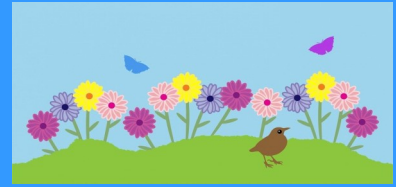


Good News

June 2021



Newsletter of The Evangelical Lutheran Church of Our Saviour
420 North Progress Avenue
Harrisburg, Pennsylvania 17109

Dear Sisters and Brothers in Christ,

So things are starting to get back to some normalcy. The governor has lifted the mitigation orders as of May 31st. We are able to engage life as it was pre-pandemic, EXCEPT we are still required to wear masks. The governor has said that the mask mandate will be lifted once 70% of Pennsylvania adults have been vaccinated, which is predicted to occur in July.

At Church, things are starting to get back to some normalcy, too. We are resuming in-person, indoor worship beginning on June 6th at 9:00am. Hopefully, you received the letter from Church Council and the Covid-19 Taskforce to that effect. If not, please see the "About Worship" article in this newsletter. Furthermore, the hope is that we will be able to resume indoor activities at church this summer, so church meetings and other church groups will be able to gather again soon.

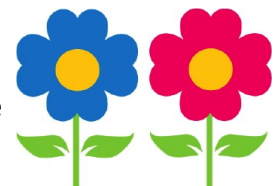
We also recently held a GermanFest planning meeting to decide how we want to conduct our GermanFest event this year. The committee decided with approval from council to hold a scaled down version of GermanFest for 2021. It will consist of a drive thru, food only event. The limited menu will include sauerbraten meals and chicken schnitzel meals, approximately 250 meals in total. So we will prepare the chicken and the beef, as well as red cabbage and German potato salad. We will not prepare cabbage rolls or Mac-n-Cheese this year. We also plan to make both cheese and apple strudel. In addition, we do plan to sell bratwurst on rolls with onions and peppers and pre-packaged mustard and ketchup. This would be the extent of GermanFest for this year. The event would still be held on the Saturday after Labor Day (September 11th). More information will be forthcoming, but the GermanFest planning committee wanted to let the congregation know sooner than later about what is being planned.

Now as we are getting back to some normalcy, something has become quite apparent to me. And that is this. We have to be gentle and kind to ourselves as we get adjusted to church life again. It is kind of strange, for instance, transitioning back to in-person, indoor services. It is kind of strange restarting the groups and activities here at church. Back when the pandemic started and we were in crisis mode, we were going about things on-the-fly. And eventually we sort of hit a stride doing things differently. But now that we have been accustomed to doing things differently, we are all trying to readjust yet again to reclaiming our former ways. It is just so discombobulating. So again, I think we just need to be gentle and kind to ourselves as we go through this transition. This transition is not like turning a light switch on and off. It is more like a rheostat, where we gradually increase the lighting once again by turning a knob.

With all this in mind, I invite you to start getting back into the rhythm of coming to church on a regular basis again. I recognize that some of us have gotten accustomed to watching worship online. I recognize that some of us have been worshipping sporadically. In truth, outdoor service has been sporadic because of the weather. But now that we are resuming in-person, indoor worship, I think we will all feel a greater sense of normalcy if we all make the concerted effort to be together in worship once more. In this way, I think the rheostat dial will be turned a little more quickly. So, I look forward to seeing us together in worship. I look forward to experiencing normalcy with you as we gather again in praise of our Lord and Saviour Jesus Christ.

In Christ, *Pastor Joel Petruschke*

ON A PERSONAL NOTE, I want to thank the congregation again for all your support as I completed my doctoral degree. The words of encouragement, the financial help, and the prayers have helped carry me across the finish line. Thank you for the cards and graduation gifts. Your kindness is overwhelming. Thank you so very much.



The Lessons for June 2021

June 6 — Pentecost 2

Genesis 3:8-15

Psalms 130

2 Corinthians 4:13—5:1

Mark 3:20-35

June 13 — Pentecost 3

Ezekiel 17:22-24

Psalms 92:1-4, 12-15

2 Corinthians 5:6-17

Mark 4:26-34

June 20 — Pentecost 4

Job 38:1-11

Psalms 107:1-3, 23-32

2 Corinthians 6:1-13

Mark 4:35-41

June 27 — Pentecost 5

Lamentations 3:22-33

Psalms 30

2 Corinthians 8:7-15

Mark 5:21-43

Just a Reminder

Our next edition of the newsletter will be our summer **combined issue for July & August!** The deadline for submission of items to be included in that edition will be Sunday, June 20th.



Baby News

We are happy to let everyone know that we had a birth in our congregation! Jaylen Alexander was born on May 18th at 3:04pm. "Little" Jaylen weighed in at 9lb. 9oz. Congratulations to Jared & Jessica Copeland (and to Jansen on becoming a big brother!) on the birth of their second son.



Wedding News

Congratulations to Hilary Grace and Jason Ahrens who were married on Saturday, May 29, 2021. Our best wishes as you begin your new life together!



Parish Staff

Joel D. Petruschke, pastor

Barbara Johnson, administrative assistant

Good News is a monthly publication of **The Evangelical Lutheran Church of Our Saviour**, 420 North Progress Avenue, Harrisburg, Pennsylvania 17109, 717-545-9992, ossec@comcast.net. **Deadline** for submission is the third Monday prior to publication month.

If you do not have email or internet access, your addressed copy of *Good News* will be available in your church mailbox the first weekend of each month.

About Worship

What will worship look like when we go back inside on June 6th? It will look a lot like what it did when we discontinued in-person services in December 2020. But there will be some changes. So when you come to church on June 6th, you will first notice that there is new carpeting in the sanctuary and new paint on the sanctuary walls. You will also notice that there is a video camera in the sanctuary so that we can livestream the service. You will also notice that some pews are cordoned off, as they were before. You will see people wearing masks, as this mandate is still in effect from the governor. You will see communion celebrated. You will hear music played and you will be invited to sing with your mask on. In sum, here is what the Covid-19 Taskforce decided with approval from council:

1. Masks must be worn in the church.
2. People will be seated every third pew to provide for social distancing.
3. Singing is permitted but masks must be worn.
5. Communion can be celebrated, but folks should bring their own bread.
6. Instead of using hymnals, the printed liturgical bulletin will continue to be used as well as the printed words to hymns.
7. The fellowship hall will serve as overflow space for Sunday morning worship.
8. There will still be sanitation stations for persons who choose to use them.
9. Ushers will direct you to your seats when you come into the sanctuary.
10. The pastor will dismiss you at the end of the service.
11. You are welcome to congregate outside after worship, but you are asked that you please refrain from doing so in the church building.
12. We ask that if you are not feeling well, please refrain from coming to church, while enjoying worship from the comfort of your home via livestream.
13. Finally, the Covid-19 Taskforce will meet again on June 2nd to continue discussion about reopening the building to other church and outside groups. If you have questions or comments for the taskforce, please contact a member before the meeting on June 2nd.

I hope this information helps you plan your return to worship. Please remember to bring your mask, bread for communion, communion liturgy bulletin, and your joyous heart to praise God. If you forget any of these items, we will have extras on site, especially joy.

Let's think about camp!

We have received the new camping corp. brochures for the upcoming 2021 summer programs. They are on the table in the Narthex. Camping is not just for children. They offer family camp & elders camp. Pick one up & check out all that is being offered this year!



Jobs are available

In addition to offering summer camping for campers the Lutheran Camping Corp. also offers summer employment for high school & college students such as: counselors, lifeguards, kitchen staff, craft staff and maintenance. More information about these opportunities is available at LutheranCamping.org/employment.

A Word on Stewardship

So I have been reading a book entitled *Why We Sleep* by Matthew Walker, who is a professor of neuroscience and psychology at the University of California, Berkeley. And, I must say it has a fascinating read. Now, I had realized the importance of sleep, but I didn't realize just *how* important sleep is.

So far I have learned that sleep makes you live longer, enhances your memory and makes you more creative. Sleep makes you more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. It also makes you feel happier, less depressed, and less anxious. Talk about mental and physical benefits!

Some of the other things I learned about sleep from this book include the following:

- 1) Older persons need just as much sleep as other adults, about eight hours.
- 2) Teenagers' circadian rhythms differ from that of their parents. The internal clock in teenagers is such that they are wired to go to sleep later and wake-up later than adults. Hmm, and we just thought our teenagers were just being disobedient.
- 3) During sleep our brains transfer memories from short-term storage areas in the brain to long-term storage areas, so that we can take-in more information in our short-term storage areas the next day. Short-term storage only has a certain capacity, so without sleep providing for this information transfer to happen, we will only be able to retain so much information.
- 4) Our evolution as the dominant species on earth may have been the result of our sleep habits. We moved from sleeping in trees to sleeping on the ground, such that we began having more concentrated REM sleep which supported our emotional development and cognitive abilities as a species. Because we were then able to regulate our emotions and thus make better decisions, and because we were able to evolve socially, our species catapulted to the top of the species ladder.
- 5) Caffeine has a half-life of five to seven hours, which means our body on average eliminates half the amount of our caffeine intake in that time, and then another five to seven hours for another half to be eliminated. Caffeine affects sleep by bonding to receptor-sites in the brain where adenosine normally bonds. Adenosine is what helps us sleep. (In short, 50% of the caffeine in that cup of coffee we had after dinner at say 7:30pm, will still be in our system at 1:30am.)
- 6) Every animal species sleeps, which means sleep developed very early on in evolution and evolution has deemed sleep to be highly valuable.
- 7) Even plants have circadian rhythms. It has been shown that plants that open their leaves to the sun and track the course of the sun during the day, will still open their leaves on the same schedule of the sun, if the plant is placed in a completely dark environment. In other words, somewhere inside a plant is a clock tracking time, above and beyond the cues from the sun. Amazing!

All of this is by way of emphasizing the importance of sleep in our lives. Indeed, as a pastor one of the questions I tend to ask parishioners when I visit is "how are you sleeping?" I know it sounds like a strange question, but it really is a good gauge with respect to the health and well-being of someone. And I have noticed that persons who sleep well, who are able to fall asleep and keep asleep during the night (except for the obligatory bathroom visit), seem to be healthier and in better spirits overall. So, this is my encouragement to all of us - to take care to devote the necessary time we need for sleep. And, if needed, talk to your health professional about what we can do to sleep better. And FYI, as Matthew Walker notes, sleeping pills are not necessarily the answer to the problems we might be having with sleep. Non-pharmaceutical solutions may be a better answer for our lack of sleep.



Dear Padre,

What does Jesus mean where Jesus talks about God being the God of Abraham, Isaac, and Jacob, and that God is the God not of the dead, but of the living?

Signed, Parishioner with a Question

Dear Parishioner with a Question,



In the Old Testament, God is frequently described as the “living God.” And God is described as such so as to distinguish the Israelite God from the other pagan gods in the ancient world. Many of these other pagan religions depicted their gods using idols carved out of wood or stone or metal. Now, of course, these idols were not animated. They didn’t move. They didn’t do anything. In effect, these idols were dead. But Israel’s God was the living God. Israel’s God creates and has power. And so, idols were not appropriate to depict Israel’s God.

In Mark 12:26-27, Jesus seems to nuance this idea that God is the living God by saying that God is the God of the living. In effect, Jesus is hinting at the promise of life after death, because if God is the God of Abraham, Isaac, and Jacob (which is how God is often described in the Old Testament), then Abraham, Isaac, and Jacob must have the hope of new life, because God is the God of the living, and not the dead. He is the living God. But, God is also the God of the living. I would have to check my Hebrew, but my guess is that the phrase in Hebrew can be translated either way. Jesus chooses, however, to emphasize that God is the God of the living, so as to emphasize the promise of new life. So whether we live or whether we die, we are the Lord’s, and if we are the Lord’s then there is always the promise of life.

Thanks for your question.

Peace, *Padre*

Manna Food Pantry

Our “2nd Sunday” food collection is still ongoing. During the winter, and during this time of the pandemic food pantries are seeing a greater demand of their services. If you would like to make a donation you may bring your items into the church & place them on the table in the Narthex at any time. If you are not comfortable with coming into the church building we would be happy to offer “curbside drop-off” during regular office hours. Just let us know & Pastor or Barb will be happy to come out & get your donation from you. Thank you.



Council Minutes

Please Note: *Council Minutes cannot be included in the newsletter until after Council has approved them.*

Evangelical Lutheran Church of Our Saviour Minutes of the Regular Council Meeting Wednesday, April 14, 2021

Members Present (Via ZOOM meeting): Pastor Joel Petruschke, Vice President Brad Neil, Treasurer Jim Lubrecht, Secretary Michael Metzger, Penny Zimmerman, Marlee Zimmerman, Anneke Fleming, Jared Copeland, Jeanette Logan, and Jessica Burigana.

Members Absent: None

Call to Order: The meeting was called to order at 6:33 PM. Since the President position is vacant, Pastor Joel led the meeting.

Council Executive Positions: No Update

Minutes: Minutes from the March Council meeting were reviewed. The following amendments were requested: 1) Under Property report, indicate Penny recommended contractors and strike all of the rest, under Scholarship BOT, indicate the meeting request is with the Chair of the committee, not the Board, and under New Business, concerning the Items in the Fellowship Hall, indicate Pastor will ask people to help, not that he actually did so. Upon motion by Anneke, and seconded by Penny, the minutes were approved with requested amendments.

Treasurer's Report: Jim presented Council with budget performance data. What appears to be a substantial deficit so far this year may be explained by a lack of fundraising revenue and increased expenditures, including the new Stormwater fee. Pastor Joel suggested creating a budget summary and a short write up for the newsletter on all of the improvements and projects which have been accomplished, with pictures. This may help the Congregation to understand the good results coming from the expenditures. Jessica moved that Council approve the budget report and Brad seconded the motion, which was carried.

Committee Reports:

Christian Education - This committee has not met. Confirmation classes continue for Evan and Tyler.

Fundraising - This committee has not met.

Mutual Ministry – This committee has not met.

Property – 1) John Zimmerman removed a 2X4 and damaged insulation and dry wall from the water damaged area. The Zimmermans have been checking to see if more water damage has occurred and there has been none so far. Carpet work in the sanctuary should be held off until the wall is repaired by a contractor. John will share a contractor name with Phoebe and Council is invited to share additional names with Phoebe. 2) Altrusa International of South Central PA has completed building the Little Library and the Church needs to identify the spot where the library will be installed, and dig a 2ft hole, and supply concrete for the installation on church property. Anneke moved and Jeanette seconded that Council accept a proposal to install the Library facing Trinity Road, near the Church driveway, and that a hole be dug there and that the church provide concrete (purchased

from General Funds) and further that a sign be made and installed facing Progress Ave announcing the new Little Lending Library. The motion was passed. Anneke volunteered to call the township to see if there is any issue with the sign or the library placement.

Welcome - This committee has not met.

Worship and Music – This committee will meet soon and is likely to discuss changing outdoor worship to a later time.

Child Protection Policy - This committee has not met.

Scholarship BOT – This committee has not met. Pastor Joel requested a meeting with the Chair of the Scholarship Board concerning moving money out of the account for investment.

Social Ministry - This committee has not met.

Stewardship - This committee has not met.

Pastor's Report - Pastor reviewed his report with Council, focusing on near term scheduled events as well as old and new Business items:

- Racial Justice Forum-April 19th at 6:30 PM
- Unites Lutheran Seminary (ULS) Spring Convocation- April 21st
- COVID-19 Taskforce will meet May 5th at 6:30PM
- Pastor Joel will receive his Decorate degree in an online graduation ceremony on May 14th at 7:30PM.
- The remainder of Pastor's report was a review of old and new business items which are captured below.

Anneke moved to accept the Pastor's report and Jared seconded the motion, which was carried.

Old Business:

Sanctuary Carpeting and Wall Repair– See above under Property regarding possible delay of carpeting installation pending resolution of damaged dry wall.

Little Lending Library – See above under Property report regarding completion of this project.

Technology for Worship – Council received an estimate from B&B Integrations to upgrade the church sound system for \$12,850.00 as well as a quote to provide assistive listening technology for \$2990.00. After the meeting agenda was accomplished, Council watched an online video presentation prepared by Herb Logan in which a representative from B&B was interviewed (by Herb) concerning the sound system quote. Anneke made a motion, seconded by Mike, to table further discussion on the quotes until next Council meeting, so that council has more time to study the video and consider the quote, and to request an itemized quote and finally to ask Herb to attend the next meeting in order to brainstorm future uses of the system. The motion was carried.

COVID 19 Taskforce – Council reviewed the Taskforce report and took action on three items: 1) Jared moved and Brad seconded that Council approve singing outside and long as people are socially distanced and wear masks. The motion carried. 2) Anneke moved and Penny seconded that Council disapprove hosting an outdoor concert by the Praise Hymn Singers in May/June. This motion carried. This activity would involve use of church property by outsiders and is not permitted by Phase 1 protocols. 3) Jeanette moved and Jared seconded that the Church remain in Phase 1 and that status will be re-evaluated monthly. This motion carried.

Organist Position – Worship and Music continue to work on finalizing arrangements with Mitchell Sensenig.

Fellowship Hall Clean up – Pastor Joel said Dawne Veet has volunteered to help.

Flood Lights at Front of Church – No action.

Waxing of the Fellowship Hall – Phoebe is aware of Council's request to ask the contractor to wax the rest of the floor.

Purchase of a Shed – No action.

Constitutional By-laws – Need to be reviewed. Pastor will contact Carol Ranck.

New Business:

Smart Board Donation – We have received another, very large, Smart Board from TMI which may be installed in the Library.

Council Appointment – Pastor Joel requested we provide him with nominations to fill the spot left open by deeply missed Arno Miller's passing.

Adjournment:

The meeting was ended by reciting the Lord's Prayer and was adjourned at 8:36 PM after approval of a motion from Anneke, which was seconded by Jared. The next regular Council meeting will be held via ZOOM on Wednesday, May 12, 2021 at 6:30 PM.

Respectfully submitted,
Michael Metzger (Secretary)



Spotlighting Our Graduates



We would like to congratulate our graduates for their recent accomplishments and to wish them the best on their future endeavors! CONGRATS!!

Jenna Neil

Date of graduation: May 7th

Jenna graduated from The Pennsylvania State University with her Masters of Education Degree in Curriculum and Instruction with an emphasis in Elementary Education

She plans to continue working as an elementary learning support teacher, finishing up her fifth year of teaching this year. Jenna will also be getting married this October!

Daniel Logan

Date of graduation: May 8th

Daniel graduated from Messiah University with a degree in Accounting and a minor in Finance. He is currently studying for the CPA Exams and will take the first of 4 exams on June 8th. He and Maelyn will be married on June 18th in York, PA! In August, Maelyn will begin her graduate studies in Mathematics at Lehigh University where she will also work as a Student Instructor. Her ultimate goal is to be a professor in the field of Mathematics. Daniel will begin his new job with KPMG in late September. They are looking for an apartment that will be between Maelyn and Daniel's school and work.

Thank you all for your support throughout the years. We're looking forward to seeing God's plans for them as they begin their journey as man and wife!

Max Reilly

Date of graduation: June 1st

Max will graduate from CD East High School. After graduation Max plans to enlist in the Air Force reserves and train in welding and possibly in under water welding. He plans to go full time active duty in about two years.

Max was a triple athlete in high school. He played football, wrestled and played baseball. He is an A-B student (mostly) and has been on the honor roll. Max also just recently received his Eagle Scout. His project was improving and repairing the varsity baseball field at East. He works part time at Sheetz.

Joan Bateman's twin grandsons, **Skylar and Kanyon Vilaychith** graduated from Penn State Harrisburg, with honors in Engineering on May 8th.

Pastor Joel

Date of graduation: May 14th

Pastor graduated with distinction and received his Doctoral Degree from Myerstown Evangelical Seminary.

We would like to congratulate all our graduates and wish them the best in their future endeavors!



Please Note: We will resume our indoor/in-person worship on June 6th, beginning at 9am. Please join us!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 6:30 pm - Covid Task Force via Zoom Tessa Minnich	3 Jenna Neil	4 Synod Assembly	5 Synod Assembly
6 – Pentecost 2 9 am - Indoor Worship Resumes	7	8	9 6:30 pm - Council	10	11	12
13 – Pentecost 3 9 am - Worship	14 Kelly Schreffler	15	16	17	18	19
20– Pentecost 4 9 am - Worship Newsletter deadline 	21 6:30 pm - Racial Justice Forum	22	23	24	25 Connie Johnson	26
27– Pentecost 5 9 am - Worship Donna Zimmerman	28 Robert Trea	29	30			

The Evangelical Lutheran
CHURCH OF OUR SAVIOUR
420 North Progress Avenue
Harrisburg, Pennsylvania 17109

Phone: 717-545-9992
Email: ossec@comcast.net
Web Site: www.oslutheranharrisburg.org



Mission Statement

Our Saviour Lutheran Church, a caring congregation dedicated to the word of Christ, welcomes all people to worship and to grow with us as we share His love and salvation with our neighbors, our children and ourselves.

Worship

We will resume our in-person, indoor worships beginning June 6th. Our service starts @9am. Please join us! You will still have the option of viewing our worship via live-stream. The viewing link is available on our website (address below).
Holy Eucharist is celebrated every Sunday.

Church Office

9:00 am -12:00 pm Monday through
Friday

Phone: 717-545-9992

Email: ossec@comcast.net

Web Site: www.oslutheranharrisburg.org



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