
The Light On The Hill



Monthly Newsletter of the First Church of the Brethren, Carlisle, PA

June 2017

From the Pastor's Pen . . .

The months of May and June are full of the opportunities to celebrate various family members. We have Mother's Day and Father's Day. In case you didn't know it, Children's Day is scheduled the second Sunday of June. Grandparents' Day is September 11th this year. I think of June as the month of anniversaries and weddings. In the old days, couples finished school and married after graduation. Jim and I and our two sons both had their weddings in June.

It has been more and more apparent that the church and culture fail to celebrate those who are single, whether by choice or not. The New Testament actually tells us that it is good to be single, and have time to serve, and energy to give to the church. When I was in college, we went on a day retreat with men who were studying for the priesthood. They were very curious that I was a pastor's kid. Several said, "How could your father possibly find time to do his religious duties and also care for a wife and family?" That question really struck me. I personally know many pastors' children or wives who would say the church got more attention than they did. Another priest friend wondered if he could continue his ministry in the inner city if he had a wife and children.

Paul commends the single life in I Corinthians 7: **6** "I say this as a concession, not as a command. **7** I wish that all of you were as I am. But each of you has your own gift from God; one has this gift, another has that. **8** Now to the unmarried and the widows I say: It is good for them to stay unmarried, as I do." Jesus says in Matthew 19:12, For there are eunuchs who have been so from birth, and there are eunuchs who have been made eunuchs by men, and there are eunuchs who have made themselves eunuchs for the sake of the kingdom of heaven. Let the one who is able to receive this receive it."

Our country is so obsessed with sex, that we can't conceive it might be normal to live without it. Celibacy is a gift from God. Even if it is not a chosen gift, it is a gift given if asked for. It is an example to a world that thinks sex is the most important thing in life! I have always been grateful for the ministries of single men and women in Nigeria, and single men and women in the US...the church could not have accomplished as much without their service.

The issue we need to concern ourselves with is not "Can people live without a sexual partner?" The issue is, "How do we help people who might be lonely and long for more companionship?" The church is to be an intimate family in the sense that all are beloved and welcome in each other's homes.

A summer challenge! Have a picnic this year...it doesn't even need to be at your house. Invite neighbors or someone from the church who might possibly be lonely at times. Of course, this isn't necessarily a single person. New friendships might be made, and definitely good memories will be made.

Pastor Marla

News Of The Congregation

WOMEN'S FELLOWSHIP

It's time for the church members to clean out their attics, closets, cupboards, and the basement for the **ANNUAL JUNE YARD SALE!** We need your treasures! Bring those treasures to the gym starting **May 30th**. Help will be needed to unpack items on **June 12th**. On Sunday, **June 11th**, we will need as many people as possible to set-up tables in the gym. On **June 12th, 13th, and 14th** (maybe **15th**), we will need volunteers to unpack and organize items on the tables. We can also use lots of baked goods and plants. This year we are opening a space for crafts. The crafty quilting ladies were making Christmas decorations, and Christmas tote bags. Some other women helped make yarn-covered hangers. On the evening of **June 15th**, from 6:00 pm - 8:00 pm, the sale will be open to congregational members to shop. The hours on Friday are 7:30 am - 6:00 pm and Saturday from 7:30 am - 2:00 pm. Volunteers will be needed to assist the shoppers, cashiers and baggers, and keep items in some order. If you have something you would like to sell, let Gloria know and bring it for **June 16th and 17th**. On Monday, the **June 19th**, we will need volunteers to clean off tables, tear down tables, and put everything away. It is a lot of work and your help is needed! One person cannot do all this work by themselves for it to be successful! Pray that this year's gym yard sale goes well. Any questions, please check with Gloria Ramirez.

The Stewards and Nurture Commissions will be sponsoring a Chicken BBQ for the community on Saturday, **June 17th** from 10:00 am until sold out. The menu will be ½ chicken, baked beans, applesauce, roll & butter, sugar cookie and a bottle of water. The cost is \$9.00 per meal.

NURTURE COMMISSION

On **June 4th** the Nurture Commission will sponsor the Annual Strawberry Social. The social will be held at Carole and Dick Miller's home, 104 Clay Rd., Carlisle. Please bring lawn chairs. We will also be serving strawberries, ice cream, cakes, pretzels, and drinks.

WITNESS COMMISSION

We have worked hard to reach out to the

WITNESS COMMISSION (continued)

community as we planned and prepared our first Spring Cleaning Outdoor Yard Sale. It was held on **May 20th**. The Witness Commission is pleased with the turnout of community members along with congregational members who participated in the event. We were also pleased to have the Nurture Commission assist us in feeding the participants and shoppers. Hats off to the Nurture Commission members! An evaluation of the results will take place after the event.

SHARE THE WARMTH is the Witness's international service project starting **May 21st - June 4th**. For every \$10, a blanket can be purchased for a Pygmy family in Africa. In the Narthex, a display with a clothes line with miniature blankets is displayed to show us how we are doing. Can we hang 30 blankets?

The Witness Commission is seeking volunteers for the summer months to help pack grocery bags for home deliveries at Project Share. During Tuesday morning of distribution weeks approximately 150 bags of groceries need to be filled. They will be distributed to homebound recipients on Thursday and Saturday of that week. Volunteers need to report at 9:00 am. The work usually takes 90 minutes to complete, depending on the number of volunteers. The Tuesdays of distribution weeks will be **June 13th, July 18th, and August 15th**. If you have any questions about this opportunity to serve, please see Dale Miller.

Our church, again this year, will be hosting the Carlisle CARES emergency men's homeless shelter for the month of **July**. The witness commission is seeking host volunteers to open the church and welcome the Carlisle CARES staff, volunteers, and residents each night. A schedule will be posted so people can sign-up. According to the guidelines, the host volunteers should be here from 8:30 pm - 10:00 pm. Responsibilities would be to open the doors at approximately 9:00 pm and welcome guests, show the overnight volunteers where the restrooms, etc. are located,

News Of The Congregation, Community & Letters We Get . . .

WITNESS COMMISSION (continued)

and lock the front door at 10:00 pm. Hosts will also be asked to provide ice water in pitchers to the guests. CARES is allowing healthy snacks if the host that night wants to provide them.

A more detailed copy of the host volunteer guidelines will be available to all who sign-up. Carlisle CARES is requesting that persons interested in hosting should complete a Volunteer Disclosure Agreement. If you were a host last summer, you probably don't have to fill one out. Also, if there is interest in becoming trained to be an overnight volunteer or as a bus driver for CARES, please contact Dale Miller.

MUSIC AND WORSHIP

From **June - September** our choir will be taking a well-deserved vacation. We would like to extend to others the opportunity to provide special music during these summer months. If you, a family member, or friend would like to contribute a musical number to our worship service, please sign-up on the sheet on the bulletin board.

STEWARDS

During the first quarter, we received \$678 for the District and Brotherhood. The Stewards added \$322 to this amount from General Giving and sent \$1,000 (\$500 each) to these two organizations. This is a great start towards our 2017 goal of \$4,500 each (\$9,000 total).

CROSS KEYS VILLAGE AT THE BRETHERN HOME

June 2nd—Making a Difference program designed for individuals who deal daily with people with a diagnosis of dementia. Sponsored by Visiting Angels and Good News Consulting, this comprehensive program will feature guest speaker Kenneth Brubaker, former Medical Director for the PA Dept. of Aging. If you are a family member, friend, caregiver or friendly visitor of someone who suffers from dementia, plan to attend this seminar to learn how you can make a difference in their life and in yours. This is a free event but reservations are required. Light refreshments will be provided. The program will be held in the Nicarry Meeting house from 8:30 am—12:30 pm. Registration starts at 8:00 a.m.

CROSS KEYS VILLAGE AT THE BRETHERN HOME (continued)

June 2nd—They might look like cars, submarines or riverboats, but they're all made of cardboard, duct tape and paint, and they all float (at least in theory). Boats are made by teams of villagers, volunteers and team members – some large and buoyant enough to carry several sailors – and multiple races are run on a course marked out on the pond. Some crews dress in theme garb to complement their boats. It's all free and open to the public. The event will be held from 1:30pm-3:30pm in and around the pond area.

June 17th—Manor Winds is a talented new chamber ensemble comprised of five musicians who rehearse in a loft space of their horn player's historic manor in downtown Lancaster. While they love playing many works from the standard repertoire, the quintet is equally passionate about new music. With many recently written pieces in their repertoire, they look to program new works and help to represent local composers in the southeastern region of Pennsylvania. This free event is open to all, and will be held at the Nicarry Meetinghouse from 7:00 pm—8:30 pm.

CAMP EDER

June 12 & 13—Southern Pennsylvania District's 69th Annual Women's Camp promises to be a time of spiritual and physical refreshment and renewal. In addition to multiple speaker sessions, activities will include a campfire, hymn sing in Camp Eder's historic Miller Meeting house, hikes and time set aside to relax and fellowship around the table. Please see the bulletin board for additional information on the daily schedule of events and what to bring to camp. There will be a free-will offering taken for "Camp Project." Please contact camp office for registration at 717-642-8256 or email: campeder@campeder.org.

June 14th—Senior Citizen Day— The Event will start at 9:30am. Ann Cornell will be discussing the history of games. At Noon there

CAMP EDER (continued)

will be lunch with Baked Chicken, Mashed Potatoes, Green Beans, and dessert will be Coconut Custard Pie. Then the afternoon program will be playing Bingo. The cost is \$18/person. Please RSVP by **June 7th** via call 717-642-8256, or email: campeer@campeder.org.

PROJECT SHARE

Dear Friends,

Thank you for your donation of the 87 cans of Tuna/Chicken.

As a team, we appreciate your generosity which helps us bring joy to the people in our community who feel desperate. Some of our clients come for food and others just need a listening ear; to hear that they are loved and have not been forgotten.

Thank you for your support of the mission of Project SHARE. It is much needed and appreciated.

God Bless, Debra Hess—Dir. Of Dev. & Major Gifts

SOUTHERN DISTRICT OF PA (MEAT CANNING)

The meat canning project for 2017 has been completed with 53,120 lbs. of chicken canned. The District Witness Commission and Meat Canning Committee wants to thank your congregation for their support. Nearly 250 volunteers helped carry out this project. There was \$47,301.42 donated toward funding the 2017 project.

Venezuela received eight skids of canned chicken and the Southern PA and Mid-Atlantic Districts each received over 350 cases to distribute to various agencies, food banks and congregations, to help local persons in need.

Please thank all those in your congregation who helped make this year's meat canning a success by sending volunteers and for the congregation's total donation of \$515. Contributions toward the 2018 meat canning project would be appreciated and may be mailed to the District Office. In addition, if your congregation would like to volunteer to provide lunch during the 2018 meat canning event please

SOUTHERN DISTRICT OF PA (MEAT CANNING) (continued)

contact Carolyn Jones at the District Office.

The two Districts have partnered for the past 40 years on this project, and we hope to see it continue into the future, God has instructed us to help feed the hungry!

Thank you again,
Carolyn Jones—Ofc. Mgr. So. PA. District

GLOBAL FOOD INITIATIVE

Dear Friends,

Thank you for your generous giving to the Global Food initiative of the Church of the Brethren. In the past year, with your help, much progress has been achieved, and for that we praise God!

Presently the GFI is partnering with Brethren Disaster Ministries and Ekklesiyar Yan'uwa in Nigeria on a large soybean initiative with tremendous potential to provide income, food and job creation while addressing lack of development, which is one of the root causes of the conflict in northeast Nigeria.

In Haiti, we are in the final year of a five-year post-earthquake response project that has touched 20 communities with efforts to increase livestock production, establish tree nurseries, and increase income of women through classes that teach how to make value added products such as soap and enriched peanut butter, accompanied by advice for running a business and saving for the future.

Here in the U.S., Church of the Brethren congregations continue to catch the gardening bug. New church-based community gardens now flourish in Harrisburg, PA., Quarryville, PA., Potsdam, Ohio, New Carlisle, Ohio, Rockford, ILL., and Polo, ILL. Brethren members also continue working among Native Americans in Lybrook, N.M., and Circle, Alaska.

This year we will continue to work with partners in Burundi, Rwanda, and the Democratic of Congo, with plans of beginning new endeavors in China and Spain. Thank you again for being a part of these exciting ministries. Lives are being changed as we seek to provide glimpses of God's Kingdom "on earth as it is in heaven."

GLOBAL FOOD INITIATIVE (continued)

In Christ's Love and Hope,
Jeffrey S. Boshart
Global Food Initiative Manager

INGLENOOK DESSERTS COOKBOOK

Recipes are sought for the upcoming cookbook, to be published by Brethren Press. "The initial round of recipe testing has ended," reports an e-mail from Brethren Press staff. "We have sorted through evaluations and have found many first-rate recipes to include in our forthcoming Inglenook Desserts cookbook. Many thanks to our amazing team of testers! We've also discovered several areas where we could use some new recipes, to provide variety and round out our cookbook." Recipes are sought in the following categories: brownies--unique, not chocolate, but in mint and other flavors; cakes—Angel food or sponge cake recipes only; candy--any candy except fudge; cheesecakes; cobblers and crisps--raspberry, strawberry and/or rhubarb, and peach recipes only; frozen desserts--no homemade ice cream; pies--cream and custard (no pumpkin or pecan), cherry, strawberry; trifles; general fruit desserts (no cakes, pies, cobblers, or crisps); ice cream toppings or sauces; gluten-free desserts of all kinds--please include information in the notes section of the form. "If you have a recipe to submit, remember the recipe should be yours, not one that is already published," the e-mail reminded. "The Inglenook philosophy is that recipes should be simple, made with wholesome ingredients, and 'mostly from scratch,' and come from the tried-and-true kitchens of ordinary cooks. Please spell out everything, no abbreviations. Be very thorough when writing out the directions, remember some of our bakers may not have very much experience." Submit recipes by **June 12th** online at www.brethren.org/bp/inglenook/submit-a-recipe.html. Only submissions received through this online form will be considered.

CARLISLE AREA RELIGIOUS COUNCIL (CARC)

The Carlisle Area Religious Council [CARC] has put out the new schedule for "Prayer in the Park." The schedule is posted on the hall bulletin board. The first one scheduled for

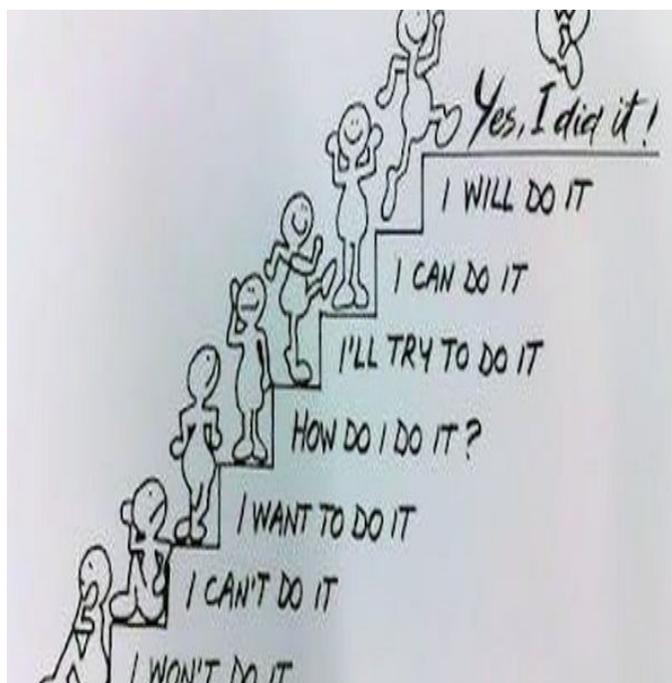
CARLISLE AREA RELIGIOUS COUNCIL (CARC) (continued)

June will be held at our church on **June 13th** at 6:30 pm. If you would like to participate by sharing a Bible verse, prayer, music, or thoughts about prayer in your life, please see Gloria. We are hoping to either sit around the Peace Pole or in the pavilion (or indoors in case of rain).

CONGRATULATIONS

Congratulations to Lauren Elizabeth Murphy (granddaughter of Eldon & Patsy Myers) on graduating from Eastern University, on May 6, 2017, with a BA in Youth Ministries and a Minor in Christian Thought. She also was the editor of the school newspaper for her junior and senior year.

TO THOSE STILL IN SCHOOL OR COLLEGE:



Never say, I CAN'T DO IT! Education is the most powerful weapon which you can use to Change the World! ~Nelson Mandela

On the Personal Side...

INQUIRING MINDS WANT TO KNOW!

I often hear information from people and decide to follow it. Then later, I think, what is really true. For example, several people told me that skim milk doesn't have the same nutrition as other milk. So I obediently switched to 1%. I decided to research it and found that the nutritional value between skim and other milk with higher fat content is the same.

One day in the store I saw a milk carton, advertising "Grass Fed Cows' Milk." It was a dollar more. I just laughed as I thought that all cows basically were eating grass. Then I checked my dairy expert friend, Chris Elliott, who informed me that cows in feed barns don't get grass. Even cows that have pastures are fed supplements. Cows produce much less milk on grass only. BUT, there is more nutritional value in grass only milk, which contains certain nutritional items not found in "regular milk." Once in a while, I now indulge in grass only milk.

Another myth I heard for years is that people who tan easily don't need sunscreen. Pale or tan, the sun does damage to skin. So slap on that sunscreen...start the morning with a liberal dose. I put it on and think of cancer prevention. Tans are like scars, a body's reaction to harm. Be brave and go pale this year!

Remember avoiding egg yolks for years because they upped your cholesterol? Now research finds that they do give you cholesterol...the good kind! Eating them has no correlation of increased risk for stroke or heart disease. This is not true for diabetics, to whom eggs can be harmful to the heart.

Coffee is good for you, offering healthy antioxidants. It can decrease depression, diabetes, Alzheimer's and Parkinson's say some people. Remember however too much caffeine is not good for you.

I found some of the information on this website: <https://authoritynutrition.com/20-mainstream-nutrition-myths-debunked/>

But still, research on your own, and definitely check with your doctor before making a big change in your diet! Live healthy!

PS: Cooked carrots have more nutritional value than raw carrots...the cooking breaks down some cell walls so beta-carotene can be released!

Joys, Sorrows, & Concerns

Serving You In June . . .

Our Record of Faithfulness

“Knowledge makes us proud of ourselves, while love makes us helpful to others.”
1 Corinthians 8:1

“No person was ever honored for what he received. He was honored for what he gave.”
~Calvin Coolidge

ANNUAL CONFERENCE

The 2017 Annual Conference will be held in Grand Rapids, MI at the DeVos Convention Center from June 28th—July 2nd. The church board is looking for a volunteer for Annual Conference. Our elected delegate cannot go this year. Money has been budgeted for a delegate, so if you are interested, please see Dale Miller, Church Board Chairperson or the Pastors. Pastors Marla and Jim Abe will be attending, as well. The theme this year is Risk Hope.

RECIPE OF THE MONTH

Tomato Caprese

Ingredients

- 4 Roma tomatoes
- 1 Pre-sliced log fresh Mozzarella Cheese
- 10 Large Basil Leaves, torn in half
- 1/2 cup Balsamic Vinegar
- 1 tbsp Extra-Virgin Olive Oil
- 1 pinch salt & pepper

Instructions

- Thinly slice each tomato, being careful not to cut through the bottom
- Cut each mozzarella slice in half
- Layer a piece of basil on top of each mozzarella
- Slice—Wedge it between each tomato slice
- In the meantime, bring the balsamic vinegar to a boil and cook until thick, 4 minutes
- Drizzle the vinegar and oil over the tomatoes
- Season with a pinch of salt and pepper
- Serve immediately



*Happy
Birthday*

*Happy
Anniversary*

First Church of the Brethren
1340 Forge Road
Carlisle, PA 17013



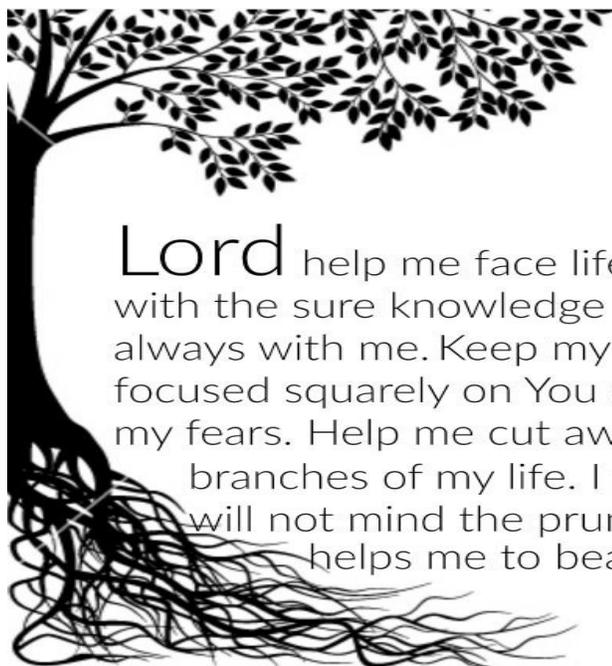
The Light On The Hill

Address Service Requested

hello
SURE

Pastors: Jim & Marla Abe
Secretary: Linda Shindledecker
Church Office 243-4984
A Christian Community Sharing the Love of God

Sunday School: 9:00 AM
Worship 10:15AM
carlislecob.org
office@carlislecob.comcastbiz.net



Lord help me face life's problems with the sure knowledge that You are always with me. Keep my eyes focused squarely on You and not on my fears. Help me cut away the dead branches of my life. I pray that I will not mind the pruning, since it helps me to bear good fruit.
Amen

Prayables.org