



# The Epistle

St. Paul's Evangelical Lutheran Church, 117 East Arch Street, Fleetwood, PA

Summer is here at last, and I hear a collective sigh of relief. After a cold, dark Winter and rainy, windy Spring how good it is to see the sunshine! Along with longer days and warmer weather come the myriad of foliage which delights our senses. What seems to be dead springs to life because of the remarkable root systems that lie underground.

Last year we had some landscaping done on our property that included the planting of a Service Berry Tree. I did not choose this tree but took the recommendation of the landscaper who planned the project. I knew nothing about Service Berry Trees and wasn't impressed when it arrived. Then I noticed a book by that name on the New York Times best seller list and featured at Barnes and Nobles. The author, Robin Wall Kimmerer, a native American scientist, uses the service berry tree to illustrate what she calls a gift economy in contrast to a market economy. Her vision of a "gift economy" is like that of a church, one based on reciprocity rather than profit.

We watered the tree and fed it regularly as its root system was established. I wasn't sure if it would survive the winter and what to expect when Spring came. So, I was excited to see the first snow white blooms and now the berries that are appearing which match the beautiful illustrations in the book. Added to my delight are the little spouts at the root of the tree that indicate that the tree will grow and spread.

Like the spouts at the root of the service berry tree are the young people in this church. The importance of the roots

(Continued on page 2)

June 2025

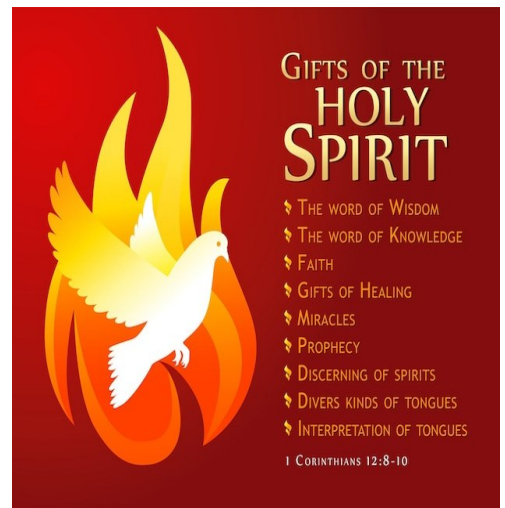
## Up Coming Events

**Pentecost—Confirmation  
Reception for Confirmands**  
Sun. 6/8

**Father's Day  
Graduate Sunday**  
Sun. 6/15

**Cookies at the Cross**  
Every Sun. during Summer

*Let's greet visitors warmly at St. Paul's Lutheran. Some call it hospitality, let's make it an unending welcome.*



they are putting down will serve as a lifeline throughout their lives. When challenges, temptations and defeats threaten to wilt their motivation to live a life befitting of the name Christian the strong root system they've establish will give them the strength and will to spring back to life and flourish.

This month we celebrate our youth in several ways that are helping to establish strong roots of faith. On **June 8 Eme Stefan will be receiving her First Holy Communion;** and **Eliza Bailey and Logan Schlegel will be affirming their faith through the rite of Confirmation;** on **June 15** we will honor **graduates** of high school and beyond.

YOU, the adults, active members and leadership of St. Paul's are the soil in which the roots of these young people have grown. I encourage you to be present for these important occasions when we focus on the importance of an active faith throughout one's life.

Yours, in Christ, Pastor Susan Fox

## Council Corner

### Pastor's Report

- She will meet with all staff members in attendance once a month.
- Pr. Fox and Tim Heffner will be attending the SYNOD Assembly on May 30 & 31 at Christ Hamilton United Lutheran Church, Stroudsburg.
- She will be taking the fourth Sunday off every month.
- She plans to meet with Betty Buss and get to know and visit the shut-ins as well as meeting with the home communion team.

### Parish Administrator's Report

- Website has been updated.
- Copier overuse reported.

### Church Council 2025 Goals

- Holly Wolf arranged a guest speaker for next month (topic: 6-2-6-1 Ministry Community).
- Need to monitor member attendance and follow up with absent members.

### Preschool (Donna Fick & Carol Cox):

- Graduation was May 19th.
- End-of-year celebration was May 21st.

### Property (Bruce Roberts & Mark Coutts):

- Mark is continuing the lighting project work.
- AC units turned on by Chris Moyer.

### Notes

- Pr. Fox is contracted for 3/4 time and will be present 3 out of 4 weeks a month.



# Scholarships

Page 3

SPELC is requesting applications for scholarships for those of you beginning your education in trade school, community college, technical school, or a traditional 4-year institution of higher learning. Additionally, there is a special scholarship for those of you pursuing a degree in Nursing. Please submit a one-page essay, including how you contribute to congregational life at SPELC, what and where you intend to study, and why you believe God is leading

you to pursue this course of education.

The deadline for submission is Sunday, **June 1**. Send essay submissions to **Seth Mitten** at [sethamitten@gmail.com](mailto:sethamitten@gmail.com). Scholarships will be announced Sunday, **June 29, 2025**. Each scholarship may only be awarded once per student. Interested members of the congregation may also contribute to the scholarship fund by marking this on a giving envelope.

## Prayer List

**The prayer list** is an instrument to remind us of our responsibility to intercessory prayer for our community, world, and church. To add a name to the prayer list, call the church office. Names will be removed after four weeks, unless otherwise advised. Prayer makes a difference!

### **Pray for those serving in the military:**

Nathan Essig, Connor Geer, Rob Geer, Daniel Keller, Brayden Kiebach, Travis Meck, Lauren Moyer, Sydney Plucker, Matt Roberts, Colin Walbert.

### **Pray for those in need of ongoing, long-term prayer:**

Kathy Boalton, Marion Boyer, Everett Burkert, Daniel DeLong, Barbara Faust, Essie & Barney Dietrich, Maggie Emerick, Lynnwood Fegley, Dennis Gillner, Nancy Heffner, Maya Hein, Jane Hill, Geno Hinnershitz, Gavin Iradi, Martin Keller, Don Kirby, Sharon Kirkhoff, Rexine Krause, Betty Kurzweg, Thomas Lang, Bonnie Loy, Steve Miller, The Neff Family, Ruth Oxenreider, Charles Pinter, Bruce Remmel, Viola Snyder, Mabel Stopp, Frank Vroman, Daisy Wahl, Marie Wessner, Bonni Buss Whitman, Kathy Yoder.

### **A Note about Pastoral Care**

Please contact us if you or another member of your family enters the hospital or experiences a significant illness, trauma, or need. Pr. Susan Fox can be reached through the church or at home at (610) 743-3554 or by email to: [pastor@spelcfleetwood.com](mailto:pastor@spelcfleetwood.com)

A reminder to please call the church office with any hospital admission, as only Tower Health Hospital notifies our church office and only if St. Paul's Lutheran Church is listed at time of admission.



*God may delay our request,  
but he'll never disappoint  
our trust.*

**Tips for a better night's sleep:**

Keep devices as TV's and anything with a screen out of the bedroom, especially within an hour of bedtime. Avoid alcohol which gives a short relaxing effect but is more likely to wake you up and find it hard to fall back to sleep.

**Risks for a stroke:**

**Age:** The chance of having a stroke doubles for each decade of life after age 55.

**Heredity:** Your risk is almost 2x as higher if a parent, sister or brother has had a stroke.

**Race:** Black Americans have a much greater risk of death from stroke.

**Sex:** Women have more strokes than men, and kills more women than men. Prior Stroke, TIA or Heart attack: Your risk increases.

**To reduce your risk:** Eat better, be active, quit tobacco, get healthy sleep, manage weight, control cholesterol, Manage blood sugar and blood pressure.



Normal blood pressure for most people is less than 120/80. Elevated 120/129.

High blood pressure hypertension stage 1: 130/139; stage 2:

140/90. Higher than 180, see your doctor promptly.

**Tips to prevent prescription drug poisoning:**

Store medications safely out of reach of children and pets. Take only as directed on label. Dispose of expired, unwanted or unused meds at a designated location. (Community Center in our area.) Keep track of the medications you are taking and when. Be aware of interactions and side effects, asking your pharmacist if you have questions. Read labels carefully, wearing your glasses to read the fine print

+

There is a growing amount of colon cancer in people under 50. Increased risks include low fiber/high fat

diet, no regular exercise, diabetes, obesity, smoking and use of alcohol. Warning signs include abdominal pain, rectal bleeding, diarrhea, iron deficiency anemia (low iron count). If you have a family history, request a colonoscopy sooner than the guidelines list.

+

An article in Alzheimer's *Science News*/Spring Issue, emphasizes two new risk factors for dementia: untreated vision loss in later life and high cholesterol in midlife.





# Special Monthly Offering

## Lutheran Disaster Response

Lutheran Disaster Response shares God's hope, healing, and renewal with people whose lives have been disrupted by disasters in the United States and around the world. When the dust settles and the headlines change, we stay to provide ongoing assistance to those in need.



## Welcome to Worship

We want everyone to feel comfortable worshipping with us and realize that some people are still anxious when gathering in groups of people. For your convenience and safety, consider the following: Hand sanitizer will continue to be available as you enter worship, and we also have masks available for anyone choosing to wear one. Please be aware: If you test positive for COVID-19 within five days of worshipping with us, we kindly ask that you follow proper quarantine protocols and contact Pr. Susan Fox as soon as possible. Please do not come to worship or other activities if you are not feeling well, even if you think it's just a cold. If at any time you have concerns, please contact Pr. Fox or a member of the Worship & Music Team. Members of the team are: Gretchen Mertz, Cindy Borrell, Donna Fick, Nancy Bowman, Vicki Weyer, Sue Remmel, and Donna Ahrens. Our team listens carefully to your comments, making adjustments to our services as necessary, and delights in new ideas!

# JUNE WORSHIP HAPPENINGS

## WORSHIP AT 8:30 AM EACH SUNDAY

### June 1 – Seventh Sunday of Easter

It is possible to hear in Jesus' high priestly prayer, a prayer he offered shortly before his death, the petitions of the ascended Christ for his own throughout history—to our day—and beyond. Jesus prays for us. In holy baptism we become believers in God, have our robes washed in the flood of Christ's forgiveness, and receive the gift of life forever with all the saints.

### June 8 – Day of Pentecost - Confirmation

On Pentecost, we celebrate that we have been given an Advocate to accompany us. Poured out in wind and fire, water, wine, and bread, the Holy Spirit abides in and among us. We give thanks that God speaks to each of us, no matter our origins, language, or life path. Filled with the Spirit of truth, we go out from worship to proclaim the saving power of Christ's love and the freedom of God's grace with all the world.



### June 15 – The Holy Trinity – First Sunday after Pentecost



"O Lord our Lord, how majestic is your name in all the earth!" Today we celebrate the holy Trinity. Paul writes that through Jesus we have peace with God, whose love pours into our hearts through the Holy Spirit, giving us lasting hope. We celebrate the gracious One-in-Three, eternal Three-in-One, as we worship in community; as we share water and word, bread and wine; and as we bring God's love and hope to our neighbors.

### June 22 – Second Sunday after Pentecost

Pr. David Shussett will be our Supply Pastor

This Sunday's texts paint startling pictures of the horrific nature of sin. The church's repeated celebration of holy communion counters that tragic reality in a continued showing forth of the death of Jesus until he comes again. It is a dramatic declaration of "how much God has done for you."

### June 29 – Peter and Paul, Apostles

Today we celebrate two great figures of the early church, Peter and Paul, who represent the spread of the gospel to both Jews and Gentiles and, according to tradition, were martyred on this date. The witness of Peter and Paul inspires us as we seek ways to faithfully proclaim the gospel in our contemporary context.

# Mystery Members

Page 7

Submitted by Melissa Neff

**Unfortunately, there is not a Mystery Member for June!**



*May's Mystery Members were the Holly Family  
Natalie, Kayla, Shari and Josh*

## Cultural Series Events

### Mark Your Calendars!

**Saturday, September 20 at 6:00 pm**

**Second Chance Ministries, a Southern Gospel Quartet.**



**In August 2025 we will be selling hoagie coupons for The Shop Eatery, which will be valid from September 2 - October 4, 2025**

### Geranium Sponsorship

Geraniums that you have purchased to adorn our church for Pentecost will be available to take home after the 8:30 a.m. service on June 8. Please make sure to only take what you have bought.



### Cacoosing Meadows Park Concerts

1049 Reedy Road, Sinking Spring  
Take lawn chairs. Pets and alcohol are not permitted.

**Sunday, June 1, 7:00 p.m.  
Ringgold Band**



**Sunday July 6, 7:00 p.m.  
Swing Fever Dance Band**



## **St. Paul's Evangelical Lutheran Church Bus Trip to the Philadelphia Phillies**

A bus trip has been arranged to visit Citizens Bank Park to enjoy an evening of major league baseball. The playoff contending Phillies are returning to Citizens Bank Park for another year of championship baseball!

On Friday, August 1, 2025, a 56 passenger Elite Coach bus will leave the church parking lot at 2:30 PM to travel to the home of the Phillies.

The opponent is the Detroit Tigers. Seats are in Section 327, Rows 6, 7 and 8 (same seats as last year). Game time is scheduled for 6:45 PM. Round trip transportation and entrance to the ballpark is \$90.00 per person. Bus driver gratuity will be an optional, additional expense on the night of the game. Payment is required prior to May 15, 2025 to reserve your seat. Please make check payments payable to Tim Heffner.

***Printed game day tickets are no longer available.*** The Ballpark mobile app is required to receive your tickets. Electronic tickets will be distributed to one person for couples or larger groups. It will be the responsibility of the small group leader to distribute electronic tickets to the individuals in their group.

Individuals, couples or small group leaders must sign-up by sending an e-mail to [theffner2@ptd.net](mailto:theffner2@ptd.net) and provide the requested number of tickets which will be paid by the person sending the sign-up e-mail. Individuals without the Ballpark app and wanting to attend the game shall contact Tim Heffner by phone or in-person to make specific arrangements.

For additional information, please contact Tim Heffner at 610-944-8197, 610-587-5232 or [theffner2@ptd.net](mailto:theffner2@ptd.net).

## **Food Collections are ongoing!**



**Now more than ever, food insecurity is a problem throughout our nation and world and in our community. Kindly remember the many families and individuals who are struggling to afford food. Simply drop your non-perishable donations in the food bin in the lobby.**



# Finances at St. Paul's

## **ELCA Federal Credit Union: A financial partner that shares its profits and shares your values**

ELCA members and employees of congregations and ministries are eligible to join the ELCA Federal Credit Union and take advantage of membership benefits, including:

No-fee checking accounts, with no monthly maintenance, minimum balance or overdraft fees.\*

Auto loan rates for up to 50% less than the national average.\*\*

And, for a limited time, no payments for up to 60 days and rates as low as 5.99% on personal loans for home improvement projects, repairs and other expenses.

The ELCA Federal Credit Union is a not-for-profit financial cooperative that shares its profits in the form of lower fees and better rates — helping you and the ministries you love do more with your money.

|                                      | <u>Apr-25</u><br><u>Actual</u> | <u>YTD</u><br><u>Actual</u> |
|--------------------------------------|--------------------------------|-----------------------------|
| <b>Income</b>                        |                                |                             |
| Non-Preschool M&M                    | \$ 19,268                      | \$ 67,551                   |
| Preschool M&M                        | \$ 11,105                      | \$ 52,057                   |
| <b>Total</b>                         | <b>\$ 30,373</b>               | <b>\$ 119,607</b>           |
| <b>Expense</b>                       |                                |                             |
| Non-Preschool                        | \$ 26,169                      | \$ 88,168                   |
| Preschool                            | \$ 9,360                       | \$ 28,714                   |
| <b>Total</b>                         | <b>\$ 35,529</b>               | <b>\$ 116,882</b>           |
| Income Less Expenses - Non-Preschool | \$ (6,901)                     | \$ (20,618)                 |
| Income Less Expenses - Preschool     | \$ 1,745                       | \$ 23,343                   |
| <b>Total Income Less Expenses</b>    | <b>\$ (5,156)</b>              | <b>\$ 2,725</b>             |

Did you know that you can now manage your giving to St. Paul's online? Simply Giving is an easy, secure, and convenient way to have your weekly, monthly, or yearly offering transferred directly to St. Paul's from your checking or savings account. No more writing checks and searching for that offering envelope. It just takes a few minutes to enroll and you are on your way to Simply Giving! Enrollment forms are available in the church office or visit [www.spelcfleetwood.com/give-online](http://www.spelcfleetwood.com/give-online)

Simply  
giving®

# St. Paul's Evangelical Lutheran Church



117 East Arch Street  
Fleetwood, PA 19522

## Office Hours

Monday - Wednesday

9:00 a.m. to 2:00 p.m.

Thursday 9:00 a.m. to 1:00 p.m.

(except the 3rd Tuesday 2:00 p.m. - 5:00 p.m.)



## Purpose

*Filled with the Holy Spirit*

*We inspire Spiritual Growth in the Community of  
Christ by striving to ...*

## Guiding Principles

- ♦ Welcome All People
- ♦ Pray Daily
- ♦ Worship Weekly
- ♦ Read, Listen, Reflect and Share the Word of God
- ♦ Serve at and beyond St. Paul's
- ♦ Encourage Spiritual Friendships
- ♦ Share God's Blessings Generously through the Giving of Our Time, Talents and Resources

## Contact Us

### Donna Locke

Parish Administrator 610-944-8388

Email: [office@spelcfleetwood.com](mailto:office@spelcfleetwood.com)

### Pr. Susan Fox

Pastor 610-944-8388

Email: [Pastor@spelcfleetwood.com](mailto:Pastor@spelcfleetwood.com)

### Linda Coutts

Treasurer 610-944-8488

### Sue Rummel

Financial Secretary 610-944-8388

### Donna Ahrens

Organist, Interim Choir Director

Director of Handbells 610-944-8388

### Carol Cox

Sunday School Director 610-944-8388

### Gretchen Mertz

Epistle Editor 610-944-6492

Email: [gkm321@ptd.net](mailto:gkm321@ptd.net)

### Jenn Davies, Director

Preschool 610-944-0922

### Phone:

610-944-6492

### Fax:

610-944-3011

### Email:

[office@spelcfleetwood.com](mailto:office@spelcfleetwood.com)

### Website:

[www.spelcfleetwood.com](http://www.spelcfleetwood.com)

### Facebook:

[www.facebook.com/spelcfleetwood](http://www.facebook.com/spelcfleetwood)

The church office will be open Monday through Wednesday from 9:00 a.m.-2:00 p.m. Thursday 9:00 a.m. to 1:00 p.m. You are welcome to call with questions or concerns or to stop in to discuss your needs in person. Please ring the doorbell and Donna L. will meet you at the door for admittance into the building.

## Editor's Note:

All articles, announcements etc. should be emailed to Gretchen Mertz (Editor) at [gkm321@ptd.net](mailto:gkm321@ptd.net) or hard copies put in her mailbox in the choir room/library and copied to Donna Locke at [office@spelcfleetwood.com](mailto:office@spelcfleetwood.com).

Thank you, Gretchen Mertz

# June 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

8:30 a.m.  
Worship Service  
  
9:45 a.m.  
Confirmation Rehearsal,  
Cookies at the Cross  
  
7:00 p.m.  
AA and Al Anon

2

3

4

10:30 a.m.  
  
GWBU  
  
7:00 p.m.  
  
Choir Rehearsal

5

6

7

8

*Pentecost*

8:30 a.m.  
Worship Service  
  
9:45 a.m.  
Cookies at the Cross  
  
7:00 p.m.  
AA and Al Anon

9

10

7:00 p.m.  
Preschool Meeting

11

10:30 a.m.  
  
GWBU  
  
7:00 p.m.  
  
Choir Rehearsal

12

6:00 p.m.  
  
Girl Scouts  
  
7:15 p.m.  
  
Cultural Series

13

14

15

*Father's Day*

8:30 a.m.  
Worship Service  
  
9:45 a.m.  
Cookies at the Cross  
  
7:00 p.m.  
AA and Al Anon

16

9:15 a.m.  
Preschool Summer  
Camp

17

9:15 a.m.  
Preschool Summer  
Camp  
  
6:30 p.m.  
Council Meeting

18

9:15 a.m.  
Preschool Summer  
Camp  
  
10:30 a.m.  
GWBU  
  
7:00 p.m.

19

9:15 a.m.  
Preschool Summer  
Camp  
  
7:00 p.m.  
AA District Meeting

20

21

22

*Food on the Fourth*

8:30 a.m.  
Worship Service  
  
9:45 a.m.  
Cookies at the Cross  
  
7:00 p.m.  
AA and Al Anon

23

24

25

10:30 a.m.  
GWBU  
  
7:00 p.m.  
Choir

26

27

28

29

8:30 a.m.  
Worship Service  
  
9:45 a.m.  
Cookies at the Cross  
  
7:00 p.m.  
AA and Al Anon

30