Bread & Wine
News from Holy Communion Lutheran Church
P. O. Box 55 | 621 Old Fallston Road | Fallston, Maryland 21047-0055 | 443-299-6134 office
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September

2016

Two Months, Already!

From our Parish Assistant

I have gotten to know many of you at Holy Communion over the summer and I must say that you have made me feel truly welcomed. I thank you for the hospitality that you show to me *every* time we are together. Being a loving congregation makes Christ known to those with and around us!

Many of you have a great interest in Bible study. This desire to know God and God's word better is very impressive. I wanted to offer some helpful, Lutheran websites that have helped me and will assist you as you explore God's word even more.

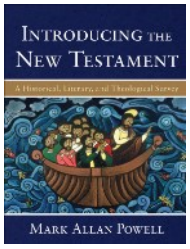
✦ Luther Seminary's *Enter the Bible*:
https://www.enterthebible.org/

Here you'll find a wealth of resources to help you grow in your faith, add depth to your Bible studies and truly discover the people, places and events of the Bible. Think of *Enter the Bible* as your guide, a helpful reference tool to accompany you in your reading of the Bible. For each book of the Bible there is a: 1) Summary, 2) Outline, 3) Background, 4) Introductory Issues and 5) Theme (this is what got me through my seminary Old Testament course!) Passages are explained, people and places summarized, along with maps, videos, and contributors to really enhance your *Enter the Bible* experience. You can use it as often as you want or subscribe - both are free! If you subscribe, you can save your notes, etc. Give it a try and keep Pastor Chas and I hopping at our next Bible study!

✦ Luther Seminary's (again!) *God Pause*
https://www.luthersem.edu/godpause/

This free, refreshing, daily devotional can be accessed online or sent to you via e-mail at no cost if you sign up. Pastors, Diaconals, and seminary professors from all over the country submit quick, meaningful insights to daily scripture readings. I know that you will enjoy this spiritual snack for the soul!

✦ Mark Allen Powell's *Introducing the New Testament on YouTube* (chapter one):
https://www.youtube.com/watch?v=vhN1CSu--p0



This is my favorite book from seminary and you can have access to this wonderful teacher for free, on YouTube! One can also purchase this book which is available from many sellers (https://www.amazon.com/Introducing-New-Testament-Historical-Theological/dp/080102868X) utilize the accompanying website for further study, or just enjoy the lectures provided, above. Many of my former parishioners have tremendously enjoyed this resource. It gave them comfort and peace and they got to know God in a deeper and more meaningful way.

Blessings to you as we continue together this fall and into the new church year this November.

Sonia McCarthy

ADULT BIBLE STUDY begins *Sunday, September 18,* 10:15am. The group meets in the Parlor and will be studying *'The Letters to the Seven Churches'* found in the Book of Revelation. Come join the class.

TUESDAY NIGHT BIBLE STUDY begins on *Tuesday, September 13*, 7pm. They will focus on the spiritual practice of prayer. Come join the class.

2016 Freeride Youth Event

2016 FREERIDE YOUTH EVENT for youth in grades 6-8. This event will be held this year at Northbay Retreat Center in beautiful nearby North East, Friday***, Saturday and Sunday, October 21, 22 and 23***….

So ***SAVE the Date***…….

Registration is open. The websites for registration and release waivers are listed below. The cost is $185 per person and included programs, lodging, meals, activities and a t-shirt. Also included are the scholarship forms for your use. All checks are to be made payable to HCLC for registration fees. Download the registration forms at:
http://www.holycommunionfallston.org/docs/youth/free_ride_forms/

If you are not familiar with this event, this is where young people and adult advisers from across the Synod gather for a weekend of fun, Bible study, service, worship, and community building in large groups as well as smaller ones. Each day ends with Family Time, an opportunity for prayer and reflection.

So bring your Middle School youth for a weekend of service projects, faith-filled discussions, and relationship-building in small groups. *FreeRide* includes workshops and networking for adults, as well as opportunities to worship with Bishop Gohl. Come make new friends and renew friendships with attendees from throughout our synod! You're invited to learn how God is speaking to and through you – to the world.

This year we will explore Global Grace by examining issues that face our sisters and brothers throughout the world and our responses to their needs.

If you would like to be a chaperone or part of the "Work Crew" for this great experience with your teen, your registration fees will be paid for you to go.

Looking forward to spending time at this wonderful event with your teens as some of them are new to this experience, they will have a blast and you would also.

Please text, email, or call me (Penny Sadler) with any questions, concern, comments. (443)845-7557 cell;
e-mail: breepers00@gmail.com

Penny A. Sadler-Vocke

Holy Communion Lutheran Church Youth and Family

ILLUMIN8

A dynamic first for HCLC, Illumin8 is a great foundation for 3rd grade youth to understand what God has in store for them and how God is able to shine through them in their daily life. This new youth group will be taking its maiden voyage at HCLC the first Sunday of each month beginning on Sunday, October 8, from 12pm-1:30pm.

Our 3rd grade youth will enjoy a group food project and group bible story exploration as well as crafts and games.

This is the perfect precursor to prepare youth for Friday Night Faith our 4-6th grade Youth Group.

Friday Night Faith

A 4th-6th grade ministry of Fun, fellowship, and faith. We gather on the first Friday each month, 6:30-8:00 from October thru May for food, games, crafts, and pre-teen bible study with additional family community service opportunities and social activities.

Faith and Families:

Raising kids is hard work these days and it seems like there are not enough hours in the day. Faith and Families is a ministry to all families as a means to support their faith formation needed to build solid foundations. We are an active ministry and offer parenting workshops, Christian Education resources, prayer, and monthly fellowship events. This ministry is great for tired moms and dads who need a lot of coffee and a little more Jesus! Essentially, we are real families, with real faith, trying to raise children faithfully in the real world.

Thank You Notes

Dear Church Family,

Words cannot express how very much I appreciated your cards, visits and phone calls during my hospital stay. Fred and I are very blessed to belong to such a caring congregation.

I am feeling better and I am walking around with the help of a cane. I hope to be back in church soon. See you then.

With Much Appreciation, ***Arlene Hildebrandt***

Member Spotlight - Introducing Hillary Griffin

The Fallston High School Best Buddies chapter was named high school of the year during the 27th Annual Best Buddies International Leadership Conference in Bloomington, Ind. and Hillary Griffin whose work with Best Buddies helps her to Reach out to share Christ's love.

What is the Best Buddies program?
Best Buddies is an international organization that matches an individual with an intellectual or developmental disability (IDD) with a peer in order to foster unlikely friendships. Best Buddies clubs can be found in elementary, middle, and high schools around the world – many colleges even have chapters – as well as programs for adults in the community

How did Fallston High partner with the Best Buddies program How have you personally been involved?
Fallston High School has had a Best Buddies chapter since 2000 although it has grown exponentially in size in recent years under advisor Mrs. Wells (daughter of HCLC member Louise Anderson). I personally became involved four years ago, during my freshmen year of high school. I have been matched with my buddy, Victoria for four years now. In addition to attending all meetings and club-sponsored parties, the two of us hang out together outside of school as much as possible; we especially enjoy going to the home football games, seeing the school drama productions, going to the movies, going bowling, and just hanging out to gossip about cute boys and Justin Bieber.

At the end of 9th grade, I was so in love with the club and its mission that I decided to apply for the position of Club Secretary so that I could take on a bigger role. I was promoted to

Member spotlight continued:

Vice President in my junior year. For the past two summers, I have travelled to the University of Indiana to attend the annual Best Buddies Leadership Conference to learn about how to effectively run our chapter and share the mission with our school community. This past summer, Fallston High School was the proud recipient of the International High School Chapter of the Year!

How do you see your faith life directly correlate/ contribute to your involvement with Best Buddies?
I don't even know where to begin when I talk about how Best Buddies has changed my life. My time with Victoria has not only taught me to be patient and understanding, but she has made me a much more outgoing person than I was ever comfortable with. Best Buddies has pushed me outside of my comfort zone in the best ways and I am so thankful that I became involved. In a faith-driven perspective, I have seen that God works in peculiar ways. While some people may look at the buddies and see their *disabilities*, Best Buddies has shown me their amazing *abilities.* For example, one of the buddies in the program, Journey, has the most incredible voice and loves to perform his favorite song, *Sweet Child of Mine*, for anyone that will listen. Nick, another buddy, has the ability to light up any room he walks into and never forgets a name – even if he's only met the person once!

What insights do you have/what have you learned by "Reaching Out to Share Christ's love" (HCLC'S MISSION STATEMENT) through the Best Buddies program.
The HCLC mission could not be worded any more perfectly to describe the Best Buddies mission. Our goal is to include our buddies into the community and make them feel completely welcome and accepted. I have seen the exact same thing happen at HCLC, whether the congregation is aware of it or not. This may be odd, but I love it when Pastor Chas starts off every service with "we welcome any visitors who may be among us" because, although this is a very tight-knit congregation, it shows that we are always willing to accept others into our worship. Whenever there is a visitor in service, the members in their aisle always reach over and help them to find the hymns or explain how communion works. Having been created in the Lord's image, we are all more similar than different.

For the entire article and more information about Best Buddies go to:

http://www.baltimoresun.com/news/maryland/harford/aegis/ph-ag-fallston-best-buddies-award-0727-20160725-story.html

New Contemporary Worship Leader

Holy Communion Lutheran Church welcomes Carolyn Luce as the new Contemporary Worship Leader for the 10:15am worship service. A bio will be in the next issue of the newsletter and on the web site.

Carolyn Luce
Christina Thanner
Penny Sadler-Vocke
Roger Haack

Holy Stitchers

The Holy Stitchers have completed 79 quilts since the group began gathering in September '09. They have become more detailed over the years as some of the women have taken quilting classes or taught themselves some sophisticated patterns. Our founder and inspiration, Gladys Merrifield visited, the week of her 90th birthday.

The Holy Stitchers and those who like to knit and crochet are invited to join this group that meets on Mondays twice a month. They gather to make quilts for a variety of recipients. Some of the group stays into the afternoon to practice knitting and crocheting. Experience not required! Since beginning this group in September of '09, they have made 54 quilts for various organizations.

Call Susan Hood (410-877-0574) with any questions.

Dates scheduled are on Mondays at 9am
Sept 12 & 26
Oct 10 & 24, Nov 14 & 28

If interested just come and enjoy!!

Helping the Animals

Four times a year we set aside a Sunday to collect old sheets, towels, small blankets, rugs and wet and dry cat food (no dog food) for the animals in the Fallston Animal Rescue Shelter. The shelter is located at *Crossroads Station, 2725 Fallston Road, Fallston, MD,* 410-557-6161, FallstonRescue@aol.com

On ***Sunday, December 4*** we will be collecting your donations. There will be a box for your old rags, rugs, towels, etc and a plastic shaped container for your donations located in the Narthex.

Up coming dates are *March 5, June 4, September 3 and December 3.*

Thank you for all the help you give to the sheltered animals.

-Fallston Animal Rescue Movement.

Birthdays in September

09-01 - Larry Brant
09-01 – Gordon Lefkowitz
09-02 – Emma Mae Corbin
09-04 – Julia Dominick
09-06 – Claire Beck
09-07 - Erin Hoffmann
09-09 - Zulma Brant
09-11 - Elaine McClean
09-12 – Shannon Dominick
09-13 - Nancy Willis
09-14 – Jim Williams
09-15 – William Price
09-16 – Evelyn Schmidt
09-16 – Bob Hood
09-17 – Stephen Eckels
09-18 - Joan Cole
09-22 - Jackie Henderson
09-23 – Geraldine Price

09-24 – Makenzie Schneider
09-25 – Frances Gosnell
09-26 - Jeffrey McClean
09-26 - Shirley Smith
09-26 – Jason Schneider
09-27 – Louise Anderson
09-29 – Kimberly Shaffer
09-29 - Ron Peterson
09-29 – Amanda Snyder
09-30 – Jean LaRosa

Prayer Shawls

We are always in need of more prayer shawls to give to those who are recovering from surgery, in need additional prayer, etc. If you would like to make one, please contact Barbara Barbour (410-838-9011).

Donations of Glasses and Phones

EYE GLASSES - There is a box above the coat rack. The glasses are refurbished and are distributed to those who cannot afford glasses.

CELL PHONES - There is a box above the coat rack for your unwanted phones. Broken phones are also accepted.

For every one phone there are three call-home cards given out. They go to Men and Women in our Armed Services.

Please support our Armed Forces.

Food and Drug Interactions

What we eat and drink can affect the way that our medications work. This article will just touch on the most common interactions. Always discuss new medications with your physician and pharmacist. Be certain to read the medication flyer and the warning labels on all prescription bottles.

A food and drug interaction is a change in how a medication works when it is combined with certain foods, caffeine and/or alcohol. The interaction can – 1) *prevent the medication from working the way it is expected to,* 2) *cause a side effect from the medication to get worse*, 3) *cause a different new side effect, 4) change the way your body absorbs either food or the medication*.

An individual's sex, weight and age will also affect the way a medication works. Over the counter medications including vitamins, herbs and supplements must be discussed with both your physician and pharmacists. Taking medication with or without food is another consideration; read the prescription bottle label for important information. I.e. "take one hour before meals".

The Most Common Food/Drug Interactions

Leafy green vegetables (spinach, collards, kale, romaine) can decrease the ability of blood thinners such as Coumadin to prevent clotting because these vegetables have vitamin K.

Grapefruit and grapefruit juice interacts with multiple medications (statins, anti-histamines, blood pressure drugs, thyroid replacement and antacids. The grapefruit causes the body to metabolize the medications abnormally causing higher or lower blood levels.

Black licorice has an ingredient called glycyrrhiza which may deplete the body of potassium and contribute to the retention of sodium. This is important if you are taking digoxin, medications for heart failure, blood pressure or blood thinners.

Salt substitutes must be used with caution in patients with cardiac disease being treated with heart failure or using ace inhibitors for high blood pressure.

Tyramine containing foods can cause a dangerous increase in blood pressure in individuals taking monoamine oxidase inhibitors (MAO) for depression and patient on medications to treat Parkinson's disease. Common tyramine containing foods include aged cheeses, chocolate, smoked meats, hot dogs, fermented soy products and draft beer.

Always take the time to discuss prescriptions with your physician and your pharmacists. Make sure that you read the med pamphlet on all your prescriptions and the warning labels on your prescription bottles.

With blessing for continued health,
Barb Huber RN, FCHN, CSRN

The Lutheran Reformation Bookstore is Coming to HCLC

Beginning on ***Sunday, October 23 and continuing through Saturday, November 5*** HCLC will host a Lutheran Book Sale in commemoration of the 500th anniversary of the Reformation.

The bookstore will help educate our church on the history of the Reformation, Martin Luther's writings and their impact on Christianity today.

Augsburg Fortress will send us a free shipment of over 15 books and display materials prior to October 23. These 15 books are ours to keep for free after hosting the Bookstore for two weeks. Special savings will be offered for our congregation and church members can receive up to 50% off their orders and free shipping on their selection of books at the Bookstore!

More details will be forthcoming in our bulletins and the October newsletter.

Recycling- it's more than just bottles and cans!

As we move towards another school year (yikes!) many of us will be purchasing those perennial favorites-new school clothes! If your closets and drawers are already stuffed to capacity and something MUST go we have the *'Red Box'* in our parking lot and donations of clothes and footwear will dramatically help those in need who desperately need clothes.

But what about things like furniture when you purchase that wonderful new easy chair? Or the lacrosse gear that is outgrown? Batteries, hosiery (yes hosiery!), appliances, left over building material, kitchenware, books, bags, and baby care items that are no longer needed? YES, all these things can find a new home that will make someone's life easier, happier, and SAVE our beautiful Mother Earth!

We have a wonderful reputation as a 'green church' and recycling is one way to become even greener! The link below will take you to all of the many resources here in Harford County that can recycle your items-so organizations will even pick them up at your door-how easy is that? A few printed copies will also be available in the Narthex. So take a few moments and read thru this very complete list.

You will find an item or two that you didn't know could be RECYCLED, rather than thrown out! Go to:
http://www.harfordcountymd.gov/DocumentCenter/View/4131

Ways to Share God's Story Digitally

How to use your phone for evangelism
Ever-changing technology and our mobile devices have created new ways we can share the good news. While some congregations are embracing tech-savvy ways of evangelism, others see worship as a time to "power down" on electronics, so best practice is to follow the etiquette appropriate for your situation. Whether you post a message during the service or wait to share a photo until you get home, you can use Facebook to promote your congregation.

Check in
When you get to church, pull out your phone and check in by tapping "Update status" and choosing "Check in." With your check-in, say something awesome about your congregation and how happy you are to be there. A post like this promotes your congregation because instantly all of your friends can see where the church is and how great you think it is. You never know when one of your friends may be looking for a church home.
(Security note: Before checking in at places, make sure your privacy settings allow only your friends—people you've approved—to see where you are.)

Share an insight
Often during worship something strikes us just the right way—it speaks to our heart and helps us see the gospel, ourselves or the world in new ways. Don't keep it to yourself—post that insight to Facebook. Share the ways God is speaking to you in worship.

Take a picture
Is there part of the church facility you really love or a beautiful piece of art? Take a picture and post it to Facebook to help people see the amazing things you see on Sunday mornings. Even better—pair that picture with an insight you heard during worship.
(Note: As a general rule, ask permission before posting pictures of other people.)

RSVP for events
Many congregations use Facebook to invite people to events. When you RSVP to these Facebook events it helps the congregation get a sense of how many people will attend. And every time you RSVP, more people see it and are made aware of your congregation's events and ministries.

Like, comment and share
Facebook pages don't always reach as many people as you might think. The "Facebook algorithm" means that more relevant posts are likely to show up in your news feed. Posts become more relevant when people you know like them, comment on them and share them. Every time you like, comment and share posts from your congregation's Facebook page, you help your ministry reach more people.

This article comes from the Living Lutheran magazine and David Hansen, pastor of Spirit of Joy! Lutheran Church, Woodlands, Texas, is a regular contributor to this page.

Lovin' Life Seniors

Our goal is to *"Reach Out and Share Christ's Love"* through service projects in the community while offering friendship and support to each other through social events. *Please join us! Invite your friends!* Our 2016 schedule and sign up sheets for upcoming events are posted on the Senior's Bulletin Board in the hallway.

Please *read the* ***Sunday Bulletins*** *and the monthly* ***Bread & Wine*** *newsletter for any changes to the schedule below.* All activities take place on the 2nd Tuesday of the month unless otherwise noted.

2016 CALENDAR

Tuesday, September 13 at noon - Crab Feast at church. Check bulletin board for cost and more details.

Tuesday, October 18 - (third Tuesday of month) 11 am - *Sight and Sound Theater –"Samson"*. Cost $66.39 - Lunch 2pm at Hershey Farms - Carpool from church at 9am.

Tuesday, Nov 15 at noon - (*3rd Tuesday of month*) - *Vandiver Inn* - Havre de Grace.

Tuesday, December 13 at noon - *Union Hotel*— Port Deposit

We are always looking for new ideas and new members. If interested contact Nancy Campbell (410-836-7688); Frances Gosnell (410-893-4622); Jeanette Hastings (410-893-7590); Pat Kellermann (410-679-4624); Ellen Priebe (410-679-8655)

Calling all HCLC College Students & Their Families

HCLC would like to keep in touch with all college bound children, grandchildren and other family members during their college classes.

Please provide their name and their college address mailbox to Penny Sadler-Vocke, HLCC Youth Leader (email to breepers00@gmail.com).

HOLY COMMUNION LUTHERAN CHURCH

Pastor —The Reverend Chasity L. Wiener

Parish Assistant— Sonia McCarthy

Youth Director—Penny Sadler Vocke

Administrative Assistant - ‘C’athy Stemmer

Organist/Choir Director - Joan Cole - Traditional Worship

Music Director - Carolyn Luce - Contemporary Worship

Financial Secretary - Donna Campbell

Church Registrar - Nancy Campbell

Council Member - Bruce Amrein - Vice President

Council Member - Kelly Clavell - Secretary

Council Member - Fred Hildebrandt - Treasurer

Council Member - Bob Hood - President

Council Member - Mary Kruelle

Council Member - Marcia Mickley

Council Member - Linda Miller

Council Member - Debbie Mueller

Council Member - Bill O’Connor

Council Member - Krystal O’Leary

Council Member - Marianne Otten

Council Member - Penny Sadler-Vocke

Assistant to Treasurer - Arlene HIldebrandt

Altar Flowers/Altar Guild - Lilli Rode - 410-299-6592

Bulletin Sponsors - Call office - 443-299-6134

NEWS from

HOLY COMMUNION LUTHERAN CHURCH

SEPTEMBER 2016

"REACHING OUT TO SHARE CHRIST'S LOVE"

Holy Communion Lutheran Church
Is a growing community
of faith that exists to provide
the Fallston Community with
a variety of opportunities
for special development in:
WORSHIP
REACHING OUT
LEARNING
WITNESS

Come and be part of our Christian worship!

Bread & Wine **newsletters sponsors for 2016**

Jan -	Jul - None Needed
Feb - Nancy Campbell	Aug - Candiss & Joe Dominick
Mar - Jeff & Elaine McClean	Sep - Larry & Lynne Strausser
April - Susan & Bob Hood	Oct - Bob & Linda Myers
May - Ellen Priebe	Nov - Steve & Stephanie Eckels
Jun - Charlotte Butler	Dec - Evelyn Schmidt

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Upcoming monthly newsletter deadlines are
due on the 2nd Sunday of the month

Sun, Sep 14	Sun, Feb 12
Sun, Oct 9	Sun, Mar 12
Sun, Nov 13	Sun, Apr 9
Sun, Dec 11	Sun, May 14
Sun, Jan 8	Sun, Jun11

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HolyCommunionFallston.org

Sign up to receive the synod e-letter.
Go to demdsynod.org and follow the links to the e-letter.
You learn about free concerts, trips, activities and job possibilities.

Worship Services
8:30am - Traditional Service
10:15am - Contemporary Service
10:15am - Sunday School

"REACHING OUT TO SHARE CHRIST'S LOVE!"