

Sabbath and Summer

by The Rev. Chasity L. Wiener

As many of you know, I had a nasty fall which “landed” me in the hospital with 27 stitches, blunt-force trauma to the head, a traumatized husband, and a badly bruised ego. While the physical pains of nearly three weeks ago have since dissipated, I am quite surprised how slowly my “brain” recovery has been—I still get very nauseous and dizzy when I am on the computer or phone for any great length of time. I can only read for a short time before my eyes get watery and fatigued. If I “push” the capabilities of my brain too far, I get severe headaches. Clearly, my brain is in the driver’s seat of my physical body, issuing orders of when to go, slow down, and stop.

I share this with you because—due to my recovery—I have had to rest far more than I am used to...or really want to, given our impending move and the countless end-of-year school activities for my kids. I would be lying if I told you that I appreciated this healing pause. I detest that I have, in many ways, lost control of what I am physically capable of doing each day.

While I am looking from a very negative view, I realized that being freed (in part) of my physical obligations has allowed space for me dwell in the world differently. My focus for each day is more intentional, which allows for me to make clear what my daily priorities are. I have even begun saying “no” more often, because I have a greater awareness that I have a finite amount of energy (that’s the thing about “busy” people—we always continue to fill the spaces of our calendars. Hence, Benjamin Franklin’s notorious mantra, “If you want something done, ask a busy person.”). My schedule has more white spaces and I no longer attend to those things that I wish I wasn’t attending before my injury.

Even my Sabbath rest looks differently. For all my life, I have always thought that to observe Sabbath time, I had to physically rest. However, I have always fallen short. I have realized during my healing rest that it is more than just physical rest. More importantly, rest can’t begin with physical rest when our brains are mentally running faster than our bodies. Sabbath means surrendering the entire attitude of productivity, which includes the worries

associated with that pressure and need for control. In the end, there is more space to realize God’s work shaping our daily living, instead of shaping our daily living to fit in God. There is idolatry in busy-ness...perhaps this is why God commanded that we keep the Sabbath: “⁹Six days you shall labor and do all your work. ¹⁰But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. ¹¹For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.”

Given that the unofficial start to summer is upon us, there are natural pauses built into the season. Utilize them and take advantage of them. Start with summer’s rhythm—then, try refine your sabbath keeping to a weekly practice.

Happy Sabbath keeping,

Pastor Chas

P.S. The Sabbath is a day set apart for deepening out relationship with God, not a “break” from it. Wherever your summer plans find you, be sure to use that space for God. One way is to participate in the activities in “Take out Church.” Be sure to get your faith-filled pizza boxes!

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...and so much more!

Counseling Corner

by Sonia McCarthy

Counseling is often a misunderstood process in our society. We may hear jokes in sitcoms or other media referring to this mystified therapeutic tool without the benefit of actually describing what is involved in the process.

The American Counseling Association defines counseling as “a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals” (<https://www.counseling.org/>).

In short, seeing a counselor can help one through a crisis of health, work through grief, assist in discovering a new career path, alleviate depression, or be a guide in working through the misbeliefs that we carry with us into adulthood.

But how do I find the right counselor? Psychology Today has a wonderful website that helps you to find licensed, professional counselors in your area. Just click here: www.psychologytoday.com/. You'll see the section at the top that says "Find a Therapist". Type in your zip code and a list of counselors will appear on your screen. You can determine which insurance providers they work with, if they have a sliding scale based on your salary, and their specialties.

If you have any questions about the counseling process and its benefits or would like some assistance in finding the right therapist for you, please see me. I'd love to be of service!



Outdoor Chapel Benches: Have You Noticed?

by Pastor Chas



Our outdoor chapel is now equipped with comfortable bench seating, all courtesy of the teamwork of Donna Campbell, Mel & Tom Sullens, Richard Sherrill, Bill Price, AND these funny confirmation students (they are quite proud of themselves—can you tell?!). Stop by our outdoor chapel for some quiet meditation!



Tea Plate Luncheon

by Joanne Cross

Join us for the Annual Tea Plate Luncheon on Sunday, June 4, at 1pm. The cost is \$28.00 at the Ballestone Stansbury House (1935 Back River Neck Road on Rocky Point Golf Course). Please make check out to Ballestone Preservation Society.



Joanne Cross must receive your check by May 7th in order to reserve our tables. This event sells out every year. Menu includes chicken salad sandwiches, cup of soup, potato chips, cookies, frozen dessert, home-made strawberry shortcake, hot and cold tea etc.

Noisy Change!

by Dave and Jan Warren

Holy Communion collected \$642.67 in Noisy change this May!

Jan and I will be taking the balance of \$20.17 in loose change to the assembly in our Noisy Can.

Thank you, HCLC for caring about world hunger!



Take-Out Church

by The Rev. Chasity L. Wiener

Have you grabbed your “Take-Out Church!?” So many families travel on weekends during the summer and that means missing worship, a sense of community, and those “faith formative” nuggets on Sunday mornings. Vacations are vital for bonding, resting, and renewing, so we also wanted to provide a tool for people to grow in faith while they are on their vacation!

Just like real life, you wouldn’t thrive on fast food alone—but, it does have its purpose. The same is said with “Take-Out Church”—it does not take the place of being in community, but it does serve a faithful reminder that God is everywhere and that there are many opportunities for worship.

Each item in the box is designed to help us live into our mission as a church to “Reaching Out to Share Christ’s Love.” This box is packed with faith-filled fun!

Grab your “Take-Out” Church box in worship!



Youth News

by Penny Sadler-Vocke, Youth Leader

Think Tank

The next Youth and Family Think Tank meeting will be on Thursday, June 22nd at 6:45 pm. We are hoping to hold this event on the 4th Thursday each month. Stay tuned for future announcements!



End of the Year Celebration

Youth and family will be hosting an **end of year celebration** for all of our Youth groups, including our Illumin8 3rd grade, Friday Night Faith, 4-6th grade, and our High School Group Emergence. Our picnic will be held on Friday, June 9th at 6:30 pm, and will include a family kickball game, tie-dying shirts, cook-out, and ultimate smores in our outdoor chapel area. Please RSVP to Penny Sadler-Vocke. youth@holychurchfallston.org

Coming attractions:

- * Parent Child Paint night – All ages
- * Youth and Family Think Tank
- * The last day of Sunday School will be June 11
- *be sure to keep watch for announcements in our bulletins, on our website, and in emails!

VBS 2017 Cave

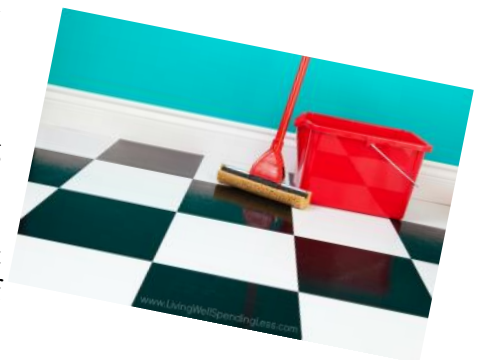


Holy Communion Lutheran Church invites you to join us for VBS 2017 CaveQuest, from Sunday, August 13th thru Wednesday, August 16th. The registration fee is \$35. Just simply follow the instructions to complete the online registration form, and mail your checks made payable to Holy Communion Lutheran Church - VBS 2017 directly to: Holy Communion Lutheran Church P.O. Box 55 621 Old Fallston Rd. Fallston, MD 21074 Attention: Penny Sadler-Vocke.

Would you like to volunteer or know someone maybe in high school who would like to earn graduate service hours? There is also an online Volunteer application. Just follow the easy steps to complete the volunteer application.

Floor Cleaning

The fellowship hall floor will be receiving some much appreciated deep cleaning on Sunday June 11th in the afternoon. We need all hands on deck to remove all items from the fellowship hall and restrooms on Sunday June 11th. Immediately following the second service. We will also need help to place everything back into the room following the cleaning on Tuesday evening at 6 pm. Please contact Penny Sadler-Vocke if you are able to assist.



Hospice Care

by Barbara Huber , RN, FCHN

Hospice is a term that refers to comprehensive compassionate care delivered to an individual diagnosed with a terminal illness. Hospice care was established in the US in the 1970s; at that time the largest percentage of patients admitted to hospice were cancer patients. Today hospice admissions include patients with heart disease, lung disease, strokes, kidney disease, liver disease and HIV.

Hospice care is the model for quality compassionate care for individuals facing life limiting illness or injury. Hospice involves a team approach to provide expert medical care, pain management, and emotional and spiritual support to the patient's tailored needs and wishes.



Hospice care is most frequently provided in the patient's private home. Hospice services can also be provided in the hospital, nursing homes, long term care facilities and free standing Hospice centers (ie Hooper House in Forest Hill).

Members of the Hospice team including primary care physician, hospice physician, nurses, home health aides, social workers, therapists, and clergy work together with the patient and an appointed primary caregiver (family member) to provide care. The staff makes regular visits to assess the patient and provide care- the goals of this care include: managing pain and symptoms, assisting with emotional and spiritual aspects of dying, providing medications, medical supplies and equipment needed for care, make decision to provide inpatient care when demands at home are too difficult to manage and to provide bereavement counseling to family and friends.

Facts about Hospice

- * The only licensed health care agency that provides end of life care
- * Coverage provided by most major insurances
- * Hospice care is focused on caring not curing
- * This is the care Americans said they wanted- (88% of polled adults preferred to die in their homes, pain free, surrounded by their loved ones)

Continued...

Member Spotlight

by Bess Reed

What brought you to HCLC?

"It was closer to where I lived, and I was looking for support and solace after just losing my husband."

What do you see as your gifts to serve God, God's people, and the church?

"Art. Talking to people and supporting people who may be facing challenges in their life."

Favorite ice cream flavor?

"Coffee and chocolate (mixed together is even better)"

What is something people may be surprised to know about you?

"People think I am shy, but I don't see myself that way. I am a real talker once I get going."



What bible verse is meaningful to you?

John 3:16 and Psalm 93

How do you serve at HCLC?

"I lector, usher, and help fold the weekly bulletins. In the past, I was on the council, hosted a paint night, and was in charge of publicity for different committees at the church."

I usually attend...

The second service!

Continued...

Please take the time to discuss your end of life wishes with your loved ones. This difficult conversation is always easier before it becomes a reality. Consider advance care planning now, decide what treatments you want and do not want if you are unable to speak for yourself. Make the decision to complete your Advance Directives today.

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 2016-17 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.

2017 CALENDAR

- Tuesday, June 13 at noon
By the Docks Restaurant—Essex
Carpool from the church at 11:30 if necessary
- Tuesday July 11 at noon
Lees Landing Restaurant
- Tuesday, August 8 at noon
Friendly Farm Restaurant—Upperco
- Tuesday, September 12 at noon
Crab Feast at church
- Tuesday, October 10
Silks Restaurant—Bulle Rock
- Tuesday, November 14
- Tuesday, December 12 at noon
Union Hotel—Port Deposit

We welcome new ideas as well as 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.

A Few Important Dates to Note

From the KOINONIA Group

June 4 - Tea Plate luncheon at Ballestone-Stansbury House

Youth Group

June 11 - Last day of Sunday School

July 17-19 - Confirmation Retreat at Mar-Lu-Ridge

August 13- 16 - Vacation Bible School

June Birthdays



06-01 - Robert Myers
06-02 - Norma Weis
06-05 - Pat Kellermann
06-05 - Barry Laird
06-08 - Ashleigh Perkins
06-09 - Eva Pennington
06-11 - Joan Meyer
06-11 - Kimberly Wolf
06-12 - Melissa Meyer
06-13 - Holly Gregory
06-14 - Jack Weston
06-17 - David Frieman
06-17 - Matthew Polvinale
06-18 - Denise Skinner
06-18 - Derrick Synder
06-19 - Courtney Glock
06-20 - Charlotte Butler
06-21 - Kristy Burke

06-22 - Robin James
06-22 - Jeffery Schissler
06-23 - Emily Lottes
06-26 - Katherine McCombs
06-28 - Joe Dominick
06-28 - Bud Weaver
06-29 - Bertha Deck
06-29 - Kristin Taylor



Donations of Glasses and Phones

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

For every phone collected there are three call-home cards given out.

The phones go to men and women in our Armed Services so they can call their families.

Please support our Armed Forces.



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

HOLY COMMUNION LUTHERAN CHURCH

Pastor —The Reverend Chasity L. Wiener

Congregational Care Assistant— Sonia McCarthy

Youth Director—Penny Sadler-Vocke

Administrative Assistant - Hailea Cole

Organist/Choir Director - Joan Cole - Traditional Worship

Music Director - Carolyn Luce - Contemporary Worship

Financial Secretary - Donna Campbell

Church Registrar - Carol Miller

Council Member - Arlene Hildebrant - **Vice President**

Council Member - Kelly Clavell - **Secretary**

Council Member - Fred Hildebrandt - **Treasurer**

Council Member - Bob Hood

Council Member - Marcia Mickley

Council Member - Linda Miller

Council Member - Debbie Mueller - **President**

Council Member - Doug Mueller

Council Member - Bertha Deck


Council Member - Penny Sadler-Vocke

Council Member - Bruce Amrein

Assistant to Treasurer - Arlene Hildebrandt

Altar Flowers/Altar Guild - Lilli Rode - 443-299-6592

Bulletin Sponsors - Call office - 443-299-6134



Bread & Wine

News from Holy Communion Lutheran Church

P. O. Box 55 | 621 Old Fallston Road | Fallston, Maryland 21047-0055 | 443-299-6134
 HolyCommunionLC@comcast.net | HolyCommunionFallston.org | Pastor Chasity Wiener

“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 to serve God and God’s people!

Come and be part of our Christian worship!

Bread & Wine newsletters sponsors for 2017

	Jul - None Needed
Feb -	Aug -
Mar -	Sep -
April -	Oct -
May - Bob & Susan Hood	Nov -
Jun -	Dec - Evelyn Schmidt
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 P. O. Box 55
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 443-299-6134
 HolyCommunionLC@comcast.net
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Worship Services

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

“REACHING OUT TO SHARE CHRIST’S LOVE!”

