



Inclement Weather Plan

In the event of snow on Sunday mornings, please consult WGAL for any delays or closures. We will also have info on Facebook and our website. If we have snow during the week, we follow Manheim Township School District's announcements. If school is closed, our office will be closed to allow for plowing. If the schools are on a delay, we will open the office by 10 a.m.

January is Thyroid Awareness Month

The American Thyroid Association is dedicated to serving as an educational resource for the public, by promoting the prevention, treatment and cure of thyroid related disease and thyroid cancer.

There are various types of thyroid disease:

- **Hyperthyroidism** - which happens when your thyroid gland makes more thyroid hormones than your body needs. It makes you sweat more, feel hot, lose weight, or makes your heart beat faster.
- **Hypothyroidism** - which happens when your thyroid gland does not make enough thyroid hormones. It might make you feel cold, gain weight, and cause your heart to beat slower.
- **Goiter** - an enlargement of the thyroid gland. It is usually painless, but may cause pressure-related symptoms, like a feeling of neck fullness or tightness, difficulty swallowing or difficulty breathing.
- **Thyroid nodules** - lumps in the thyroid gland. Most thyroid nodules do not cause symptoms. Some are a painless lump in the neck that you can feel or see. They may move up and down with swallowing & may cause shortness of breath when exercising or difficulty breathing.
- **Thyroid cancer**. As thyroid cancer grows, it may cause a lump that can be felt through the skin on your neck. A feeling that close-fitting shirt collars are becoming too tight. Changes to your voice, including increasing hoarseness. Difficulty swallowing. Swollen lymph nodes in your neck. Pain in your neck and throat.

Like other diseases (hypertension, etc.), problems with your thyroid may be present without your knowledge. It's important to speak to your healthcare professional and ask if lab testing or imaging is right for you. Thyroid disease is treatable, (usually life-long), but if left untreated, it can impact other organs - like your heart.

Sunday, January 7

- 8:00 a.m.** Traditional Worship, Service of the Word & Communion (Sanctuary & Livestream)
- 9:15 a.m.** Sunday School
- 10:00 a.m.** Word of Life Deaf Church (Chapel)
- 10:30 a.m.** Traditional Worship, Service of the Word, Sacrament, and Baptism (Sanctuary)

Monday, January 8

- 10:00 a.m.** Quilters (Augsburg Alley)
- 6:15 p.m.** Exsultate Ringers (Choir Room) (Sanctuary)
- 7:00 p.m.** Finance Committee (Conference Room)
- 7:00 p.m.** St. Peter's Ringers (Choir Room) (Sanctuary)

Tuesday, January 9

- 7:00 p.m.** Property Committee (Conference Room)
- 7:00 p.m.** Worship Committee (Library)

Wednesday, January 10

- 9:30 a.m.** Bible Study (Café/ Zoom)

Thursday, January 11

- 9:00 a.m.** WELCA (Augsburg Alley)
- 4:15 p.m.** Youth Choir (Choir Room)
- 7:00 p.m.** Herald Choir rehearsal (Choir Room) (Sanctuary)

LNP ARCHIVES

Lancaster New Era - January 27, 1903

Rev. Isaac W. Bobst preached his farewell sermon in St. Paul's Lutheran Church (Lititz) on Sunday morning. He took charge of the Lititz congregation, as well as those of Kissel Hill and Neffsville, on June 1, 1890. His resignation takes effect at the end of January, and he will fill the pulpit of St. Mark's English Lutheran Church, at Trenton, N.J. During Rev. Bobst's pastorate the total membership increased from 240 to 440. Debts amounting to \$4,000 were paid and improvements made to the amount of \$1,500. St. Paul's Lititz had 85 members, now it has 205; St. Peter's Neffsville had 70, now it has 175; Kissel Hill had 80, now it has 55. Kissel Hill has suffered from its proximity to Lititz.

— Carol Esbshade

Worship for Jan. 7

Traditional Worship & Communion 8:00 a.m.

Preaching: Pastor Ross

Traditional Worship & Baptism 10:30 a.m.

Preaching: Pastor Ross



EVANGELICAL LUTHERAN CHURCH

10 Delp Road
Lancaster, PA 17601

Upcoming Worship Assistant and Volunteer Schedule

January 7

8:00 a.m. — **Lector:** Eric May; **Greeter:** TBD; **Ushers:** Liz O'Brien & Kyle Templeton; **Welcome Center:** Bob & Edee Bedford; **A/V:** Jordan Lambert; **Communion Assistant:** Diane Gegg; **Altar Guild Coordinators:** Debbie Shue & Lori Weaver; **Altar Guild:** Melanie Burkholder.

10:30 a.m. — **Lector:** Jim Gotwald; **Greeters:** Rich & Ann Larrick; **Ushers:** Jim & Jane Savidge; **Welcome Center:** Libby Stoner; **A/V:** Dave Tilley; **Communion Assistants:** Carolyn McNaughton & Shirley Schlener; **Altar Guild Coordinators:** Debbie Shue & Lori Weaver; **Altar Guild:** Beverly Swanson.

Flowers Deliverers: Cheryl Oeschger & Kathy Burke; **Coffee Bar:** Mark & Donna Aho.

January 14

8:00 a.m. — **Lector:** Larry Wilcox; **Greeter:** Susan Chever; **Ushers:** Bob Courtois & Gene Olson; **Welcome Center:** Shirley Dombach; **A/V:** Benjamin DeLeonardis.

10:30 a.m. — **Lector:** Terry Finch; **Greeter:** Bonnie Detz; **Ushers:** Kathleen Bailey & Scott Glassford; **Welcome Center:** Rich & Ann Larrick; **A/V:** Bob Preston; **Communion Assistants:** Todd Beemer & Clint Frontz; **Altar Guild Coordinator:** Debbie Shue & Lori Weaver; **Altar Guild:** Barb Beyers.

Flowers Deliverers: Cathy Graver & Becky Lutz; **Coffee Bar:** Bob & Pam Preston.

Quick Notes

HELP THE YOUTH GROUP PACK THE PANTRY — Please take a grocery bag with a list of food items from the Narthex this Sunday, January 7th, or fill your own bag with non-perishable food donations to bring in to worship on January 14. We will bless the food donations and deliver them to St. Paul Lutheran Church in Penryn for their food bank.

SAVE THE DATE FOR CAMP — The youth retreat for grades 5-12 will take place at Camp Kirchenwald February 2-4. Watch for more details.

WOMEN'S RETREAT — The Annual Winter Women's Retreat will take place January 19-21 at Schreiber Haus Camp Kirchenwald. All ages are welcome! Come for fun, fellowship and learning! Contact Sister Dottie for more information dottie.almoney@stpeterslutheran.org.

YOUTH SUNDAY — Join us to support our youth as they lead worship and offer the sermon on Sunday, January 28, for both the 8:00 a.m. and 10:30 a.m. services.

ENVELOPES — 2024 Offering Envelopes are here. You may pick up your envelopes during the month of December from the table in the Narthex. You will notice that the new envelope has several lines so that you can direct your offering to multiple funds, with only one check. There is not a separate envelope for debt. If you have any questions, contact Randy Shue via email at randy.shue@stpeterslutheran.org.

FROM THE WORSHIP COMMITTEE— As we wrap up the Christmas season, the Worship Committee reminds you how vital it is to support the funding of Sunday bulletins, flowers, and Communion elements. These gifts in honor or memory of loved ones are an important part of our weekly services. After services, the arrangements are distributed to church members who are at home. We currently need sponsors almost every Sunday until Lent begins on February 14 (there are no flower arrangements during Lent). Flower donations are \$50 per vase and we hope to have two arrangements per Sunday (\$100). You may use the convenient online form located at stpeterslutheran.org/sunday-altar-gifts (with online payment or pay-by-check), or pick up a form on the bulletin board next to the office door. To assist you, pricing and payment details appear on the forms. Thank you!