



Giving Your Talents: Altar Guild

For the next several weeks, the Stewardship Committee is highlighting many of the talents seen and needed at St. Peter's. As you have heard for years, your church cannot function without the many volunteers required on an ongoing basis. As you read about the needs, please consider trying one of these opportunities to serve St. Peter's.

I have served on the Altar Guild for approximately 20 years. I have been a communion coordinator for about 10 years. The coordinator changes the paraments as needed according to the church season and under the direction of the pastor, sets up communion, sets up for baptisms, refills liquid candles, and directs cleanup after the service. Lori Weaver and I are currently the only coordinators. It would be nice to have 12 and serve 2 months a year in tandem with another coordinator.

As the head coordinator, I have scheduled the volunteers for approximately the last three years and I have kept supplies in stock.

We are in definite need of volunteers. We have lost over half our volunteers due to the change in service during Covid restrictions. We have also lost a lot of volunteers through attrition. If anyone would like to shadow me to see what the position entails, I would be happy to show you around. You are never alone when you serve. You may contact me with any questions, Debra Shue, 717-318-8848.

Weekly assistants serve approximately 20 minutes after each communion service, every 2 months. Men, women and families are all welcome! Refill trays with communion cups, wash all communion vessels and vacuum as needed. Training provided by the Altar Guild chair.

SUMMER SCHEDULE

**TRADITIONAL SERVICE
8:00 & 9:30 A.M.**

**NEW DAY WORSHIP
9:30 A.M.**

June is National Migraine & Headache Awareness Month

The headache, migraine and cluster communities work together during this awareness month. We all play a vital role in raising public knowledge, addressing stigma, and building a stronger community of patient advocates regarding migraine & headaches.

Migraine education for doctors, as well as the migraine community & general public, remains uncharted territory. Are you satisfied with your migraine treatment plan? Do you have barriers to care? As a diverse population with diverse types of migraine, we each require personalized migraine action plans. To create a migraine action plan that you are satisfied with and is successful, you need to have access to any and all resources. Access to appropriate and timely care, and overall support, are essential for a successful migraine action plan. When you have access to optimal healthcare, you gain a relationship with your care provider. This opens the door to treatment resources, so you can be an active member in your treatment. Unfortunately, there are barriers to migraine management, especially when it comes to not having access to care. Some of the care barriers may stem from:

- Medication denials from insurance
- High co-pays
- Lack of local headache specialists
- Issues with transportation to, or internet access for, telemedicine appointments.

This is where self-advocacy is incredibly empowering. This is critical, because this disease can be disabling & takes control & decision-making away from those who live with it. You can self-advocate by:

- Creating a way for you to approach, get or use information
- Appealing insurance denials
- Fighting to see a doctor who is educated on headache medicine
- Becoming informed about the resources that are available to you
- Partnering with your doctor, to develop a personalized migraine action plan for yourself

Advocacy is not only public lobbying for policy changes, or partnering with advocacy organizations to help maximize how and where migraine care, resources and education are available. It begins with You, and what you can do to achieve your own healthcare equity. Advocacy is about finding ways to take action for yourself, even when those steps seem small. Self-advocacy is a way of telling yourself that You Matter. We are fortunate that Lancaster County has physicians and resources available to those who suffer with migraines & headaches.

Worship for June 18

Third Sunday after Pentecost

Traditional Worship & Communion

8:00 a.m.

Preaching: Pastor Hand

Traditional Worship

9:30 a.m.

Preaching: Pastor Hand

New Day Worship & Communion

9:30 a.m.

Preaching: Pastor Ross



EVANGELICAL LUTHERAN CHURCH

10 Delp Road
Lancaster, PA 17601

Upcoming Worship Assistant and Volunteer Schedule

June 18

8:00 a.m. — **Lector:** Susan Ketchum; **Greeter:** Jo Boltz; **Ushers:** Cindy Miley & Liz O'Brien; **Welcome Center:** Phyllis Hollinger; **A/V:** Angela Moshos; **Communion Assistants:** Ginny Stickler & Mary Jane Wilcox; **Altar Guild Coordinator:** Debbie Shue; **Altar Guild:** Melanie Burkholder.

9:30 a.m. — **Lector:** Nicolette Simon; **Greeters:** Scott & Sharon Breeden; **Ushers:** The McCarthy family; **Welcome Center:** Pat Conlon; **Acolytes:** The McCarthy family; **A/V:** Bob Preston.

New Day — **Communion Assistant:** Sharon Schaefer.

Flowers Deliverers: Lois Benton & Jo Boltz.

Quick Notes

ALTAR GIFTS — You can now reserve your Altar gifts online to commemorate your loved ones. Go to stpeterslutheran.org/sunday-altar-gifts/ to complete a simple online form and make your payment online or by check.

HELP NEEDED — The Property Committee is doing a great job for St. Peter's but they need a few helpers to complete some easy maintenance jobs around the property. If you have any skills at all, you can be a big help for your church. This is a one-time commitment; you do not need to serve on the committee to help! Examples:

- LED lighting—remove ballast from each fixture and reconnect wires to the bulb sockets;
- Memorial Garden Maintenance—Pull weeds, pick up sticks, clean the plaque in the sidewalk once in a while;
- Painting—we would like to do some of the hallway walls;
- Coffee bar cabinets—several doors at floor level need to be reconditioned;
- Replacing Ceiling tiles—very easy, no particular skill required;
- HVAC filter changes – there are about 80 or so individual filters that need to be replaced in the summer just like a home unit.

Please contact Mark Aho, property chair. for more information.
ademaho@comcast.net

POWER PACKS PROJECT — St. Peter's is continuing our partnership with Power Packs Project this summer, and will be distributing packs to enrolled families on Wednesdays from 4-6 p.m. If you would like more information about getting involved, please contact Lynn Fyfe at (717) 951-3932 or Lynnfyfe@comcast.net. To see the signup sheet, go to signupgenius.com/go/4090A4AA8A82BA46-power1. If you or someone you know is interested in enrolling in Power Packs, for more information please go to powerpacksproject.org/enrollment.

COMMUNION ASSISTANTS NEEDED — We could use more communion assistants. A few minutes of training is all it takes! Email Pastor Ross if you have interest. Thank you!

SUNDAY NURSERY ASSISTANTS NEEDED — Our Church Nursery Coordinator, Alyssa Kerper, staffs the nursery during the 9:30 a.m. service, but she needs your help! Safe Church practices require us to have two adults or teens in the nursery when small children are present. If you use the nursery when you worship, or are simply willing to help out, please call the Church Office and let us know what means of contact Alyssa can use to connect with you.

Rev. Craig Ross, Senior Pastor • Sister Dottie Almoney, Director of Education & Outreach
Contact Information 717.569.9211 • www.stpeterslutheran.org • office@stpeterslutheran.org