

Blessing Box:

Reaching Out to Share Christ's Love in the Community

by: Our Junior Apprentice, Amelia Svoboda

This month our guest contributor is Amelia Svoboda. She is excited to share with you her project for the Junior Apprenticeship Program:



Did you know that nearly 20,000 people in Harford County are considered food insecure? This makes up almost 10% of all Harford County citizens. As the first junior apprentice at HCLC, I have come up with a way to try and help these people in our community and for us to “Reach out to Share Christ’s Love.” For my project, I have decided to start a blessing box right here at HCLC.

A blessing box is essentially a mini food pantry with 24 hour access. It is a secure cabinet that is placed outside of a church. Inside of this cabinet is an assortment of food, diapers, toiletries and other necessities that people in need may take whenever they would like. I ask us as a church to bring in canned goods or other non-perishable goods, diapers, and baby food on an ongoing basis.

The 30 hour famine and the Sharing Table really opened my eyes to how big of an issue hunger is in our community. In addition to being a serious issue, it is also an “invisible” issue in Harford County, particularly in more affluent areas such as Fallston and Bel Air because there is a sense of shame affixed to this need. And, because most people in the Fallston and Bel Air areas typically do not think of hunger as being a huge issue, it is harder to help those in need.

Tom and Mel Sullens have already agreed to help build this pantry, which will be strong and weatherproof, with the ability to hold all of the “blessings” donated. Fliers will be posted around the community, getting the word out and inviting those in need to come and take as much as they need, whenever they need. Maybe you can help get the word out, too? It is often very hard to ask for help, and by allowing people to come whenever they want without

having to interact with others, we are able to remove some of the “shame” from asking for assistance.

In order to make this blessing box successful, it needs to always be stocked full with a wide variety of non-perishable items, enough to make a fully balanced meal for the guests of our blessing box. [Posted around the church are lists of the canned goods and other essential items that we are asking for in order to stock our blessing box.](#) Please feel free to take a copy to guide you with your shopping. We will start accepting donations on August 4, and they may be placed in the box in the lobby. We will also be accepting monetary donations and will go out to purchase the most-needed items.



This is an example of what blessing box may look like!

The main goal of this project is to bring together our congregation of blessed Harford County citizens to help serve our neighbors in need--while removing the “shame” factor of asking for help--and truly make a difference. Through your patience, donations, and enduring commitment to this effort, we can help our community become a better place while also fighting the issue of hunger one blessing at a time, helping us further fulfill our mission statement; “Reaching Out to Share Christ’s Love.”

Please see page 3 for a list of requested items needed to stock our new Blessing Box!

In this Issue



Member Spotlight, page 6
Sunday School News, page 4
Youth News, page 4
.....and so much more!

S'more Church

Want s'more church, but your schedule is too busy? **Is it a struggle to get to church on Sundays?** Hold the date for Wednesday September 11 at 6:30 for "S'mores Church" where we will gather around the firepit of the outdoor chapel for a new way of doing church! Centered around a Gospel reading, we will have an intergenerational activity that reinforces the scriptural theme. S'mores Church is completely interactive, since will be using the "Faith 5 method" of sharing our highs and lows of the day, reading Scripture together, talking about the weekly Bible verse and how the Holy Spirit might be connecting to our lives, praying with each other about our highs and lows, and blessing each other to give us strength to meet the next day. This is great for all ages and works best for busy people who are unable to worship on Sundays.



Voices of HCLC Past

In August, and in celebration of our 35th anniversary, we will hear from the voices of HCLC's past pastors. Some will visit and preach, and some will send greetings from afar.

Guest preachers

- August 4—Pastor Chas, with a greeting from Pastor Phil Kunder
- August 11—Norma Weis, on behalf of her husband, Pastor Jim Weis (who died while in office)
- August 18—Pastor Don Keyser
- August 25—Pastor John K. Burk

Blessing of the Backpacks/Workbags

Blessing of the Backpacks/Workbags will be held Sunday, September 1st! We are sending students, educators and school staff back to school with our prayerful support! Please join us September 1st during both services with your backpacks or workbags for a special blessing!



Next Service Project for all ages: No-Sew Blankets for Vets

Help us say **THANK YOU** to our veterans, while providing a little comfort to them during their hospital visits and nursing home stays.

HCLC is hosting a Veteran Fleece Blanket Workshop! Please come to the fellowship hall either before you worship, after you worship, or both on Sunday, August 25th.

Thrivent has generously donated \$250 to purchase fleece for the Veterans Blanket Project, and we need your help putting them together! If you have any questions please contact Donna Campbell at 410-459-6321. If you can't make it to the workshop, but would like to donate fleece or money to the project, it would be much appreciated!



Directions on how to create these blankets are as follows...

Tie-Knot No Sew Blanket Directions

- Start with 2 fleece fabrics (2 yards of each color) in patriotic colors
- Line up the two fabrics, right side OUT. Anti-pill solids are FUZZY on the right side.
- Trim the two pieces so that they are the same size.
- Using a piece of cardboard, trace and cut a 5 inch square from each of the four corners.
- Lay a yardstick across the fabric, 5 inches from the edge so that you know how far in to make your cuts or pin your fabrics together and cut to your pins.
- Cut fringe on all four sides of the blanket. Cut through both layers of fabric at the same time. Fringe pieces should be a little wider than the width of your finger. Cut in from the edge 5 inches. Leave your blanket laying flat on the surface, with all fringes lined up.
- Work from left to right around the blanket, tying in the same way you would a shoelace or a balloon, depending on the look you like best.

Disciple Bible Study

Have you ever wanted to read the whole Bible? Ever wonder how it all came together and how it sticks together? Do you wish you understood it better and how to use it as a resource? Here's your chance! The churches of the Fallston Ministerium are jointly hosting Disciple Bible Study. It is a 34 week course that will change your life. Learn about the Bible and what it means to be a disciple of Jesus. Know what each book is about and where to find what. The bible study will begin Tuesdays, beginning September 10 from 7-8:30pm. We will rotate location monthly among the three Fallston churches (Lutheran, Presbyterian, and Methodist). The class will cost \$30 for your workbook (if there is hardship, we've gotcha covered). Please call Hailea 443-299-6134 to RSVP.



Vision Planning Team

We've come a long way in our 35 years of ministry! What is the Holy Spirit calling us to in the near future? Our vision team is currently in the process of listening and discerning to what the Holy Spirit has in store for our church. This is known as mission planning and our vision team will present to you our 1, 2, and 3 year goals at the next congregational meeting (in January 2020). But, we need your input NOW to help frame these conversations!

1. What ministries do we need to improve or implement (e.g. what is missing from HCLC that would really help your faith life?)
2. What ministries do we do well at HCLC and therefore we want to continue?

Be specific. Pray. Listen. Discern. Then, let us know.

If you would to offer any insights over the next 10-12 weeks, please see Dave Frieman, Candiss Dominick, Larry and Sue Phillips, Phil and Haleigh Wiener, Jane Jackson, Leland Knight, Greg Hess, Heather Henderson, and Tanya and Amelia Svobota



Items Requested for HCLC Blessing Box

Note: If possible, please donate items that have pop-top lids as opposed to ones that require can openers. Please do not donate anything that is in a glass or breakable container. We are trying to create balanced meals for the people who come to our blessing box, so please keep that in mind as you are shopping! Thank you!

- Canned meats
- Canned fish
- Canned vegetables
- Fruit (canned or dried)
- Granola bars
- Mini cereal boxes (one serving)
- Oatmeal
- Instant mashed potatoes
- Nuts/Peanut butter
- Pasta and low-sodium pasta sauce
- Mac n' cheese
- Rice
- Low-sodium soups
- Applesauce
- Powdered milk
- Diapers
- Diaper rash cream
- Baby food
- Powdered Formula
- Basic toiletries
- Feminine hygiene products

Summer Sidewalk Social

The Summer Sidewalk Socials are in full swing! Please join us for lemonade, juice, cookies, and simple finger foods outside between services every Sunday this summer! There will be sign-up sheet available during both services, and Hailea will be emailing reminders to those who signed up to bring snacks and drinks each week. We hope to see you there!



Youth News

Youth Events: Coming Soon

As we begin to look towards our fall line up, please stay tuned for the many youth activities of fellowship and faith formation, such as:

- Friday night Faith beginning the third Friday of the month (beginning in October). Youth will experience God using the *Think.Believe.Do* (TBD)
- Monthly fellowship and fundraiser at various local restaurants. 50% of the proceeds will go towards the Youth Gathering, and 50% will fund the HCLC CARES Fund (this fund is for emergency financial needs in the community).
- FreeRide (October 18-20) - 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 together. Come make new friends and renew friendships with attendees from throughout our synod!



Baseball!



Join Holy Communion Lutheran Church as the

Aberdeen IronBirds

vs

The Vermont Lake Monsters

Sunday, August 18, 2019

The game start time is 4:05 PM. Kids can run the bases after the game. Tickets are \$11.50 per ticket, and checks can be made out to HCLC. You can email Heather Henderson at youth@holychommunionfallston.org, to RSVP, or simply fill out the insert and place in the offering plate. We hope to see you there!

Sunday School

by: Carrie Dorsey

Sunday School – Blast Off to Discover God’s Love!

Can you believe that August is here already? This means that preparations for the 2019 – 2020 Sunday school year have begun. Please join us on Sunday, September 8th as we “Blast Off” on our adventure to discover the Love and Wonders of God. After the Wiggle Worship, during the 10:15 service, the kids will make their way to the Fellowship Hall for songs, games and crafts. Following the service we invite everyone to join us for a welcome back picnic. We will provide the main course and drinks and ask you to bring a dish or dessert to share.

For those who are new to Holy Communion or to our community, our Sunday school program is open to all. While the Spark curriculum covers children age 2 through the 6th grade everyone is welcome to join us. Because the curriculum follows the lectionary the kids are learning the same lessons that the adults are hearing in the sermon. This link serves as a great starting point for family conversations during the week. Our young disciples also learn Bible basics, sing songs and do crafts.

Registration will be open on the VBS Pro website at the beginning of August. Look for the link in the weekly e-mail and on the HCLC website. For the adults please consider volunteering to help teach one Sunday a month. No experience is necessary and the curriculum includes what to say and helpful hints and activities to help the kids understand the material.

You can register your child for the 2019/2020 Sunday School year at <https://vbspro.events/p/594eb7>

Enjoy the rest of the summer and get ready to “Blast Off” with HCLC Sunday school in September!

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



Savvy Social Security Planning Workshop

Are you maximizing your retirement income? We are hosting a free Savvy Social Security Planning workshop! Careful planning can help you get the most out of your Social Security benefits, and be good stewards (caretakers) of the gifts God has entrusted us with—our treasures and money!.

Savvy Social Security Planning is a free workshop from Thrivent that will help you determine the ideal time to apply and ways to maximize your Social Security benefits while minimizing taxes on those benefits.

Thursday, September 19

5:30 PM or 7:00 PM

Holy Communion Lutheran Church
621 Old Fallston Rd, Fallston, MD 21047

These sessions are hosted by Beth Tweed, CLTC © FIC, and Terri Meekins FIC, and feature Thrivent Financial guest speaker Mark Mueller, CFP®, ChFC®, RICP®.

Please call Stacey Fegley phone 301-515-3312 or email stacey.fegley@thrivent.com to reserve a place for yourself and a guest. Refreshments will be served.

Successful Workshop!

Over 40 people took rain barrels home with them to install on their home properties and the next day remaining, rain barrels were blessed and given away during the workshop service during which Interfaith partners for the Chesapeake's (IPC) Kolya Braun-Greiner preached a sermon focused on caring for local waters, citing one of IPC's motto's "God makes rain, but we make runoff!" The workshop was offered by Kelsey Brooks, B.S. Ecology & Evolutionary Biology, M.S. City & Regional Planning, a Regional Watershed Restoration Specialist with Maryland Sea Grant, who trained everyone

about why a rain barrel reduces water pollution as well as how to install and maintain it properly to the goal of preventing storm water runoff.

Thank you for the great turnout and continued support for being faithful stewards of our environment!



Controlling Cholesterol

by: Barb Huber, RN, FCHN

High cholesterol can contribute to your personal risk for heart disease and strokes. Cholesterol, a fatty substance, or lipid (made in the liver) is vital to cell function. Too much cholesterol can circulate in the blood and cause the buildup of plaque (thick hardened substance) and lead to narrowing of blood vessels. In healthy individuals cholesterol should be checked at least every five years and include a breakdown of LDL (lousy or bad), HDL (high quality or good), and triglycerides. Physician will recommend more frequent testing in individuals with high cholesterol, heart disease and other diseases like diabetes.

Desirable levels:

Cholesterol less than 200 mg/dl

LDL less than 130 mg/dl

HDL more than 40 mg/dl

Triglycerides less than 150 mg/dl



What can you do to manage and control your cholesterol?

Slim down- If your overweight attempt to lose one pound each week. Burning or cutting out 500 calories each day will help you achieve this goal.

Walk- walking is easy, convenient and can be done anywhere with a good pair of shoes.

Stop smoking- there all kinds of free programs to help you stop.

Heart healthy eating- Limit dietary fat consumption, limit total fat to only 25-35% of total daily calories, saturated fat to less than 7% and trans fat to less than 1%. Remaining daily fat intake should include mono and polyunsaturated fats found in nuts, seeds, fish, and vegetables oils. Limit total daily cholesterol to less than 300 mg/dl. Check the internet and library for low fat recipes and ideas how to modify your favorite recipes.

Church App

Did you know you can listen to sermons and access calendars, events, an electronic Bible, and the newsletter on our church app for your smartphone? Here's how:

Download the Church app (Tithe.ly) in the Google Play or Apple Store and then select Holy Communion Lutheran Church as your default church. You can read our facebook posts and see pictures posted on Instagram even if you do not subscribe to Facebook or Instagram.

There is also space for you to write prayer requests on our prayer wall. Take us wherever you go!



Member Spotlight

by: Bertha Deck

What brought you to HCLC?

“In 2009 I sold my home in Bowleys Quarters and bought a condo in Bel Air, which was under construction. I stayed with my daughter and her husband for about 3 months in Abingdon. While I lived there I worshiped at several other Lutheran churches, didn't feel like I fit in at any. I knew several other members of Holy Communion, so after I actually moved into my condo I started coming and became a member.”

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

“I had been a worship assistant at St. Matthews Lutheran and feel comfortable reading the lessons. I try to listen to others and encourage them when they are going through difficult times and to pray about the problems.”



Favorite ice cream flavor?

“Peppermint chocolate chip”

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

“While in high school I played the trombone and played in several marching bands. When I started high school, World War II had just ended and the Germans had had huge cannons which were nicknamed “Big Bertha”, so people started calling me Bert and it has stuck!”

What bible verse is meaningful to you?

“I have two...”

John 3:16 “For God so loved the world so much that He gave his only Son, so that everyone who believed in him may not die, but have eternal life.”

Ephesians 2:8-9 “For it is by God's grace that you have been saved through faith. It is not the result of your own efforts, but God's gift that none can boast about it.”

How do you serve at HCLC?

“I have been on church council for 2 1/2 years. I am a greeter, lector, and healing minister.”

“Sing a New Song (or and old one) - to the Lord for God Had Done Marvelous Things”

by: Pastor Bob Ridenour

So much could be said about Christian singing that it would take a large book to say it all. So, due to space constraints (and time), let me say a few central things about music in worship.

Luther said, “The one who sings, prays twice.” Wesley said that we should sing to the Lord strongly even if we cannot carry a tune. The bible says again and again that our calling as faithful people is to, “Sing God's praise.”

Luther again said that music and song are gifts to us from God, as is the impulse we feel to do it. “Music is wonderful and glorious” he said.

This is why we sing: to show our joy and thankfulness to God, and to our neighbors as well.

What style of song is correct? Any style at all will do! As long as the music is directed toward God, and not toward ourselves. Christian singing is not about us, or entertainment for us. It is not repetitive and gushy—not sentimental and self-concerned.

Christian music is God and gospel-centered. Luther says, “If we do not sing aloud the gospel message, it is a sign we do not believe it and that we live still in old dull days (Day by Day, Luther).

This is the why and how of Christian singing, but what do we sing?

The music can be of any styles, as we have seen. The content will be reflective of the gospel message of hope, love, justice, and unity—all gifts of God. Christian songs is not thoughtless or shallow. We sing with heart and mind. By our songs we praise God and are inspired to be as we are meant to be—to be like Christ. We are inspired to tell the gospel to all.

Remember—

“Give thanks to the Lord...sing to God...sing praises for all God's wonderful works...glory in Gods holy name.”

Psalm 105:1-3

Lovin' Life Seniors

LOVIN' LIFE SENIORS

Our goal is to offer friendship and support to one another through social events. Please join us! Invite your friends! Our 2019 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.

2019 CALENDAR

Tuesday, August 13 at noon
Friendly Farm—Upperco

Tuesday, September 10 at noon
Crab Feast at church

Tuesday, October 8 at noon
TBD

Tuesday, November 12 at noon
TBD

Tuesday, December 10 at noon
TBD

We welcome new ideas as well as new members. Contact Ellen Priebe 410-679-8655; Frances Gosnell 410-893-4622; Nancy Campbell 410-836-7688.

“Good Grief” Group

The Good Grief Group will meet Tuesday

September 17

at

6:00pm

at the church.

Hope to see you there!



August Birthdays



08/04 Mackenzie Tacka
08/04 Buck Moore
08/05 Koa Knapp
08/05 Lindsey Plott
08/06 Amy McCombs
08/08 Brian Myers
08/08 Logan Weaver
08/09 Sandy Hastings
08/09 Bob Ridenour
08/09 Jan Warren
08/10 Carl Henderson
08/11 Stephen Greene
08/16 Sharon Kampes

08/19 Michael Fleming
08/19 Bill Miller
08/21 Chip Coffey
08/21 Larry Strausser
08/24 Katie Flohr
08/28 Lisa Allgeier
08/28 Linda Myers
08/28 Ron Bowling
08/30 Richard Webster
08/31 Jamie Weaver

Happy Birthday

Do you have a **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.

New Webcam

We have upgraded! We have a new high definition webcam that will enhance the worship experience for those who join us virtually on Sundays. We were able to procure this camera from the generous donations given in memory of Dave Warren. This is a much needed upgrade, as we were having connectivity issues with our previous webcam. The picture and audio are also greatly improved (see the actual image below)! Thanks to Bruce Amrein for all his hard work in researching and installing the new webcam.



Holy Communion Lutheran Church

Council Members



Eric Thompson,
President



Dave Frieman,
Vice-President



Jon Perkins,
Secretary



Joann Theys,
Treasurer



Sue Phillips,
Council Member



Ron Mickley,
Council Member



Bertha Deck,
Council Member



Candiss Dominick,
Council Member



Arlene Weber
Council Member



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