out of the technology budget. A motion was made by Heidi Sanders to approve. Seconded by Tim Horn. Motion carried unanimously.

IX. Adjournment

CC meeting was adjourned at 9:00 p.m. with a reading of the Lord's Prayer.