



## Quick Notes

**YOUTH RETREAT IS THIS WEEKEND** — This week our youth in grades 5-12 will attend our annual winter retreats at Camp Kirchenwald.

**SUNDAY SCHOOL FOR YOUTH** — Due to the retreat, there not be regular youth Sunday school for grades 5-12 on Sunday, February 4.

**MUSICAL ARTS CONCERT SERIES RETURNS THIS MONTH** — On Sunday, February 25, at 4:00 p.m., the Musical Arts Concert Series will present our next concert, the Summit Hill Bluegrass Band in concert. This concert should be lots of fun, and would be great for audience members of all ages! Please mark your calendars and plan to attend. This may also be a nice event to invite friends and family to attend as well.

**ST. PETER'S CHOIR FESTIVAL** — We are building the community chorus for the St. Peter's Choir Festival, a concert of choral music (with a few special extras) to be held on Sunday, May 19. At this concert, we will receive a freewill offering to benefit the Manheim Township Ambulance Association. We'll sing seven choral anthems in a variety of styles, from classical to gospel. We'd love to have you singing with us! Rehearsals will be on Thursdays, 7:30-8:30 p.m., beginning on April 4. Please email tom.berdos@stpeterslutheran.org if you would like to sing.

**WELCA** — The next meeting for WELCA will be held on Thursday, February 8, in Augsburg Alley. We will serve a light breakfast at 9:00 a.m. followed by the program at 9:30. The program this month will be sharing items that are close to your heart. This is the perfect theme for Valentine's Day! We ask everyone to bring an item that is important to you to share with the group.

**WEDNESDAY BIBLE STUDY** — Pastor Ross' Wednesday Morning Bible Study continues its study of St. Mark's Gospel. As the season of Lent is right around the corner, this is a perfect time to join our Bible Study and walk with Jesus to the cross of Calvary in worship and in Bible Study. The study meets on Wednesdays at 9:30 a.m. in the Café.

**WIDOWS GROUP** — This is a reminder that St. Peter's hosts a monthly group for women who have lost their husbands. We meet on the fourth Tuesday of the month, at 10:30 a.m. in the cry room. We talk about how things are going in our lives and provide support to each other. If you are interested in attending or have any questions, please feel free to contact Betsy Linn by email at [betsylinn1@gmail.com](mailto:betsylinn1@gmail.com).

## Book Fair



The Scholastic Book Fair is coming! Our theme is Dive into Books! The book fair will be open in the Church Library, February 18-25, with the exception of Monday, February 19 for President's Day. We hope that you will make your child or grandchild a Deep Diver by supporting us as we encourage reading for all age levels!

### **Book Fair Hours:**

*Sundays:* 8:00 a.m. – 12:00 p.m.

*Tuesday-Friday:* 9:00 a.m. – 2:00 p.m.

### **Sunday, February 4**

**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 (Sanctuary)

**1:00 p.m.** Pickup time at Camp Kirchenwald for Retreaters

### **Monday, February 5**

**10:00 a.m.** Quilters (Augsburg Alley)

**6:15 p.m.** Exsultate Ringers (Choir Room) (Sanctuary)

**7:00 p.m.** St. Peter's Ringers (Choir Room) (Sanctuary)

### **Tuesday, February 6**

**6:30 p.m.** Mutual Ministry (Conference Room)

### **Wednesday, February 7**

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

**1:00 p.m.** Community Meal Preparation (Kitchen)

### **Thursday, February 8**

**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)

## Worship for Feb. 4

### Traditional Worship, Service of the Word & Communion

8:00 a.m.

*Pastor Hand preaching*  
*Livestream at [stpeterslutheran.org](http://stpeterslutheran.org)*

### Traditional Worship, Service of the Word

10:30 a.m.

*Pastor Hand preaching*



EVANGELICAL LUTHERAN CHURCH

10 Delp Road  
Lancaster, PA 17601

## Upcoming Worship Assistant and Volunteer Schedule

### February 4

**8:00 a.m.** — **Lector:** Mark Burkholder;  
**Greeter:** Carolyn Ruch; **Ushers:** Jo Boltz &  
Eric May; **Welcome Center:** Kathy Burke; **A/V:**  
Tom Badorf; **Communion Assistants:** Susan  
Ketchum & Mary Jane Wilcox; **Altar Guild  
Coordinator:** Lori Weaver; **Altar Guild:** Susan  
Chever.

**10:30 a.m.** — **Lector:** Judy Logan; **Greeters:**  
Dan & Karen Beck; **Ushers:** Ann Larrick &  
Thompson McConnell; **Welcome Center:**  
Mark & Darla Cardin; **A/V:** Bob Preston.

**Flowers Deliverers:** Christine Smith & Ken  
Shirk; **Coffee Bar:** Mark & Donna Aho.

### February 11

**8:00 a.m.** — **Lector:** Patti Courtois;  
**Greeter:** Janis Sharkey; **Ushers:** Mark &  
Angela Moshos; **Welcome Center:** Tom  
Rothfus; **A/V:** Jordan Lambert; **Communion  
Assistants:** Kevin & Weston Groff; **Altar Guild  
Coordinator:** Lori Weaver.

**10:30 a.m.** — **Lector:** Lois Miklas; **Greeters:**  
Scott & Sharon Breeden; **Ushers:** Adam &  
Rachel Shaffer family; **Welcome Center:** Ken  
Shirk; **Acolytes:** Shaffer family; **A/V:** Dave  
Tilley; **Communion Assistant:** Debbie Stover;  
**Altar Guild Coordinator:** Lori Weaver; **Altar  
Guild:** Barbara Cooper.

**Flowers Deliverers:** Liz O'Brien & Debbie  
Shue; **Coffee Bar:** Tom & Pat Badorf.

## National Eating Disorder Awareness & National Heart Health Month

Eating disorders are serious but treatable mental and physical illnesses that can affect people of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes and weights. In the U.S. there are 28.8 million Americans that suffer from an eating disorder at some point in their lives. An eating disorder is a complex combination of biological, psychological and sociocultural factors that can set off an individual's predisposed vulnerability. There are several types of eating disorders. Here are a few: Anorexia nervosa, Bulimia nervosa, Binge Eating, Avoidant/Restrictive food intake, Rumination disorder, Pica, and Orthorexia.

Someone struggling with an eating disorder may not have a lot of signs/symptoms, and warning signs vary for the above types. The following is a general overview that may indicate a problem: There may be emotional/behavioral symptoms: Concerns with body size/shape. Preoccupation with weight loss, calories/dieting. Refusal to eat certain foods, making excuses to avoid mealtime/or times involving food, or food rituals (eating foods in a certain order/rearranging food on the plate).

There may be physical symptoms: Major fluctuations in weight. Gastrointestinal complaints (cramps). Dizziness/fainting/feeling cold. Sleep problems. Dental problems. Difficulties concentrating. Dry skin/hair/brittle nails. Menstrual irregularities. With some disorders: Excessive exercising.

The good news is: Full recovery from an eating disorder is possible. Early detection and intervention is important.

And, because Eating Disorders can impact your heart, and many other organs, we can't forget the well-known focus in February: National Heart Health Month. Heart disease is the leading cause of death for men and women in the U.S. It can often be prevented when we make healthy choices and manage our health conditions. Wear red day this year is February 2, 2024.

If you have concerns about an eating disorder or heart problems, please reach out to your health care professional for help. He/she is a key resource to help answer your questions and provide help.