

The Raw Grit of Easter

by: The Rev. Chasity L. Wiener

Just the other day I was listening to the radio in my car. I tuned in to the morning talk show, in hopes of catching the news on my way to work. Instead, I got mindless chatter about how the two hosts were anticipating this week's office party. What food would they bring? Should they decorate? "How about we do an Easter theme since Easter is this weekend?" said one radio host to the other.

"I love that idea!" affirmed the other. "Because you know what Easter is all about, right?"

"No. What?"

"The Easter ham! Someone could bring in a spiral ham and we can all bring in side dishes to share, so we wouldn't have to pay for a caterer."

"Oh yes!" said the other host. "That IS what Easter is all about...gathering with friends and family around the Easter ham."

The conversation continued on, but I was only half-listening at that point. There was something about Easter egg hunts, and deviled eggs, and fancy tablecloths, but the conversation felt cheap and superficial, like focusing on the number of Christmas presents under the tree during Christmastime.

A note of clarification: No, I don't think that everyone needs to be a Christian (I appreciate the other faith traditions, too!). I just feel a little unsettled that Easter—a high and holy religious feast day in its own rite—has been reduced to nothing more than a cultural holiday.

It's much like *How the Grinch Stole Christmas*, except it's Easter: "Then the Grinch thought of something he hadn't before! What if [Easter], he thought, doesn't come from a store? What if [Easter]...perhaps...means a little bit more!"

Have we lost the awe and mystery of Easter? If we are really honest with ourselves, our Easter faith asks a lot of us-- that is, to abandon science and the ideas that we know

to be true (like the truth that dead things stay dead) and to stretch to adopt truths that seem otherworldly ("He is not here, for he has been raised!"). In many ways, it is our preference to celebrate Easter gathered around the ham instead of engaging the mysteries of our faith...because outside of family drama, this is sterile and safe.

But, our Easter faith is hardly sterile and safe. I think the beauty of the resurrection story is the paralleled paradoxes of empty and living things—life is placed immediately next to death; resurrection is placed next to crucifixion; and hope is placed right next to the suffering. The resurrection story of Easter is all of those things. The resurrection story of Easter is not a singular event, but rather a continual dying and raising. Public theologian Nadia Bolz-Weber describes it like this: "It happens to all of us, I concluded that Easter morning. God simply keeps reaching down into the dirt of humanity and resurrecting us from the graves that we dig for ourselves through our violence, our lies, our selfishness, our arrogance, and our addictions. And God keeps loving us back to life over and over."

Blood spilled. Tears shed. Undeserved forgiveness granted.

Those divine acts of love from the cross are going to feed more people than the left-over ham.

May the raw grit of Easter move you,

Pastor Chas



Maundy Thursday @ 6:00PM
for a Seder meal
Good Friday service @ 7:30PM
Fallston United Methodist Church

Hypertension Medications

by Barb Huber

Patients diagnosed with hypertension will be placed on medications called anti-hypertensives. These medications are grouped according to class and how it works to manage your blood pressure. Selection of medications is individualized and determined by the primary care physician. The choice of what medications to take for each patient depends on cost, response, side effects and other health conditions. Anti-hypertensives work in different ways to lower blood pressure. Some patients may require more than one class of medication to achieve target blood pressure.

Diuretics or water pills

(Hydrochlorothiazide, Diamox, Lasix, Furosemide, Lozol, Aldactone, Demadex)

Diuretics work by eliminating unneeded water and salt from the body through urination. Side effects: increased urination, loss of potassium, muscle cramps, dizziness, dehydration, constipation, and fatigue. Take this medication in the morning, avoid salt and eat foods rich in potassium (oranges and bananas).

Beta-Blockers (Tenormin, Zebeta, Coreg, Lopressor, Toprol, Metoprolol) Beta-blockers work by decreasing the force of the heart's contractions thereby decreasing blood pressure. Side effects: slow heart rate, fatigue, dizziness, cold extremities, impaired reactions, wheezing, shortness of breath, nausea and chest pain. Tell your physicians about any breathing problems, other medications, liver or kidney disease. Avoid alcohol, be careful driving initially, take every day as directed and take with food.

Calcium Channel Blockers (Norvasc, Amlodipine, Felodipine, Diltiazem, Verapamil) Calcium channel blockers work by relaxing blood vessels which improves blood flow. Side effects: dizziness, abnormal heart rate, dry mouth, headache, fatigue, skin rash. Take with food, check your pulse, and avoid grapefruit.

Ace Inhibitors (Lisinopril, Zestril, Capoten, Vasotec, Monopril, Captopril) Ace inhibitors work by relaxing blood vessels and decreasing the resistance of blood flow. Side effects: cough, swelling, dizziness, metallic taste, increased potassium, kidney failure, vomiting, and diarrhea. Your physician will monitor your potassium and kidney function with simple blood pressure. Avoid salt substitutes,

Continued...

NSAIDs (ibuprofen), or take on an empty stomach.

Angiotensin Receptor Blocker (Atacand, Avapro, Cozaar, Diovan) ARBs work by dilating blood vessels and increasing blood flow. Side effects: dizziness, diarrhea, vomiting, irregular heartbeat. Take at the same time every day on a full or empty stomach.

This list and information is not complete; additional information may be found at www.cardiologychannel.com, www.drugs.com, or www.webmd.com. All medication questions, concerns and possible side effects SHOULD always be discussed with your physician.

With blessings, Barb Huber RN CSRN, FCHN



Worship Notes

by: Pastor Richard Kiesling

Last newsletter, we spoke of some of the forms of our worship that have been used in the church since ancient times. This newsletter we will look at the Kyrie eleison, translated as "Lord, have mercy."

Kyrie eleison is Greek. Even in the Latin Mass of the Western Church, long after people had stopped speaking Greek, the words were retained in their original language. Some of the hymns also use this Greek phrase, especially Hymn 409, a hymn included in Luther's Hymn Mass which was written in German, except for this plea: Kyrie eleison.

This was the cheer that greeted the Roman Emperor or anyone who had political power. It is a request that the Emperor, governor, prince, etc. would listen to their requests and grant them.

The form of the Kyrie in our hymnal seeks to restore this understanding of God granting the prayers and requests of the people of God. Each "Lord, have mercy" is preceded by a request: for the peace that passes all understanding that only God can give; for peace on this earth that we might live a quiet and meaningful life with all the people of the world; that we who have come to God's house might offer to God worship and praise; that our hope, comfort, and refuge from evil comes from God.

Once again our form of worship points us to what the people of God have always done down through the years: relied upon God. The Kyrie is meant to be a shout of joy, a heartfelt request to God that we might find our worship inspired and guided by the remembrance of the great things that God has done for us. Kyrie eleison: these words might well become both the source and the goal of our coming together as God's holy people: Lord, have mercy.

Sunday School News

by: Larry Phillips

April's newsletter article was somewhat of a challenge for me. Spring is always a bad time of year, for me, because I suffer from chronic sinusitis. It becomes very difficult for me to focus on a task or concentrate and communicate a train of thought. I am constantly fighting a headache and the need to shut my eyes to alleviate my sensitivity to light. What a great segue for my newsletter article, light or in this case "Light."

On Sunday, March 11th, I had the pleasure of assisting Carrie Dorsey with her Sunday school class. The lesson for this day was "The Light of the World." In this lesson our students were exposed to images of Dark and Light. As explained, it is the Dark that separates us from the Light and we had to come up with examples of darkness. We talked about their bedrooms being dark at night and I shared an experience I had at Luray Caverns. Caverns are one of the few places on earth where we can experience total darkness. Before our guide turned off the lights, she warned us about the experience we were about to share and to not move about, other than placing our hands in front of our face. She then flipped the switch, total darkness was upon us. She then asked us to place our hands in front of our face and sure enough we could not see anything, no color, no white, no gray, just black and it was the blackest of black and absolutely no sense of direction.

As we progressed through the lesson Carrey and I tried to give examples of how the Dark can come into our lives and it pushes us away from Jesus, the Light of the World. The example that we used was anger. Anger is probably the number one emotion that makes the news on a day to day basis. It is human nature for us to be quick to anger. It is anger that God warns us about. There are many bible verses in the Old Testament that describe our God as slow to anger, one example is Psalm 86:15;

"But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness."

In the New Testament, it is James who explains that as Christians, we too must be slow to anger, James 1:19-20;
[Hearing and Doing the Word]

"You must understand this, my beloved; let everyone be quick to listen, slow to speak, slow to anger, for your anger does not produce God's righteousness."

During this Easter season let's refresh our souls in the Light of World. Let the longer daylight hours and the renewal of life that Spring brings push out the darkness in our hearts to let the Light in.

Thrivent Benefit Members

by: Bea Sherrill

A huge **THANK-YOU** to all Thrivent members who directed Thrivent Choice Dollars to Holy Communion in February! As a result, our church received \$1,527 from Thrivent in early March. Any Choice Dollars directed to HCLC in March will be received in April.



THRIVENT
FINANCIAL®

Virtual Bible Study

by Pastor Chas

Virtual bible study will resume in the season of Easter! Luther was a visionary in using new media that was available to him, so in the spirit of the reformation, let's use this new media that is available to us to study the word of God! We can connect through "virtual meeting" spaces that bridge the miles that separate us without leaving the comforts of our homes!



Worship at Pentecost

by Pastor Bob Ridenour

The Festival of Pentecost (May 20th this year) is the celebration of the presence and the work of the Holy Spirit in the church, the world, and us.

The Holy Spirit? Wait! What? Who?

There are Christians who believe that the Holy Spirit is a fiction; the result of some fantasy. On the other hand there are Christians who say, “There may be a lot of things about Christianity that I am not clear about, but I do know the Holy Spirit is real and that she* is the center of my faith and life.” (* The Greek word for spirit is a feminine noun)

We affirm weekly that we believe the Holy Spirit is, “the Lord, the giver of life.” (the Nicene Creed) The Holy Spirit is as real as you can get.

The Holy Spirit is God: God in the world, working with grace and power. There is no place where God is not. Or, where the Holy Spirit is not.

We celebrate the Holy Spirit at Pentecost (and in the season of Pentecost) because scripture tells us that God showed God-self in power and glory that day (see Acts 2), even as God’s spirit comes to each of us in the here and now. We wear red in Pentecost and the church is draped in red because red is the color of fire and so red symbolizes the ever-present love of God.

We rejoice in the work of the Holy Spirit for justice and peace in this Pentecost season as we recall and celebrate all the ways God works for good and love in our lives.

In Pentecost we seek the heat, light, and power of the Holy Spirit in all creation. We celebrate God’s eternal presence with all of us.

Some may still think that the whole idea of a Holy Spirit is false. As Christians we know better. We know her* power and love. And, because we do, we stand in awe and thankfulness. We worship God in the Holy Spirit with our words, our songs, our prayers—and with all our being.

Traveling? Not Feeling Well? Can’t Come to Church? Holy Communion Comes to YOU!



People get sick. People travel. We understand that and try to find new ways that you can still remain connected with our community. While you are away, join any service by watching our webcam at webcam.HolyCommunionFallston.org

This is an innovative way to connect the gifts of technology to practical faith. However, this gift of technology comes with its own limitations, in that, this webcam can never fully create the sense of community that one is part by actually being in the pews. The webcam is on for all services and only shows the front portion of the sanctuary. The webcam works on most devices (smartphones, tablets, PCs, iPhones®, and iPads®). It does not work on Amazon Kindle Fire® tablets.

Let us know if you are watching our services.

Please send comments or issues relating to the broadcast to webcam@HolyCommunionFallston.org

Youth News

by Penny Sadler-Vocke, Youth Leader

Pancake Breakfast

The Houston Youth will be holding a pancake breakfast between services on Sunday, April 29th. This will be a donation based event. So come one come all, and bring a friend!



Calling all Youth from 3rd grade through high school!

Youth Groups are back in full swing for 3rd grade, 4-6th grade, and our high school youth. These groups will meet as one group for a meal and opening prayer, then they will split up into age appropriate groups for a bible study and crafts. The monthly gatherings will be held one Sunday per month from 12:00-1:30 pm per the following schedule:

April 22nd

May 18th – End of Year Picnic

Hope to see you there!

Looking ahead to VBS

Save the Date!

July 15-18

Mark your calendars for **VBS 2018**, “Maker Fun Factory...Created by God, Built for a Purpose!” Registration is now open for participants and volunteers. You can access the sign-up page either via HCLC website, or this link: vbspro.events/p/c8f90a. This year’s program will be free of charge, and will include a dinner option. Please visit the webpage for details!



Think Tank

The Think tank will gather for our April meeting on Tuesday, April 5, at church from 7-8 pm. Come out and help brain storm and plan for our upcoming youth and family events.



Houston Bound

The Houston Youth are still working on their fundraising efforts to get to their goal for the national Youth Gathering in Houston Texas in June. As part of the preparation for the gathering, the youth are meeting each month for fellowship and a preparation bible study. Please feel free to approach them to ask them about this process.



Storms

by: Anna Norris

We recently experienced a Level 1 hurricane that lasted all through the day on a Friday, and into the night. We were fortunate that the storm didn't come with rain - but sustained winds of over 60 mph uprooted trees, lifted shingles and siding from homes, and sent anything not battened down - and even things that were battened down - flying through the air. We were one of the homes that lost power, and while a bit of 'roughing it' can be a good reality check, being without power in a devastating storm, at night, was scary.

I went to bed earlier than normal to keep warm, and while sleep didn't come easily, thoughts of God's presence during the daily storms of life did. I thought about how being rooted and anchored in the soil keeps trees grounded, and how we stay grounded when we remain close to the One who guides us on our journey. I thought about how trees are flexible, so they gently and gracefully bend in a storm, and how we can learn to be flexible so we, too, can be gentle and graceful when life's storms bear down on us.

As the night wore on, there were many sounds that I couldn't identify. Some moments it sounded as though the roof would lift off the house. I prayed for the best but began planning for the worst and made a mental check-list to grab medication and keys and get out of the house if that happened.

I began to reflect on the storms of life, which have no escape route. Some storms clear within 24 hours, but most linger, often building with intensity. It is during the stormy seasons that we have an opportunity to experience God in new ways. Storms can be a chance to learn more about God's character, and to further develop our own. If we stay focused on being held in the loving embrace of our Lord, maybe we will have the grace to get through whatever comes our way.

Most of life's storms hit us by surprise, so in that way we are unprepared. We might be surprised at how well we can weather the storms of life if we remain flexible to change, stay close to the One who is lighting the way and keep grounded in the promise that with God all things are possible.

Member Spotlight

by Lynne Strausser

What brought you to HCLC?

"We were searching for joy. The decision to leave our previous congregation was quite difficult. Members in that congregation for 23 years, our daughters were confirmed and married there, two of three grandkids were baptized there, and our one son-in-law was baptized at the time his first child was baptized; Larry and I were active on several committees - all very special memories. The atmosphere became very business-like and "political", and we no longer found joy worshipping there."

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

"I have an extensive background in Lutheran education and doctrine, possess above average interpersonal skills, and am mostly warm and fuzzy."



Favorite ice cream flavor?

"Butter pecan, hands down!"

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

"I write with my right hand but do most everything else left-handed. I also can find humor in most situations; Larry says I am a comedian's dream."

What bible verse is meaningful to you?

"Be still and know that I am God.(Psalm 46:10)

How do you serve at HCLC?

"Early service greeter, Healing & Health Ministry Team member, Healing Minister, regular Tuesday evening Bible Study attendee (my personal therapy hour), and Human Resources Team member."

Lovin' Life Seniors

by Nancy Campbell

Our goal is to offer friendship and support to one another through social events. Please join us! Invite your friends! Our 2018 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 Bread and Wine for any changes to the schedule below. All activities take place on 2nd Tuesdays of the month unless otherwise noted.

2018 CALENDAR

Tuesday, April 10 at noon

Olive Tree—Aberdeen

Tuesday, May 8 at noon

Fisherman's Catch—Forest Hill Bowling Lanes

Tuesday, June 12 at noon

Steel Fish Restaurant—Bel Air

Tuesday, July 10 at noon

Madonna Seafood—Rte. 23

Tuesday, August 14 at noon

Friendly Farm—Upperco

Tuesday, September 11 at noon

Crab Feast at church

Tuesday, October 9 at noon

Wargo's Restaurant—Jarrettsville, Rte. 23

Tuesday, November 13 at noon

Silver Spring Mining Restaurant-Bel Air, Rte. 1

Tuesday, December 11 at noon

Union Hotel—Port Deposit or Manor Tavern--
Monkton

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-

“Good Grief” Group

The “Good Grief” group will hold their next meet Monday, April 16th at 6:00 at the church.



April Birthdays



04-01 - Daniel Gonce

04-02 - Pete Lynch

04-03 - Neale Wirtanen

04-05 - Katie Brautigan

04-05 - Owen Synder

04-06 - Margaret Frieman

04-07 - Noah Thanner

04-07 - Bill Kellermann

04-07 - Susan O'Connor

04-08 - Sandy Moll

04-10 - Reed Phillips

04-11 - Kyle Giordano

04-11 - Rooney Peterson

04-11 - Dylan Snyder

04-12 - Karen Sugden

04-14 - Jackie Gray

04-14 - Judy Meyer

04-16 - Sheri Hoffmann

04-16 - Patty McClean Miller

04-17 - Daniel Griffin

04-17 - Colin Perkins

04-19 - Kierston Giordano

04-20 - Natalie Adams

04-20 - Joyce Ey

04-21 - Alexandra Schronsky

04-22 - Rob McCombs

04-23 - Hunter Julian

04-23 - Chasity Wiener

04-24 - Pat Doering

04-27 - Kathy Sanner

04-28 - James Appel, Jr.

04-30 - Amber Knapp

Happy Birthday

Do you have an **April** birthday but do not see your name printed here? That means we do not have your complete information on file. Please contact Hailea in the church office to update your information.

Men's group

The new Men's Group will hold their second meeting Wednesday, April 11 at 5:00pm at the Cracker Barrel in Bel Air. Please let Ron Mickley know if you plan to attend. His phone number is 301-498-1451.



HOLY COMMUNION LUTHERAN CHURCH



Pastor —The Reverend Chasity L. Wiener



Council Member—Dave Frieman



Council Member - Arlene Hildebrandt - **President**



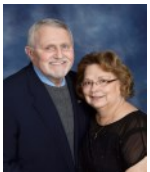
Council Member - Kelly Clavell - **Secretary**



Fred Hildebrandt - **Treasurer** (appointed)



Council Member - Jon Perkins



Council Member - Marcia Mickley

Council Member - Ron Mickley - **Vice-President**

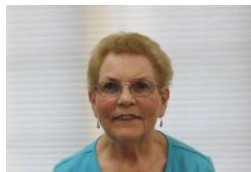
Be sure to check out our calendar for important dates, including the start of Sunday School and new opportunities to grow in faith.



Council Member - Debbie Mueller -



Council Member - Bruce Amrein



Council Member - Bertha Deck



Council Member - Doug Mueller



Council Member - Eric Thompson



NEWS from

Holy Communion Lutheran Church

April 2018

“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!

Holy Communion Lutheran Church
P. O. Box 55
621 Old Fallston Road
Fallston, Maryland 21047-0055
443-299-6134
HolyCommunionLC@comcast.net
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!”