

Hungry? Have a Snickers (or the Bread of Life)

by: The Rev. Chasity L. Wiener

One of my favorite commercials of all time features a vivacious Betty White playing football. In her ripe age of 96, she is clearly having trouble keeping up with the youngsters on the field. Finally, she gets tackled to the ground in a puddle of mud. One of her teammates approaches her and says, "Mike! Come on! Get in the game! You are playing like Betty White out there. Eat a Snickers [candy bar]." Lo and behold, Betty White takes a ravenous bite and poof! She becomes the real character, Mike. The tagline: "You are not you when you are hungry. Eat a Snickers." Pure marketing genius!

...because the commercial is spot on: we are not ourselves when we are hungry (it's why the artificially fabricated word, "hangry"—a combination of "hungry and angry"—is so commonly used today). Food is the fuel for our bodies, and we are affected by its effects: fast food gives us instant gratification, but makes us feel sluggish, fruits and vegetables make us feel healthier, turkey's tryptophan makes us sleepy, and a handful of almonds provide us energy to get us going. In our fast-paced world, we often forget that "we are what we eat." Instead, we hurriedly shovel food into our faces before moving onto the next task. Styrofoam take-out containers have replaced our silverware at the dining room table. We rarely savor food, or participate in "conscious eating."

I am guilty too. In fact, I used to think negatively about people who "forgot" to eat lunch during their busy day until I became one. But, I also know that such habits are not sustainable—we cannot continue to ignore what we put in our bodies.

The same can be said of our spirit, too. In our fast-paced life, it seems like we dine on "spiritual fast-food" far too often. We view going to church more as a task to do, rather than an experience with God and God's people. We rarely read our Bibles, because we much rather prefer the "Reader's Digest" version that quickly delivers a scrap of wisdom to get us through the day.

During the month of August—as always in the year when the Gospel of Mark and John take center focus—**five weeks** of preaching are dedicated to **John 6 alone**. It is the bane of every preacher's existence because well, for five weeks one hears again and again how Jesus is the bread of life. While it takes some creativity to find ways to preach (essentially) the same text over five Sundays so that you, dear congregation, will not tire from listening, maybe that is exactly the point.

...maybe Jesus is inviting us to stay awhile, to fully engage in what it means that Jesus is the bread of

life. What difference does it make

when Jesus feeds the 5,000 (in the start of John 6) and what difference does it make when this bread of life feeds us? Over the next five weeks we are drenched in the motif of feeding and eating. And, one cannot help but to connect the feeding and eating to partaking in the body and blood of Christ. Jesus claims that the disciple that comes to him will no longer "go hungry" or "be thirsty," for they have embraced Christ as the source and sustenance of life. In Jesus, there is an eating that provides deep rest for one's whole being, even if (as Luther wrote) "all about me should go to pieces."

...because, where people are fed from this bread of life, you can see, taste, and feel grace and love being served.

...because, like that Snickers commercial, you are not YOU when you are hungry. Come and be fed by this bread of life.

Pastor Chas

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...and so much more!

Life Groups: The Dinner Edition

Beginning this fall, we would like to introduce “*Life Groups: the Dinner Edition!*” These are smaller groups which meet in someone's home to enjoy good food, great fellowship, and engage in Faith Five (for more information about “Faith Five,” visit <http://www.faith5.org/> . It is great for all ages (families with young children are most welcomed and hey—if you participate you won’t have to cook that night!). It's also a good way to get to know other folks in our community in a cozier setting, while also creating holy time to grow in faith! If you're interested in hosting a *Life Group: the Dinner Edition* this fall, please email Pastor Chas (she will host the first few meetings during the summer to equip you for your own hosting). Hope you see you there!

Pastor Chas' Vacation

Dear Church,

I will be on vacation from August 17-August 31. I will return to the office on Sunday, September 2. Honest to goodness, on Thursday evening (August 16), I will activate my out of office email message, logout of social media, and turn off my smartphone to leave it home in a drawer for those two weeks. Rest assured that in my absence, I leave you very well cared for, as Pastor Dick Kiesling will be presiding worship, preaching, and ministering to any pastoral emergencies that may arise. You can reach him at (908) 757-0626 or via email at pastorkiesling@gmail.com

There is great wisdom in which the Sabbath rest teaches us. We all need to rest, renew, and reconnect...and we are better because of it, as we refill our “spiritual wells,” so that we have the strength to once again offer ourselves to the needs of this world, our families, and our own being. Please be sure to plan for **your** time off this year, if you have not done so yet. Famed theologian, Eugene Peterson, said: “If you don’t take a Sabbath, something is wrong. You’re doing too much, you’re being too much in charge. You’ve got to quit, one day a week, and just watch what God is doing when you’re not doing anything.”

Thank you for this time off and away, for the opportunity to disconnect so that I can “just watch what God is doing,” and the privilege of serving such an amazing church.

With my love and prayers,
Pastor Chas

Member Spotlight

by Mary Kruelle

What brought you to HCLC?

“A visit from Pastor Jim Weis. We were unhappy at our current church. We found Holy Communion so welcoming and Pastor Jim was so receptive to my ideas about Adult Bible Study.”

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

“My gift of teaching and leading Bible study, visiting and keeping in touch with those in need of contacts.”

Favorite ice cream flavor?

“I like vanilla with chocolate syrup.”

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

“I love to watch westerns especially those from 1950s until the 1970s. Watch them over and over.”

What bible verse is meaningful to you?

“Philippians 4:13 “I can do all things through Christ who strengthens me.”

How do you serve at HCLC?

“I serve on Human Resources Committee, lead Sunday Adult Bible class, visit shut-ins and keep in touch with those who need some support.”



Summer Safety

by: Barb Huber

It is summer! Get up, grab the sunscreen and fire up the grill. What can you do to keep your family safe this summer?

Swimming is the number one warm weather activity. Each summer thousands of people are involved in water related accidents resulting in injury and death. Remember you and your family should never swim alone, swim in supervised areas, and teach everyone how to swim. Never, ever jump into water head first. Young children and pools present special concerns. Pool should be alarmed and barriers in place. Children should always be supervised in pool area. Never swim or remain near water in an electric storm.

Sun safety is important to avoid sunburn and the potential for skin cancers. Avoid or limit sun exposure between the hours of 10 am and 4 pm. Use a wide brim hat and wear sunglasses that are 99% UV protective. Apply sunscreen (minimum of SPF 15) 30 minutes before the sun or swimming; reapply every two hours. Sunscreen is important even on cloudy days.



Gas and charcoal grills are responsible for thousands of fires and property damage each year. To protect your family and property do the following: create a safe zone of three feet around the grill, grill should always be a minimum of ten feet from structures that can catch fire, check all lines and tubes before use, check for gas leaks (if you smell gas do not use), and never grill indoors.

Wishing each of you a blessed, healthy summer.

With blessings,

Barb Huber RN, CSRN, FCHN

Resources: www.usfa.fema.gov; www.redcross.org; life.familyeducation.com

Commemorations

by: Pastor Richard Kiesling

Like raisins in raisin bread, scattered throughout the year are various days of commemorations for saints, martyrs, missionaries, renewers of the church, etc. On page 15 in the front of the hymnal is a listing of various people whose lives of still shine and inspire us today. Almost every week has a special day of commemoration of people just like us who heard and believed the good news of Jesus Christ. We remember such people not because they were perfect, but because they tried, by the power of the Holy Spirit, to rejoice in God. Can we do any better?

I would like to suggest that we should remember them for their lives of faith so we might be inspired to be like them. Have you ever denied knowing Jesus? So did St. Peter and Jesus did not reject him. Have you felt that you needed to find Jesus so your heart, soul and mind might be cured? So did the anonymous woman who came through a crowd of people, just believing that if she touched Jesus' cloak she would be cured. Her faith was rewarded.

Remembering those who lived a life of faith gives us the comfort that we are not alone with our questions, our doubts, or our fears. It's nice to know that others have felt the same temptations, gone through the same trials and tribulations and still believed in the grace and mercy of God. Their lives are an inspiration for us that living our faith is not an impossible dream, nor just a hope – but can become a very real important part of our day by day living.

So the next time you are in church, open up your hymnal, find a name. If you have a computer you can find out information on many of these people. Just remember, the reason you are looking for more information is that you might be strengthened by the Spirit of God to do as they did. By so doing both you and the world will be blessed. And not only that – your faith will have a chance to grow and reach out in blessing to others.

Choir Resumes

Choir rehearsals will resume Thursday September 6th, at 7:30pm. If you have any questions please see Joan Cole. Hope to see you there!

Sunday School News

by: Carrie Dorsey

Happy Summer!

I hope everyone is finding time for family, fun and renewal of energy. Now that we have survived another outstanding VBS it is time to turn our attention to the upcoming Sunday School year. This will be my first year as the director and for me this is adding to the excitement. There will be many familiar faces and activities along with some new twists which I hope will energize the program and take our children to the next level of their discipleship. The Spark curriculum will continue to serve as our base. It follows the lectionary which means that the kids are learning the same lessons that the adults are hearing in the Sermon. This link serves as a great starting point for your family conversations. The incentive program for learning some of the Bible basics will continue with an opportunity to not only earn a pin but to earn some bonus points which can be redeemed for a number of different rewards. We also plan to be more involved with the worship services and may even throw in some twists into our weekly worship. I can think of no better way to build up the Church than to let our young folks unleash their creativity and talents.



Look for the registration materials to be released early in August. Invite your friends and family to join you this year. We will have a Kick-off Rally on Sunday September 9th with the first week of curriculum starting on September 16th. If you have any questions or would like to volunteer your time as a teacher or help in any other way please let me know. The more help the lighter the load and the greater the gift to the children.

For questions or to volunteer please e-mail be at SundaySchool@HolyCommunionFallston.org.

Blessing of the Backpack/Workbag

Blessing of the Backpacks will be held Sunday September 2nd! We are sending students, educators and school staff back to school with our prayerful support! Please join us September 2nd during both services with your backpacks or workbags for a special blessing!



College Blessing

Calling all college-bound students (newly entranced or ongoing students)! We would like to have a special blessing in worship on August 12 before you return to school. If you are able to come, please submit your name to Hailea Cole at holycommunionlc@comcast.net as the congregation has a gift for you and we would like to present it to you that day. Please also give your college mailing address to Hailea as well, so that we are able to send you care packages throughout the semester.



Upcoming Youth Dates:

August 12th—College Blessing

August 24th—Walk to Bless Our Schools

September 2nd—Blessing of the Backpacks/Workbags

September 9th—Sunday school Kick-Off Rally

September 16th—Sunday

School Resumes



Christian Seasons and Colors

by Pastor Bob Ridenour

The Christian year (different from the civil year) has been used in the church for centuries. The Christian year is divided into “seasons”; each season with its own emphasis and color.

The Christian year begins near December 1, as the season of Advent begins.

* Advent—the four weeks before Christmas. This season is preparation for Christ’s birth in Bethlehem, and in our world and lives today. The alter color is blue or purple; the colors of royalty. “behold the king is coming.” We wait and hope and pray

* Christmas—Christmas Eve, Christmas Day, and the twelve days following. This is a season of joy and Thanksgiving because of the coming of the Lord, once again, to us all and to the whole world. The color is white, the color of joy and celebration.

* Epiphany—This season begins on the day of Epiphany (January 6th) and continues through Ash Wednesday. It is the season to remember the world God loves and our loving mission in it. The alter color is either white (celebration) or green (growing in faith).

* Lent—The six weeks before Easter, beginning on Ash Wednesday. It is a time of prayer and repentance in preparation for Easter. The color is purple: the color of repentance.

* Easter—From Easter Sunday to Pentecost (50 days). We rejoice in the good news, and now life, of the resurrection. The color is white, the color of hope, joy, and peace.

* Pentecost—This is the longest season. Beginning on Pentecost Sunday (see Acts 2) we celebrate God’s gift of the Holy Spirit. It is a time to recall Jesus’ teachings and to act upon all he calls us to be. It comprises almost half of the year,

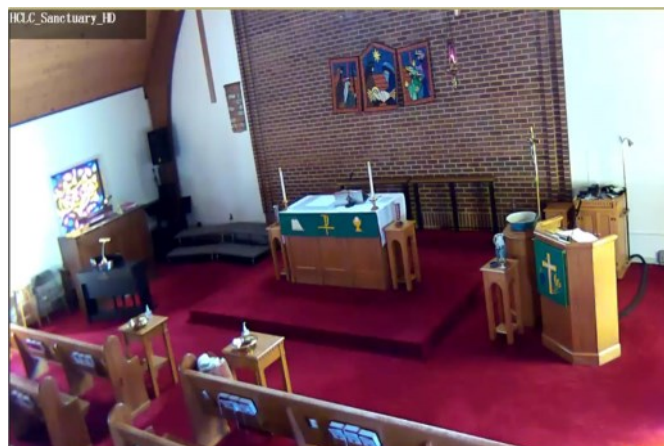
Traveling? Not Feeling Well? Can’t Come to Church? Holy Communion Comes to YOU!

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 Bridget Strama, Youth Leader

Blessing of Our Schools

The community churches of Fallston are joining together to host a special walk and blessing of our schools on August 24th at 10:00am, and YOU ARE INVITED!!

We will visit Youth's Benefit Elementary, Fallston Middle and Fallston High Schools offering cookies and a blessing for the upcoming school year.

IMPORTANT:

Please plan to park at Fallston High School. A shuttle will take walkers to Youth's Benefit Elementary School (YBES) at 9:30 am. The walk is led by a police escort along Rt. 152 from YBES to Fallston Middle and High Schools. The shuttle is also available for people who may be unable to walk from school to school.

We hope that you'll be able to join us! And if you're able to provide cookies, please let Hailea know. Thank you!



VBS Was a Success!

VBS was a big success this year! Thank you so much to all of our amazing volunteers who gave so much of their time and energy to our children.

A few comments overheard this year from our participants:

"Beach bells are my favorite! I like the songs, but I won't dance." - Wyatt, age 8

"I loved the science the best because we got to see silly things." - Rozalyn, age 4

"I kept the picture that my friend drew of me to show how I'm special. I like that God and my friends think I'm special." - Reagan, age 8

Our New Youth Director

Bridget Strama is a 20 year public school teaching veteran, working in both Harford County and Baltimore City. She also worked with families of, and children with, autism as a director for autism services with a non-profit company for three years. Bridget currently home schools her eight year old twins, as well as runs a small business teaching yoga to children and senior citizens. Bridget is very excited to bring her vision and ideas to the youth group of Holy Communion!



Think Tank

The Think tank will gather for their next meeting on Thursday, August 23th from 7-8 pm at the church. Come out and help brain storm and plan for our upcoming youth and family events.



Calling all Youth from 3rd grade through high school!

On September 18th all youth (Illumin8 and Emergence) are invited to a Kind Kids activity! We will be making dog and cat toys for donation to our FARM box, as well as to the Harford County Humane Society. We hope to see you there, ready to spread some kindness to our four legged friends!



Lovin' Life Seniors

by Nancy Campbell

LOVIN' LIFE SENIORS

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, August 14 at noon

Friendly Farm—Upperco

Carpooling from the church for those interested

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 410-893-7590; Pat Kellermann 410-679-4624; Ellen Priebe 410-679-8655.

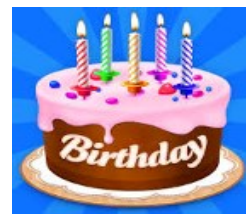
"Good Grief" Group

The Good Grief group will **NOT** be meeting in August.

They will resume their meetings in September, on the third Tuesday of the month at 6:00pm. Their next meeting will be September 18th at the church.



August Birthdays



Pat Walton—8/03

Zachary Huber—8/04

Buck Moore—8/04

Mackenzie Tacka—8/04

Koa Knapp—8/05

Lindsey Plott—8/05

Amy McCombs—8/06

Brian Meyers—8/08

Logan Weaver—8/08

Sandy Hastings—8/09

Bob Ridenour—8/09

Jan Warren—8/09

Stephen Haack—8/10

Carl Henderson—8/10

Steve Greene—8/11

Sharon Kampes—8/16

Michael Fleming—8/19

Karl Gaines—8/19

Bill Miller—8/19

Chip Coffey—8/21

Larry Strausser—8/21

Katie Flohr—8/24

Paul Gray—8/24

George Smith—8/26

Lisa Allgeier—8/28

Ron Bowling—8/28

Linda Meyers—8/28

Richard Webster—8/30

Jamie Weaver—8/31

Happy Birthday

Do you have an **August** 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.

Bible Study

Bible study will resume on September 18th at 7:00pm. Please plan to join us!



Holy Communion Lutheran Church

Council Members



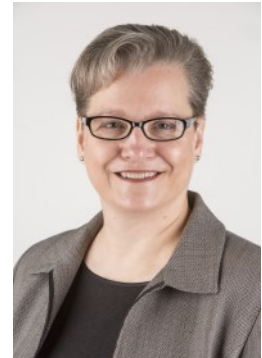
Ron Mickley,
President



Eric Thompson,
Vice-President



Kelly Clavell,
Secretary



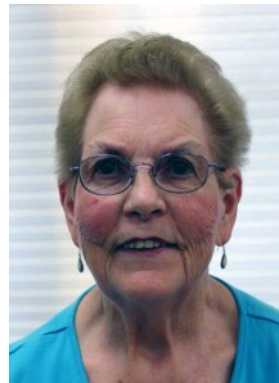
Joann Theys,
Treasurer



Sue Phillips,
Co-Treasurer



Bruce Amrein,
Council Member



Bertha Deck,
Council Member



Dave Frieman,
Council Member



Marcia Mickley,
Council Member



Debbie Mueller,
Council Member



Jon Perkins,
Council Member



The Rev. Chasity L.
Wiener,
Ex-Officio Member