

## Valentine Appeal, February 2012

When people flee war, famine, persecution or natural disasters, they often leave behind their possessions, their homes and their sense of security and peace. What they also leave behind is the opportunity to live a normal life, including the ability for children to receive an education.

For the 2012 Valentine appeal, International Ministries is offering support for children's educational programming through St. Andrew's Refugee Services (StARS) in Cairo, Egypt. Several members of Holy Trinity visited the project on their recent trip to Egypt and Israel and learned about its effective services to refugees from 32 different countries. Funds are distributed to StARS through the ELCA Global Mission program. Though the current unrest in Egypt has added some challenges, the services continue.

The program serves 221 students from age 7 to 10, employing 21 teachers, providing a basic educational program for refugee children. Students are taught the Sudanese English language curriculum, leading to a certificate advancing them through more structured education. It may be possible to adopt a classroom or a teacher, allowing for direct communication.



*Members of Holy Trinity will be asked to contribute to the appeal on **February 12**. Peter Johnson will be in Lancaster on January 29 and will present a Mission Moment at both services.*

### Holy Trinity Mission Statement

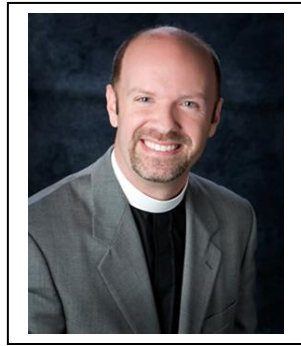
Under constraint of the Gospel, guided and empowered by the Holy Spirit, the mission of the Evangelical Lutheran Church of the Holy Trinity is for all members to bear witness to the crucified and risen Christ. Acts 1:8

## From Pastor Mentzer

*Greetings in the name of our Lord and Savior Jesus Christ.*

### Words of Gratitude

My wife, son, and I want to offer our appreciation to each of you for the thoughtful and generous ways you have remembered us during the Christmas season. I am also deeply grateful for the labors of love that members and staff of Trinity Church gave to make our worship, learning, and times of service meaningful. Thank you.



### Bearing Witness to the Gospel of Jesus Christ

I would like you to consider making evangelism part of your New Year's resolution. As God's people, saved by faith through grace, we are stewards of an extraordinary treasure. Each of us is called to nurture that treasure in our lives and to bless others with the gift of God's love. Would you please prayerfully consider the following practices for 2012?

#### *Sharing the Good News with Others*

- ✓ While I have been called to be a pastor—minister of Word and Sacrament—in your midst, all of you are called to be lay preachers. Your pulpits may be around your kitchen table, the water cooler at work, the line at the local “Stuff Mart”, or any myriad of places.
- ✓ Too often, we have framed evangelism as “making people Christian”. I want to reframe that statement and ask you to “speak AS Christians” on the many topics of the day. Set free from the bondage of serving ourselves, drawing lines in the sand, making ourselves right at the expense of others, we are free to share the will of God for the world. That will is that all the world shall be saved.

#### *Visibility*

- ✓ If you were to ask a co-worker or neighbor about Trinity Church, would he or she know about us? Visibility is about letting others know we are here, faithfully serving God for 281 years in this city. Would you consider telling others about Trinity Church, sharing news of upcoming events, and forwarding e-mails

about our ministries? Talk about our feeding ministry, our Shop with a Cop ministry, or our classes.

#### *Invitation*

- ✓ Word of mouth is the most powerful form of advertising. We trust the judgment of the people we know. In addition, others are more likely to try something new if they have a friend with them. Are you inviting others to worship, to our concerts, to our studies, to our times of fellowship?
- ✓ This invitation also applies to others within the congregation. As you make plans to attend church events, would you consider inviting another member of the church to join you? If you intend to participate in Adult Forum, please consider inviting another member to join you.

#### *Hospitality*

- ✓ In a larger congregation, such as ours, you may not know who is a member and who is a visitor. I am asking you to take a risk, and introduce yourself to someone you don't know.
- ✓ If you are asked if you are a visitor and have been a lifelong member, please be gracious. We all think that everyone else knows who we are. That is a fallacy. Should a person greet you, and ask if you are a visitor, please consider this as an opportunity to introduce yourself.

As we embody the stewardship of the mysteries of God, we fulfill the mission of our congregation which is to be EVANGELICAL.

### New Member Session

Sessions for those who are interested in becoming a member of Trinity Church or learning about our ministry will begin in January, on Sunday morning, January 8 at 9:45 a.m. in the Parish Library. If you are interested in these sessions, please feel free to make a contact with me at [seniorpastor@trinitylancastr.org](mailto:seniorpastor@trinitylancastr.org) or at 397-2734.

Blessings.

*Pastor Mentzer*

## Worship and Music Ministry

**Sunday Morning Worship at 8:30 a.m., 11:00 a.m.**

**January 1:** New Years Day; One service at 10 a.m. Communion;

**First Reading:** Ecclesiastes 3:1-13; **Second Reading** – Revelation 21:1-6a; **Gospel** – Matthew 25:31-46  
Preaching Deacon Mauro

**January 8:** Baptism of Our Lord

**First Reading** – Genesis 1:1-5; **Psalm 29**; **Second Reading** – Acts 19:1-7; **Gospel** – Mark 1:4-11  
Preaching Pastor Mentzer

**January 15:** Second Sunday after Epiphany;

**First Reading** – 1 Samuel 3:1-10; **Psalm 139**:1-6, 13-18; **Second Reading** – 1 Corinthians 6:12-20;  
**Gospel** – John 1:43-51  
Preaching Pastor Mentzer

**January 22:** Third Sunday after Epiphany

**First Reading** – Jonah 3:1-5, 10; **Psalm 62**:5-12;  
**Second Reading** – 1 Corinthians 7:29-31;  
**Gospel** – Mark 1:14-20  
Preaching Pastor Mentzer

**January 29:** Fourth Sunday after Epiphany

**First Reading** – Deuteronomy 18:15-20; **Psalm 111**;  
**Second Reading** – 1 Corinthians 8:1-13;  
**Gospel** – Mark 1:21-28  
Preaching Pastor Mentzer

### **Breakfast Fellowship Worship**

At 8:30 a.m. in Fondersmith Auditorium with third Sunday Communion with Pastor Pounder on January 15.

**Third Sunday Communion** at 12:15 p.m. in Rengier Chapel on January 15.

**Friday Noonday Services** Worship at 12:30 p.m. in Rengier Chapel is followed by lunch at 1:00 p.m. and fellowship, led by the pastoral staff, at 1:30 p.m.

## Educational Ministry

### Adult Forums

**January 8:** Rev. Kathleen Reed of the Lutheran Theological Seminary at Gettysburg on “Strategies for Giving,” sponsored by Senior Adult Ministries.

**January 15:** Professor Carey continues the series, “Big Ideas,” with the topic, “Jesus Christ.” What is core to Christian confession about Jesus Christ, and what major questions does our heritage entertain? We will discuss questions such as the mystery of the incarnation and the significance of Jesus’ death.

**January 22:** Pastoral Update Pastor Mentzer will be present for a Question and Answer period.

**January 29:** Trinity Member and Millersville Professor Tonya Kevorkian on Holy Trinity and American Lutheranism at the 300<sup>th</sup> Anniversary of Henry Melchior Muhlenberg's birth. 2011 marks the 250th anniversary of the beginning of the construction of Holy Trinity. This year also marks the 300th anniversary of the birth of Henry Melchior Muhlenberg, chief among the founders of American Lutheranism. In this presentation, Professor Kevorkian, discusses early congregational life at Trinity.

**Trinity Unplugged** meets in the Landmark Café Sunday mornings at 9:45.

**Jan. 1** Unplugged does not meet

**Jan. 8** Discovering Something New about Yourself

**Jan. 15** Discovering Something New about Your Faith

**Jan. 22** Discovering Something New about Your Church

**Jan. 29** Unplugged does not meet

**Men in Mission (1)** Meets the first and third Wednesday of the month at 7:00 a.m. in the Homestead Village Chapel. Contact is Bob Kurz at 396-0123.

**Men in Mission (2)** Meets the first and third Wednesday of the month at 7:00 p.m. in the Parish House. Contact is Roger Nelson at [Nelson@lvc.edu](mailto:Nelson@lvc.edu)

**Men in Mission (3)** Meets the first and third Thursday of the month at 7:00 a.m. at Homestead Village. Contact is Bob Cooper at [roroco@comcast.net](mailto:roroco@comcast.net)

## Adult Elective to Study the Formula of Concord

Starting on January 8th the Adult Elective will start a yearlong study of the Formula of Concord. There is no math prerequisite.

The Formula of Concord is part of the Lutheran Confessions recorded in the Book of Concord. It was published in 1580 to resolve some disagreements that had developed among the Lutheran theologians. It is part of our history and it is a guide to understanding our doctrines. It is biblically based and that is why it fits so nicely into our Adult Elective Bible study format. We will be using the Epitome of the Formula. It is the shorter or two documents that both have the title of Formula of Concord.

### **What is in the Book of Concord?**

The Book of Concord contains the Apostles' Creed, the Nicene Creed, the Athanasian Creed, the Augsburg Confession, the Apology [Defense] of the Augsburg Confession, the Smalcald Articles, the Treatise on the Power and Primacy of the Pope, the Small Catechism, the Large Catechism, and the Formula of Concord.

### **What is the Formula of Concord?**

After Luther's death in 1546, various controversies arose in the Lutheran Church in Germany. After much debate and struggle, the Formula of Concord was adopted in 1577 by over eight thousand princes, political rulers, theologians, and pastors, effectively ending the controversy.

### **Who wrote the Book of Concord?**

The ancient creeds in the Book of Concord were prepared by early church pastors and theologians. Philip Melancthon, a layman, was a professor of Greek and theology at the University of Wittenberg. He was chiefly responsible for writing the Augsburg Confession, the Apology of the Augsburg Confession, and the Treatise on the Power and Primacy of the Pope. Martin Luther wrote the Small and Large Catechisms and the Smalcald Articles. A group of Lutheran theologians prepared the Formula of Concord. They were Jacob Andreae, Martin Chemnitz, Nicholas Selnecker, David Chytraeus, Andrew Musculus, and Christopher Koerner.

### **Since we have the Bible, why do we have the Book of Concord?**

The Lutheran Confessions are a summary and explanation of the Bible. They are not placed over the Bible. They do not take the place of the Bible. The Book of Concord is how Lutherans are able to say, together, as a church, "This is what we believe. This is what we teach. This is what we confess." The reason we have the Book of Concord is because of how highly we value correct teaching and preaching of God's Word.

### **Resources for the study:**

A free copy of the Epitome will be distributed in class, but you may want to purchase a copy of the Book of Concord (Every good Lutheran should have one). It is available at Amazon for about \$30, here is the citation: [The Book of Concord: The Confessions of the Evangelical Lutheran Church](#) by Robert Kolb, Wengert and James Schaffer, 2001 edition. ISBN: 0-8006-2740-7 Earlier versions are available for lower prices and would be fine for the study.

Some electronic and e-book versions are available. A free app is called Triglotta and is available for your iphone/ipad. The Kindle version is available for \$0.99

A website that may also be useful (it was the source of the questions and answers above) is [www.bookofconcord.org](http://www.bookofconcord.org).

We meet each Sunday at 10:45 during the education hour. We meet across the parking lot from the Fondersmith in 129 E. Vine. All are welcome. You do not have to attend every session, come when you can, and bring your questions.

## **T.W.I.S.T – Trinity Women In Study Together**

*The purpose of Trinity Women in Study Together (TWIST), which is open to all women of the church, is to provide meetings for Bible study and spiritual development, and to be a supportive and faith-sharing group. Weekly sessions are planned by a committee of members who schedule topics for study and discussion through videos, DVDs and readings. All sessions are held in the library of the Parish House on Wednesday mornings, 9:45 to 11:15 a.m., September through May. (cont.)*

Wednesday, January 4 thru February 8– 9:45 to 11:15 a.m. Winner of the 2002 Christianity Today Book Award for If You Want to Walk on Water, You've Got to Get Out of the Boat, John Ortberg invites you to consider the incredible potential that awaits you outside your comfort zone. Out on the risky waters of faith, Jesus is waiting to meet you in ways that will change you forever, deepening your character and your trust in God. Questions? Contact Shirley Musser: 898-8177 or [shmusser125@comcast.net](mailto:shmusser125@comcast.net)

## **Youth Connection**

**January 8-** Jr. Youth night from 6-8 p.m. We will play minute to win it and other fun games. There will be prizes, snacks and fellowship. Invite your friends!

**January 15** -Sr. and Jr. Youth will attend Trinity's MLK service after having pizza at 6 p.m. in the café. We will join the community at 7p.m. in our sanctuary for the service celebrating the life and legacy of Martin Luther King, Jr.

**February 4** Jr. Youth Winter Lock-In. Fun food games and a movie. Bring friends!

**February 12** Sr. and Jr. High Youth gift basket making and delivery to Trinity's home-bound members. We will meet in Fondersmith for lunch, put together the baskets and deliver them. Please check your mail and e-mail for more detailed information.

Senior youth group meets every Sunday morning in the youth lounge to hang out, participate in topical discussion and enjoy breakfast snacks.

## **Social Ministry**

The Community Outreach Ministry (COM) is organizing several intergenerational outreach opportunities for 2012 Church year. Please consider how you can participate.

## **Volunteer Opportunities**

**Crispus Attucks (CA) Dinners** Saturday and Sunday March 24-25

- Saturday and Sunday October 6-7
- Opportunities to donate food and/or money, prepare or serve meals.

## **Habitat for Humanity**

- Awaiting a weekend date.
- Watch bulletins and newsletters for details.

## **Women's Winter Shelter 2012**

We will be volunteering on

- February 20-26, 2012, at the James Street Mennonite Church
- Need volunteers to serve one evening that week from 7:00 p.m. to 8:00 a.m.

## **Outreach Opportunities**

### **Share a Little/Help a Lot**

- Easter Season Food Blitz in March/April.
- Theme to be developed. Look for details in future bulletins and newsletters.

### **Challenge Grant**

- Celebrated the Tenth Annual grant process.
- Gave two \$5000.00 grants this year.
- "Emergency Daycare" program of Domestic Violence Services.
- "Children of Incarcerated Children's" program of Kon-necting services, Inc.

## **Future Outreach Opportunities**

Trinity's Cooling and Mission Center

- Next summer we will be instituting a new outreach program.
- We will offer our neighbors cold water and a cool place to rest in the Fondersmith during the hottest days of summer.
- We will need Trinity volunteers to man the Center and distribute the bottled water during those days. Details are to follow
- Details are to follow.

If you are interested in any of these opportunities please contact a COM member or Chairperson Eric DiGiacomo at 626-1724 or [edigiaco@dejazzd.com](mailto:edigiaco@dejazzd.com).

## In Reach Ministry

### Save the Date

TO: Family and/or friends of all who have experienced the death of a loved one in the past two years.

EVENT: Lunch with Pastor Pounder

WHEN: Tuesday, January 17, 2012 at noon

WHERE: Trinity's Landmark Cafe

*Please sign up at the table outside the library.*

### Health Notes

#### Types of headaches

- Rebound Headaches –headaches that *may* occur after use of aspirin, sinus relief medications, Tylenol, non steroidal anti- inflammatory medications.
- Allergy headaches –can be caused by allergies to food, pollen or mold.
- Headaches caused by hormonal changes.
- Food related headaches from aged foods such as cheese, alcohol, food additives such as MSG or cold foods.
- Caffeine can either make your headache better or worse.
- High blood pressure and low blood sugar may also cause headaches.
- Sleep deprivation headaches are frequent for those who work an off - or rotating shift.

#### How do you prevent headaches?

1. Reduce emotional and physical stress
2. Exercise regularly
3. Keep to a set schedule for meals and sleeping
4. Quit smoking
5. Implement preventive therapy if your headaches are triggered by your hormone levels
6. Avoid strong smells such as very heavy perfumes

7. Maintain a good posture with your head over your shoulders, (shoulders back and chin tucked) and shoulders in good alignment with your hips and feet.

#### Relaxation techniques.

1. Try rhythmic breathing
2. Take a deep breath in and blow out through pursed lips in a very slow controlled manner
3. Visualize a very comforting and pleasant experience –
4. Try progressive muscle relaxation – start at your toes and feel them totally relax and move to your feet and so on up your body. It is a great technique to try when you are unable to sleep.
5. Relax with favorite soothing music
6. Positive talk – reinforce the positive instead of the negative
7. Maintain a good blood pressure
8. Eat regular, well balanced meals that are high in protein and complex carbohydrates to better keep your blood sugar on an even keel.
9. Devote a specific time to your devotional life.

If you have frequent or severe headaches, try some of these suggestions and go to WebMD.com for more information.

God's Blessing to you in 2012 and have a healthy, happy year. If you wish information on any topic – please notify either me or the church office.

*Sue Michael, RN, COHN-S  
Parish Health Nurse*



## Pastoral Acts

### Deaths:

Curtis Lee Young on November 23, 2011  
Kathryn B. Johnston on December 11, 2011  
Virginia Graybill on December 13, 2011

### Wedding

Maggie Deihm and Drew Kurtz on December 16, 2011

## In House

### **Our House**

In the year 2000, for the first time, the Property Committee became dependent exclusively on income from Property Fund envelopes for all capital projects. As a result, I requested permission to write a monthly column on where this income was being spent, and what future projects were recommended.



Although over the past twelve years this column often strayed into matters of historical interest, I would like to begin 2012 with the original theme.

In 2011, more than one hundred padded folding chairs replaced older less desirable chairs, the 30+ year old commercial dishwasher was replaced, new Armstrong flooring was installed in the kitchen and at the rear entrance into the parish house, the slate roof on each of our buildings was inspected and repaired as needed, plaster and drywall work plus painting was completed in selected areas, and borer bee damage in wood trim behind the church rain gutters was addressed with three treatments of an insecticide followed by the plugging of their holes. In addition, church exterior painting was 70% completed, but unusually rainy weather slowed the progress of what is largely a one man operation, thus preventing completion until spring. A number of smaller but needed projects were also accomplished.

In 2012, in addition to finishing the painting of the church exterior, we would like to paint the parish house exterior, add windows to the vestibule doors of the parish house in order to brighten the narthex, build an appropriate cover for the deteriorating center

tombstone in the church's west wall, provide a second wheelchair assessable pew, perform appropriate work on the church roof ridge, and continue painting and replacing carpet in the parish house first floor.

Our wonderful church buildings and grounds are both a blessing and a responsibility. The completion of planned 2012 projects is dependent on member's generous support of the Property Fund. Yellow envelopes for these contributions are provided in your offering packets, and are also in the pews. The Property Ministry is very appreciative of the past support that has allows us to maintain our historic buildings and to make appropriate improvements.

May this New Year continue to bring you many blessings.

*Lloyd E. Bull, Property Committee  
Chairperson*

### **Weekly Attendance and Offerings**

Date	13-Nov	20-Nov	27-Nov	04-Dec
<b>B-Fast Worship</b>	37	53	65	65
<b>8:30 Worship</b>	183	181	187	174
<b>11:00 Worship</b>	156	172	147	155
<b>Worship Total</b>	376	406	399	394
<b>B-fast Fellowship</b>	165	146	130	120
<b>Parish Ed.</b>	147	118	100	153
<b>Offering</b>	\$14,013	\$11,290	\$12,698	\$14,017
<b>World Hunger</b>	\$70	\$30	\$635	\$159
<b>Property</b>	\$508	\$93	\$165	\$821

## International Ministry

### LWR Fair Trade Sales

The next LWR Fair Trade Coffee sale will be held on **Sunday, January 8**. Sales are held in the rear of the Fondersmith Auditorium immediately before and after the Adult Forum.

### Freetown, Sierra Leone

Dear Friends,

For the past year 1 ½ years I've spent time each week tutoring students at an after school program. These students are former street kids and children from Freetown's largest slum. For many of them, primary education came by way of life on the streets. Living on the margins and drawn to new possibilities, these kids are full of energy, and trying to change their lives.

Formal education for these kids has often been a problem. The public education system itself is problematic, with crowded classrooms, ill-trained teachers, and a general lack of resources (including books). Here in Freetown, there are people from all over the world working for the UN, government aid agencies, and big non-governmental organizations. Development work is big business in Africa, and millions of dollars are being poured into countries like Sierra Leone in an attempt to promote development and improve people's lives. Given all this, a critical question must be raised: why are so many people in Africa still hungry, thirsty, poor and dying?

The answers to this question are complex and controversial, and the subject of many papers and books. It is good to remember that development work is not the same as mission and ministry. In mission, I think the most significant impact we can have is in the small things: touching one person's life at a time, even loving and teaching illiterate young people how to read.

Kate Warn

Pastor in Residence, Evangelical Lutheran Church in Sierra Leone

[Katew225@gmail.com](mailto:Katew225@gmail.com)

[www.onmissionsierraleone.wordpress.com](http://www.onmissionsierraleone.wordpress.com)

### The Church Staff

The Rev. Timothy Mentzer, *senior pastor*  
[seniorpastor@trinitylancaaster.org](mailto:seniorpastor@trinitylancaaster.org) ext. 237

The Rev. Sadie Pounder, *associate pastor*  
[associatepastor@trinitylancaaster.org](mailto:associatepastor@trinitylancaaster.org) ext.226.

Augustus Mauro, *visitation minister*  
[augustusm@trinitylancaaster.org](mailto:augustusm@trinitylancaaster.org)

Vicar Beth Hawk, *intern* ext. 231  
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Peter A. Brown, *organist and choirmaster*  
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Professor Greg Carey, *Scholar in Residence* 290-8753  
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Jeff Engroff, *Director of Youth and Young Adult Ministry*, [jengroff@trinitylancaaster.org](mailto:jengroff@trinitylancaaster.org) ext. 235

Patti Corll, *Director of Children's and Family Ministry*,  
[patti@trinitylancaaster.org](mailto:patti@trinitylancaaster.org)

Kevin DePrefontaine, *business manager*  
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Sue Michael, *Parish Nurse* 397-2734

Andrea Collins, *executive assistant*  
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Geoffrey L. Herr, *sexton* ext. 229  
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Stephanie Bitner, *sexton* ext. 229  
[stephb@trinitylancaaster.org](mailto:stephb@trinitylancaaster.org)

Ronald Rickers, *usher coordinator* (8:30)

Dan Sigman, *usher coordinator* (11:00)

Joan E. Kahler, *archivist*

### The Vestry

Gary Seldomridge, *President* • Loren Good, *Vice President* • Rick Zook, *Treasurer* • Judy Kitsock, *Secretary* • Susan Doyle, *Trustee* • Lloyd Bull, *Trustee* • Reed Spiegel, *Trustee* • Jenise Roberts Christie • Barbara Dorsey • Barry Huber • Sally Desch • John Garofola • Tom Hassler • Nancy Herzog • Michael Lehman • Charles Petka • Walt Rowen • Alan Sutter • Laura Weidensaul • Dave Wanner • Cheri Work •

Church office hours:

8:30 to 5:00 Monday through Friday.

Telephone - church office:

397-2734; FAX: 397-2159.

Website: [trinitylancaaster.org](http://trinitylancaaster.org)

e-mail- [church@trinitylancaaster.org](mailto:church@trinitylancaaster.org)

*In emergency after hour situations a pastor may be reached by calling the pastoral care cell phone number 717-572-0210.*