



Messenger

St. Paul's Lutheran Church 120 N. Easton Road Glenside, PA 19038

March 2024



Lenten Soup Suppers are BACK! Join us every Wednesday in Lent at 6:30 PM for a meal before The Holden Evening Prayer at 7:30 PM. Volunteers are needed for clean-up each week.



HOLY WEEK



WORSHIP SCHEDULE

PALM SUNDAY, March 24

8:00 & 10:30 AM Worship Service with Eucharist.

We leave at 10:20 AM from St. Paul's Narthex for the "Blessing of the Palms" with St. Luke's Roman Catholic Church and Lighthouse United Methodist Church on Easton Road. Joint blessing of the Palms at St. Luke's Church. Those who wish to remain in the sanctuary will join in the singing of "All Glory, Laud, and Honor" as we process into the sanctuary from outside.

HOLY THURSDAY, March 28

7:30 PM Holy Thursday Worship Service with Eucharist and Living Last Supper portrayal.

During the Living Last Supper, thirteen men from the congregation will portray the last meal of Jesus with the disciples.

GOOD FRIDAY, March 29

12:00 PM Good Friday Community Walk through Glenside, with interdenominational witness. Meet in the St. Paul's parking lot.

7:30 PM Good Friday Worship.

SATURDAY, March 30

9:00 AM Set up for Easter Services in the sanctuary.

10:00 AM Annual Easter Egg Hunt in Fellowship Hall.

SUNDAY, March 31

8:00 & 10:30 AM Easter Sunday Services

9:15 AM Easter Breakfast at Fellowship Hall

From the Pastor

During the month of March, we follow the church season of Lent which culminates with Easter at the very end of the month.

I love the Midweek Lenten soup suppers and the simple beauty of the Holden Evening Prayer. This year our theme for the services focuses on the book of Lamentations in the Bible.

We already know that grief that is bottled up inside is not good for us. It can even lead to physical problems. As a church we take time to grieve and mourn people we have lost and are also encouraged to seek the support of others so we can voice our feelings and prepare ourselves for giving them over to God.

Lent becomes a time of reflection, acknowledgment, and cleansing by letting it all out: our failures, our disappointments, our feelings of despair, and even anger, given over in one solid cry to God whose mercies never cease. As we hear in Lamentations 3, God's compassion is "new every morning." Great is God's faithfulness.

This is why we don't have to be afraid to journey into uncomfortable places in our life. God is already there and is waiting for us to spill out our heart to Him. Such cleansing feels wonderful and renewing and might also inspire us to become a resource for someone else.

Since Lent is also a remembrance of our baptism, you could compare our personal lament to taking a bath. Soaking in God's love and forgiveness, we experience calm and peace; all the painful places can be peeled away like pieces of dry skin. Yes, scars will always remain and continue to be part of our journey, but they won't have the power to hold us back from living our lives to the fullest.

Like many of you, I am also looking forward to see nature change little by little. I already received an email from my mother with some early spring flowers from their garden. Those little messengers tend to be the first sure signs that spring is on its way. Which of course leads me to reiterate the meaning of the word *Lent*. It likely comes from the lengthening of daylight that steadily and sometimes almost unnoticeably occurs each spring. This is another good reminder that God's grace and love for us always wants to take hold of us and transform us into the people God already knows we are.

You may notice that I am yearning to go to better places. But it is important to note that these things do take time. It's not instantaneous; it involves a process. Hence, we have five weeks of Lent and then seven weeks of Easter in the church calendar. Reflection (Lent), followed by renewal (Easter), and then finally culminating in the season of green and growth (Pentecost).

I notice that I have a harder time connecting to the seasons of the church calendar. While, as a pastor, the liturgical seasons are of course ever-present for me, there is a strong current outside of the church that defines seasons by a different metric. There is the ordinary calendar year with its four seasons. There are also the seasons measured by sporting events. The football season has ended and the baseball season is just about ready to begin. Then there is the school year for the kids, with its marking periods and midterms and finals and the long summer break.

When I think of Martin Luther, whose every day was marked by a different saint and for whom the secular calendar was secondary, I know why it is harder for me in these different times.

But I believe the seasons of the church year still hold deep meaning for us. We just have to work a bit more diligently to keep the church seasons in front of our eyes and live them out in our lives.

At St. Paul's, there is our beautiful Maundy Thursday tradition of the Living Last Supper that helps 13 men of the congregation on their faith journey while also providing a witness for us and, perhaps, helping the rest of us connect with our faith on a deeper level. There is the annual interdenominational community Good Friday walk, an opportunity to pray on the street which is a public witness for our neighbors and ourselves. This offers a chance for even more reflection, to connect with the depth of Christ's sacrifice for us we host our Good Friday service.

May God bless us on our journey and help us grow fed and strengthened by his mercy.

Pastor Henrik



The Vicar's Voice

The congregation may have noticed when I welcome them to worship, I take a moment to wave to our cameras and welcome those “watching online live, or perhaps later in a re-run.”

With full disclosure, I must admit I inherited this specific tradition from my prior fieldwork church. I was inspired by the pastor and congregation at this church who made a huge deal of waving and interacting with the people watching the livestream to make everyone feel included.

Yet, I feel my persistence in continuing this tradition is also grounded in my hospital chaplain training for seminary.

As a hospital chaplain in clinical pastoral education, I was asked to occasionally say prayers with patients and their families. However, most of the time the requests I received from patients were simply for compassionate human company. These patients wanted someone with whom they could speak their minds, vent their frustrations, laugh, cry, sing, or just to silently sit with.

That summer-long experience made me realize the importance of pastoral-care professionals and volunteers in the hospital system. Now, of course as a chaplain I knew I wasn't a medical or mental-health professional and always deferred to them when warranted. Yet I was surprised how often I was sought out by patients seeking judgement-free company that could raise their spirits or that of their families. Many just appreciated simple acknowledgement, which was a blessing for me to provide.

Hence, I hope you can see why I feel blessed when I wave to the cameras and address those at home. I believe including everyone in worship, those online with those in-person, makes this a service rooted in shared love and grace. Each day in my internship at St. Paul's, I find countless opportunities for pastoral care and presence, often by simply acknowledging and reaching out, that were inherited from my time in clinical pastoral education.

I'm encouraged by Kenneth Feinour's recent announcement in a February worship service where he bugled a rallying cry for new pastoral volunteers at Jefferson Abington Hospital. I will include the details of that call at the end of this message.

If you feel the specter of doubt or too many questions, even with promised training, please allow me reach through this written page to give you confidence with some answers from my own experience.

1. Q: “I don't know anything about being a pastoral-care volunteer.”

A: You do know how to be loving, how to care, how to listen and ask questions ... you will recognize your strength.

1. Q: "I'm not extremely well versed in scripture or theology. I don't know what I would talk to them about."

A: Being a chaplain is 90% *listening* and asking questions to help patients discover their own answers. Even with my own knowledge, much of it from niche and obscure interests, I still found isolated opportunities where my unique knowledge came through for a patient.

1. Q: "I don't have the time to fully commit to this."

A: If only for an hour or more, you are a blessed relief. Relief to patients and possibly relief for the full-time hospital chaplain.

Being a pastoral-care volunteer, or chaplain is just like addressing and waving to the cameras in worship. It is providing attention and acknowledgement bathed in the Holy Spirit to others. I was blessed with my time as a hospital chaplain, even among the roller coaster of emotions and situations I ran into daily. I'd like to think my presence prepared some for surgery, others for recovery, and provided all others with a sense of grace in some small way.

Consider Proverbs 16:24 as you ponder this call and what you can bring to others:

***Pleasant words are like a honeycomb,
sweetness to the soul and health to the body.***

May your pleasant words, whether as a spiritual volunteer, or just directed to "those at home" be sweetened with the love of the Holy Trinity. Amen.

Jefferson Abington Hospital is seeking volunteers to support the spiritual needs of our patients. We will hold pastoral volunteer training on **Thursday, March 14, 2024**. We ask that applications and RSVPs be received by **Friday, March 8, 2024**.

As members of our community congregations, we are looking to *you* for support in our pastoral care volunteer program. This will help us better meet our community's tremendous spiritual needs. We are looking for Pastoral Care Volunteers to meet the following criteria:

- Provide compassionate spiritual support to patients and families from diverse religious and spiritual backgrounds
- Work with patients, families, Abington staff and other visitors without judgment regarding race, ethnicity, religion, sex, sexual orientation, gender identity, national origin, or socio-economic background.
- Available at agreeable times based on patient volume and hospital need.
- Complete volunteer onboarding requirements including a background check
- Participate in volunteer training to be provided (at no charge) at the hospital.
- Comply with JAH's volunteer policies, including but not limited to confidentiality
- Complete interview to determine readiness for this specialized ministry opportunity.

If you are interested, please email our volunteer coordinator, Patricia Stafford at Patricia.Stafford@jefferson.edu, or call her at **215-481-2492**.



SPRING RUMMAGE SALE! SAVE THE DATES!

Time to clean out those closets. Basements, and attics. The highly anticipated St. Paul's Spring Rummage Sale is now planned for Friday April 19 from 6-9 PM and Saturday April 20 from 10 AM-2 PM (with a private congregation sale on the evening of Thursday April 18 from 6-8 PM). We will be set up to receive your clean, useable/wearable donations starting on April 14.

This event literally takes a village to run, so we will be seeking a wide variety of volunteers, starting with those who can help receive donations during the week, to help the Scouts set up on the evening of Wednesday April 17 starting at 7 PM, and to sort and price on Thursday April 18 starting at 9 AM. We also need helpers on the floor and at check-out during the sale and help to clean up and move items not sold afterward.

More details will follow in the upcoming Tidings and the April Messenger.



Stewardship Message

“What are you giving up for Lent?” That was the question my friends in school contemplated at the lunch table. Usually, the answer was some kind of favorite food treat.

But a better question would have been “What are you going to do to show your gratitude during Lent?” Some ways to express gratitude could include bringing items for the food pantry and the personal items collections, meals for the Caring for Friends freezer, volunteering to usher, to deliver flowers, to be a greeter, to help with Sunday morning hospitality, to call or visit a lonely friend, as well as making an extra financial contribution.

Expressing gratitude is a “stewardship thing.” Lent is a time for reflection, and for gratitude.

Cathy Keim, Stewardship Team

Announcements

Lenten Soup Suppers are BACK! Join us Wednesdays in March at 6:30 PM for a meal before worship at 7:30 PM. The final Soup Supper is on March 20. Volunteers are needed for clean-up each week.



SUNDAY SCHOOL. JOIN US EVERY SUNDAY 9:15 - 10:15 AM for in-person classes.

Ages 3 to Pre-K (Room 201); Grades K-2 (Fellowship Hall); Grades 3-6 (Room 101, next to the downstairs elevator).

Join us for The Holden Evening Prayer every Wednesday evening at 7:30 throughout Lent. The final Holden Evening Prayer will be on Wednesday, March 20





It's that time of year again!

Don't forget to set your clocks ahead one hour on March 10!



Nursery care is available from 10:15 AM to 12:15 PM every Sunday. If you would like to utilize the nursery during service, please be sure to sign in with Kathleen Defriece in Room 100.





**St. Paul's will again be selling boxes of hand-dipped,
chocolate-covered candy Easter eggs!**

When: Palm Sunday, March 24, between services

What: Decorated boxes of...

- . chocolate-dipped vanilla cream,
- . chocolate-dipped coconut cream,
- . chocolate-dipped peanut butter,
- . chocolate-dipped chocolate,
- . peppermint-dipped chocolate
- . assorted

If you are making chocolates or want to help packing on Saturday, March 23 at 11:00 AM contact Dave Lech at 215-317-9762 or at ldave216@gmail.com

Price: \$10 a box

**Keep a close eye on your Tidings for
the most up-to-date information!**

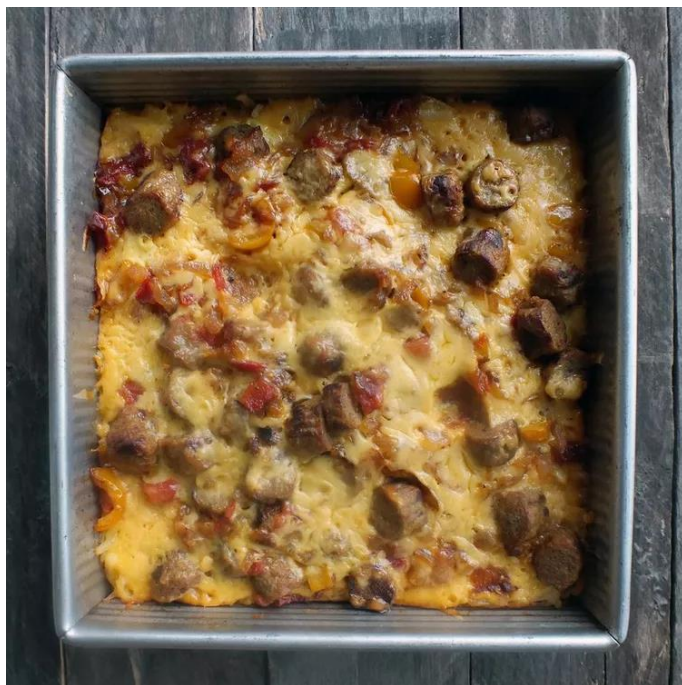
JOURNEY TO THE CROSS

Starting on Ash Wednesday, the church traditionally observes Lent, a 40-day period of repentance and reflection. As we prepare for Easter, families can focus on Jesus' life and ministry, culminating in his death and resurrection.

Use this Lenten Bible Reading Plan, along with a kid-friendly Bible version, for family devotions. With older kids, you can expand the readings to the surrounding paragraph or chapter. Discuss how each reference to Christ ties into God's plan of salvation.



Best Breakfast Casserole (Hash Browns & Eggs)



Ingredients

- 1 (2 pound) package frozen hash brown potatoes, thawed
- 1 pound pork sausage
- 1 small onion, diced
- 5 eggs
- ½ cup milk
- ½ teaspoon onion powder
- ⅛ teaspoon garlic powder
- salt and ground black pepper to taste
- 12 ounces shredded Cheddar cheese

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease an 8-inch square pan; add hash brown potatoes and arrange in an even layer.
2. Place sausage and onion in a large skillet over medium heat. Cook and stir until the sausage is browned and crumbled, about 10 minutes; drain.
3. Meanwhile, whisk eggs, milk, onion powder, garlic powder, salt, and pepper together in a large bowl until well combined; pour over the potatoes and sprinkle with 1/2 of the Cheddar cheese. Add sausage mixture on top and sprinkle with remaining Cheddar. Cover with aluminum foil.
4. Bake in the preheated oven for 1 hour. Remove foil; return casserole to the oven and bake until a knife inserted into the center comes out clean, about 10 minutes. Let stand for 5 minutes before serving.

Good News From the Pews



2-Mar	Eva Kurilla	16-Mar	Tami McCarty
3-Mar	Luke Loftus	17-Mar	Abigail Rall
6-Mar	Dennis Allen	20-Mar	Bre Tessitore
6-Mar	Lily Davatzes	21-Mar	Laura McGinley
7-Mar	Bernhard Bischoff	23-Mar	Amy Riemenschneider
7-Mar	Peter Loftus	25-Mar	John Berglund
10-Mar	Colleen Beck Domanico	25-Mar	Lindsey Thomas
10-Mar	Peter Loftus	26-Mar	Jean Sonntag
11-Mar	Michael Anastasio III	30-Mar	Starr Shiffer
14-Mar	Elias Davatzes	31-Mar	Leigh Ann Wojciechowicz
16-Mar	Linda Hayes		

Did we miss your special day? Please let us know your birthday or anniversary so that it can be included in future editions of the Messenger.



We welcomed Margot Anne Mahon to St. Paul's on February 24 through the sacrament of Baptism. We pray for Margot as she grows in faith and grace.

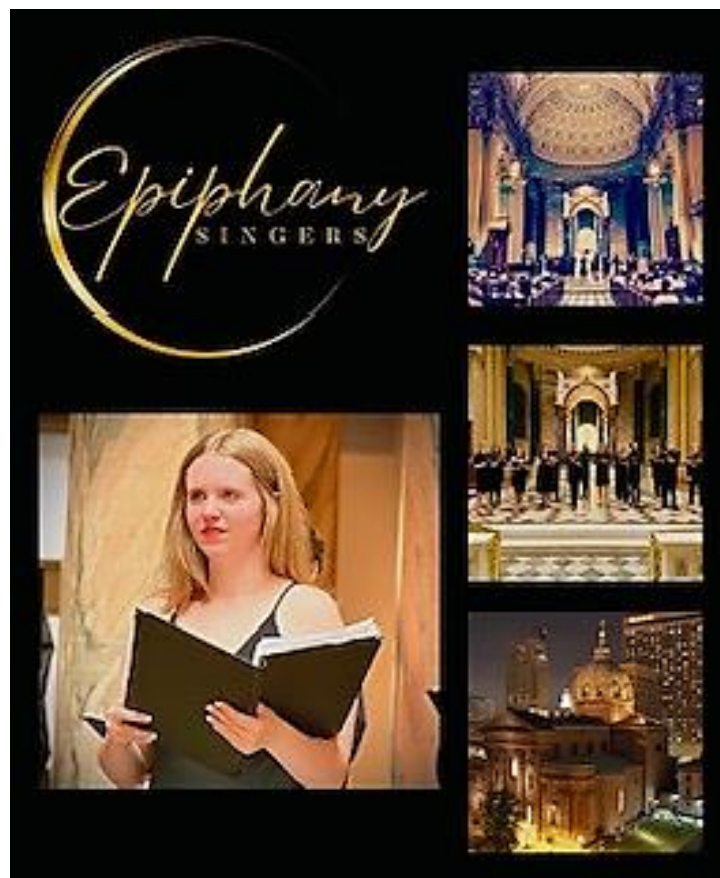
Dear St. Paul's Family,

Thanks so much for the lovely floral arrangement. They brought a touch of spring during these gloomy winter days.

With love,

Louise and Chuck Gray





Congratulations to Caroline, the newest soprano with Epiphany Singers! 🥳🎵🎉

"The Epiphany Singers is a select choral ensemble taking on big music. The Epiphany Singers, founded by director Danielle Molan in 2017, is an auditioned choral ensemble of young adults. Its mission is to provide college students and young working professionals from different parts of Philadelphia with a well-rounded choral experience of the highest caliber. Focusing on building community, musical growth, and artistry, Epiphany Singers strives to push young artists to experience a wide variety of repertoire from throughout history while providing Philadelphia with beautiful performances."

Their home church and performance/practice location is the Cathedral Basilica of Sts. Peter and Paul. She's back with some [Pennsylvania Girlchoir](#) and Keystone State Boy Choir alum which is so special. Cannot wait for her first concert!! Could not be more proud of you Caroline!! 💙🎵💚



PRAYER REQUEST

Young Bai
 Rodney Barnhart
 Martha Baum
 Betty Bortmann
 Robert Breuer
 Conrad Bush
 Jean Cristaldi
 Jerome & David
 The Freeman/Maxwell Family
 Angela Giordano
 Peter di Filippi
 Kathy DiSandro
 Flossie F. & daughter
 Gloria F.
 Tom Finney
 Leona Finney
 Rina Fresnak
 Chad Friedman
 Jenna Gresko
 Earl H.
 Nancy Hadley
 Jill Hamilton
 The Herschok Family
 Charmaine Hoff
 Maria Honczar
 Mario
 John
 Thubi Kolmobe
 Tom Lackman

Linda Landes
 Boaz Lazarus-Klein
 Zach Lean
 Jeanne Lewis
 Anita Lukach
 Joe Lukach
 Sue and John McLaughlin
 John and Cathy and their families
 Ariella Notarianni
 Nancy O'Conner
 Michell Ovack
 Dr. Michael Pladus
 Deborah Pancoe
 Robertson/Fragale family
 Toby Sauer
 Mary Ann Saurman
 Annabelle Sitler
 Richard Sitler
 Stephanie Smith
 Lucille Stimmel
 Rachel Stube
 Jerry Sutliff
 Tom Tessitore
 David Van Pelt
 Harry Van Pelt
 Jenn Wetzel
 Richard Woodring



Private First Class
 Carson Campbell



The Family and
 loved ones of
 Dave Freeman

Serving schedule for March.

Please note this is subject to change

v	Time	Acolyte	Assisting Minister		Greeter/Usher		Flower delivery	
3	8:00 AM	Jason LoMaistro	Paul Ziegler				Dale Reiser	
		----- -	-----		-----			
	10:30	Claire Picado	Pat Lackman		Dale Reiser			
		----- -	----- -----	----- --	----- -----	----- ---		
10	8:00 AM	Lewis Ritter					Dale Reiser	
		----- -	-----		-----			
	10:30	Tommy Erat	Betsy Berglund	Jane Kinsey				Dale Reiser
		----- -	----- -----	----- ---	----- --	----- ---		
17	8:00 AM	Alma Ojeda	Julie Gable				Dale Reiser	
		----- -	-----		-----			
	10:30	Wesley Ritter			Dale Reiser			Dale Reiser
		----- -	----- -----	----- --	----- --	----- ---		
24	8:00 AM	Austin Reiff			Bischoff/Ziegler		Dale Reiser	
		----- -	-----		-----			
	10:30	Jason LoMaistro	Betsy Berglund	Jane Kinsey				Dale Reiser
		----- -	----- -----	----- ---	----- -	----- ---		
31	8:00 AM	Gabe Picado					Dale Reiser	
		----- -	-----		-----			
	10:30	Tommy Erat	Chris Berglund		Dale Reiser			Dale Reiser
		----- -	----- -----	----- ---	----- -----	----- ---		

Acolyte Schedule for Wednesdays

March 6-Gabe Picado

March 13-Alma Ojeda

March 20-Tommy Erat

March 27-Lewis Ritter

Maundy Thursday-Wesley Ritter

Name: _____

ON THE ROAD TO EASTER WORD SEARCH



Ash

Wednesday

Sacrifice

Almsgiving

Prayer

Fasting

Lent

Holy Week

Holy Thursday

Good Friday

Holy Saturday

Easter

Palm Sunday

Purple

Palm Branch

Forty Days

Jesus

Passover

Foot Washing

Resurrection

Love





St. Paul's Lutheran Church
120 N. Easton Road Glenside PA 19038

Contact Us

The Reverend Henrik Sonntag, Pastor
Vicar Ian Clements, Pastoral Intern
Rae Ann Anderson, Music Director
Christina Garcia, Office Administrator
Kathleen Getz, Nursery School Director
Nancy Carbine, Bookkeeper
Bob Sutton, Sexton

**Office Hours Monday to Friday,
9 a.m. to 2:00 p.m.**

Church Office Number 215-884-3005

Nursery School Number 215-884-8995

Our Website: www.StPaulsglenside.org

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