



## Before we get started...

If you read Wednesday's "Three Things to Know", you might be wondering why you didn't receive the letter about the pastoral search in your mail. It's because it hadn't actually been sent out at that point. It is on the way to you now, and we apologize for the confusion!

This week, with this very issue, we'd like to introduce you to a new, fresh format of the now Weekly Herald.

Everything you love about the Herald will remain. You'll still hear from Pastor Ross, & Sister Dottie, and receive updates on the preschool from Tom Berdos—our new Director of Music—and our various ministry teams. Only now, it will come in a more digestible, easy-to-read form with a short publication each week.

The week at a glance, including worship participants, will be available on the back page of every issue.

We hope you enjoy this new format.

## Stewardship for our Youth

*Each month your Stewardship committee will bring you a new feature! A member will share how being part of a ministry helps them spiritually and how it keeps them connected to St. Peter's. You will also hear more about the different ministries and the opportunities to serve your church family and community.*

### **Leslie McCarthy shares her thoughts.**

I am the chair of the Youth and Family Committee. We work to organize fellowship and volunteer events for kids and teens grades 5-12, and their families. Investing in youth is one of the most important things a church can do. Youth groups can be havens from social and school pressures. They are a place to strengthen friendships, meet new people and grow into your faith. These kids are the future of the church, and we want them to know that they are loved and welcomed here unconditionally. "God is love and those who abide in love abide in God, and God abides in them." 1 John 4:16

I enjoy serving on this committee because of the people – the kids and families of St. Peter's. It's awesome to be able to connect with other parents and create a space within the church for our kids. Any parent with kids in this age range (or younger) knows how hard the past few years have been for them (and us) because of Covid. I hope the Youth and Family Committee can be a resource this year to support the bonds of community, faith and friendship for all of our parents and youth.

## Health & Wellness

In February, the American Dental Association (ADA) sponsors **National Children's Dental Health Month**, to raise awareness about the importance of oral health. Good dental health habits in children are an important foundation for their lifetime. Fluoride still proves to be the most effective defense against dental caries. Did you know that since 1945, America's water fluoridation reaches almost 70% of all the U.S. drinking water? Here are some other tips for good children's dental health; Brush teeth twice daily (with fluoride toothpaste). Teach them to brush thoroughly; ask them to sing twinkle, twinkle little star in their head (or sing if for them while they brush). Using an electric toothbrush? Find one that 'blinks' for the amount of time they should brush. Clean between teeth daily, by flossing. Limit surgery beverages & snacks, or eat them with other nutrient-dense meals. Visit your dentist regularly (every 6 months), from the time teeth appear, (or at a year old, whichever comes first). Select a dentist that specializes in pediatrics, so that it's a good experience. A positive attitude about dentists and oral hygiene will lead to long-term dental health.

We can't forget the well-known focus in February: **National Heart Health Month.**

Heart disease is the leading cause of death for men & women in the U.S. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented, when we make healthy choices & manage our health conditions. Keep your heart healthy by being physically active, eating healthy foods, getting enough sleep, not smoking, limiting alcohol, and finding ways to reduce stress. Learn what an ideal blood pressure is (120/80), healthy cholesterol, ideal weight for your height, and healthy blood sugar level. If you have concerns, reach out to your health care professional for help. As part of National Heart Health Month, we also want to observe:

**Congenital Heart Defect Awareness Week** 2/7 to 2/14. Approximately 1 in 100 births every year in the U.S. involve heart defects.

**National Cardiac Rehabilitation Week** 2/12 to 2/18. Bringing attention to the role of cardiac rehab in reducing the potentially devastating effects of heart disease.

In February, the more smiles, love & appreciation we give to others, the more we feel it within ourselves. Practice smiling, doing a good deed & helping others. You'll feel better. You'll receive smiles back, and your heart will thank you too!

## Worship Schedule

### January 29

Traditional Preacher — Youth  
New Day Preacher — Youth

### February 5

Traditional Preacher — Sister Dottie  
New Day Preacher — Pastor Ross

### February 12

Traditional Preacher — Pastor Hand  
New Day Preacher — Sister Dottie

### February 19

Traditional Preacher — Pastor Hand  
New Day Preacher — Pastor Ross

## Worship for January 29

Fourth Sunday After the Epiphany

### Youth Sunday

Scripture: 1 Corinthians 1:18-31; Matthew 5:1-12

8:00 a.m. Traditional Worship

10:30 a.m. Combined Traditional Worship & Communion

**Preaching: Sister Dottie & St. Peter's Youth**

## Worship Assistants

### January 29

**8:00 a.m.** — Lector: Donald Diebler;  
Greeter: Thomas Rothfus; Ushers:  
Rotz family; Welcome Center: Christine  
Ponti.

**10:30 a.m.** — Lector: Ashley Miller;  
Greeters: Thomas & Debbie Stover;  
Ushers: Dave & Lis Wolf;



EVANGELICAL LUTHERAN CHURCH

10 Delp Road  
Lancaster, PA 17601

PLACE  
STAMP  
HERE

## God is Love!

As Christians, this is something we all believe and celebrate. You can share your love and concern with others at St. Peter's during the month of February by participating in our "God is Love" project. In the narthex is a wall of red streamers and a basket of paper hearts. Sign your name on a heart and clip it anywhere on a streamer. You may add a message or a Bible verse or even draw a picture on your heart if you wish. May our wall of love be a blessing to all of us at St. Peter's.

## Volunteers Needed

Since we've had trouble keeping our usher rolls full, we will be asking for volunteers as you enter church to help just with the offering. If you are interested in helping, please contact the church office.

## Combined Youth Retreat

February 10- 12 at Camp Kirchenwald for grades 5-12. There is still space available if you want to go. Friends are welcome, and if you can only come for the day or one night, that's fine too! Please email Sister Dottie at [dottie.almoney@stpeterslutheran.org](mailto:dottie.almoney@stpeterslutheran.org) to rsvp or for more details.

## First Communion Instruction

First communion instruction for children in grades 1 through 3, and their parents, will be made available on Sunday, February 12, from 11:45 am to 1:45 pm. A light lunch will be served. Although it is designed for those ages, any child who can appropriately connect to the Holy Sacrament is welcome. First communion will then take place on February 26 at the service of your preference. To respond, please contact Cindy Geesey at [cindy.geesey@stpeterslutheran.org](mailto:cindy.geesey@stpeterslutheran.org). Thank you!

## 50-Plus

Please join us on Thursday, February 2, at noon in the Café for lunch, fellowship, entertainment, and education. You won't want to miss Bob Frick's last lecture this session. February's modern first ladies are Hillary Dianne Rodham Clinton and Laura Welch Bush. If we have a weather cancellation, this lecture will move to March. Please bring your own sandwich, place setting, a beverage, and a snack to share. If you want to come just for the lecture, join us by 12:30 p.m. If you have any questions, please contact Debra Shue at 717-318-8848 or email [djshue52@Comcast.net](mailto:djshue52@Comcast.net).

**Pastors** Rev. Craig Ross, senior pastor • Sister Dottie Almoney, Director of Education & Outreach  
**Contact Information** 717.569.9211 • [www.stpeterslutheran.org](http://www.stpeterslutheran.org) • [office@stpeterslutheran.org](mailto:office@stpeterslutheran.org)