



## Health & Wellness Focus

World Sleep Day is March 15, 2024, and since we recently lost an hour of sleep, this topic seemed most appropriate! Sleep is essential to health, but measurable differences in sleep health persist across populations. World Sleep Day is an opportunity to promote sleep health alongside thousands of other sleep health professionals and advocates.



Like eating nutritious food, drinking water & exercising regularly, getting quality sleep is essential to overall health. Most adults should get at least 7 hours of sleep each night. While sleeping, the body performs a number of repairing & maintaining processes that affect nearly every part of the body. As a result, a good night's sleep, or a lack of sleep, can impact the body both mentally and physically.

The following are some of the benefits:

- improved mood
- healthy heart
- regulated blood sugar
- improved mental function
- restored immune system
- stress relief
- athletic performance
- maintaining a healthy weight.

Finally, (and we're certain you've heard these before), here are tips for getting a better night's sleep:

- create a consistent sleep schedule
- make a quality sleep environment
- avoid caffeine, nicotine & alcohol before bed
- exercise during the day
- avoid "screen time" before bedtime

As with any other medical problem, if you're experiencing sleep disturbances, reach out to your healthcare provider. He/She can evaluate your health and assist in securing you additional help.

## Quick Notes

**LENTEN SERVICES** — Mid-week worship continues this Wednesday at 7:00 p.m. in the Chapel. Pastor Ross preaches on the theme, "Jesus the Doorway." Irene Wegehof serves as pianist. Holy Communion will be offered.

**PALM SUNDAY BREAKFAST** — Join us in the Family Life Center at 9:00 a.m. on Sunday, March 24 for our annual Palm Sunday breakfast. A free will offering will be taken to help offset the cost of the National Youth Gathering in July. We are asking people to sign up in advance if possible using the QR code to the right, to give us an idea of how many people will be attending (we won't turn anyone away) - just for planning purposes.



**EASTER EGG HUNT** — Following Breakfast at 9:45 a.m. on Sunday, March 24 at 9:45 stay for the egg hunt! Children in pre-K thru grade 4 are invited to attend. Please sign up using the QR code to give us an idea of how many children to prepare for. We will meet in the FLC Youth Lounge.



**SAGES WORSHIP & LUNCH** — Sages, mark your calendar to join us for worship and lunch on Thursday, March 28 at 11:00 a.m. A Sage is any member 80 and over. If you didn't receive an invitation in the mail, please contact the church office at 717-569-9211. Family and guests are invited as well. RSVP through the church office to make a lunch reservation.

**DRIVERS NEEDED FOR SAGES SERVICE** — Are you able to give a Sage a ride to the service and lunch on Thursday, March 28? Pick up around 10:30 a.m. and return around 1:00 p.m. Contact Christine Smith at 717-299-0949 or email at [cjsmith1984@gmail.com](mailto:cjsmith1984@gmail.com). Thanks for considering helping.

**PUB THEOLOGY** — Join us on Wednesday, March 27, we will discuss, "Does the resurrection really matter"? This Holy Week discussion will begin at 6:30 p.m. – Scooters. RSVP to Sister Dottie if you can attend.

**YOUTH GROUP LENTEN LOCK-IN** — Thursday, March 28 at 6:00 p.m. through Friday, March 29 9:00 a.m. We will have fun and games, as well as complete a Lenten service project and other activities centered around the theme of Holy Week. This will culminate in a Good Friday breakfast and youth-led Stations of the Cross for the Grades 5-12 families. For more details, please see Leslie McCarthy at [leslicemccarthy@gmail.com](mailto:leslicemccarthy@gmail.com).

## Worship for March 17

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

8:00 a.m.

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

### Traditional Worship, Service of the Word

10:30 a.m.

*Pastor Harold Hand preaching*



EVANGELICAL LUTHERAN CHURCH

10 Delp Road  
Lancaster, PA 17601

## Upcoming Worship Assistant and Volunteer Schedule

### March 17

**8:00 a.m.** — **Lector:** Eric May;  
**Greeters:** Lloyd & Marty Bull; **Ushers:**  
Benjamin DeLeonardis & Eric May;  
**Welcome Center:** Shirley Dombach;  
**A/V:** Angela Moshos; **Communion  
Assistants:** Jo Boltz & Bob Courtois;  
**Altar Guild Coordinators:** Debbie  
Shue & Lori Weaver; **Altar Guild:**  
Phyllis Hollinger.

**10:30 a.m.** — **Lector:** Becky Lutz;  
**Greeters:** Scott & Sharon Breeden;  
**Ushers:** Cheryl Oeschger & Brian  
Tolbert; **Welcome Center:** Clarence  
Simon; **A/V:** Bob Preston.

**Coffee Bar:** Cindy Miley.

### March 24

**8:00 a.m.** — **Lector:** Steph Gerber;  
**Greeters:** Travis & Susan Chaby;  
**Ushers:** The Rotz family; **Welcome  
Center:** Bob & Phyllis Hollinger;  
**Acolytes:** The Rotz family; **A/V:** Tom  
Chever; **Communion Assistants:** Bret  
Hoffmaster & Eric May.

**10:30 a.m.** — **Lector:** Jeffrey Fritz;  
**Greeters:** Dick & Loretta Chubb;  
**Ushers:** Dan & Karen Beck; **Welcome  
Center:** Cheryl Oeschger; **A/V:** Dave  
Tilley; **Communion Assistants:**  
Thompson McConnell & Jeff Pretz;  
**Altar Guild Coordinators:** Debbie  
Shue & Lori Weaver; **Altar Guild:**  
Cheryl Oeschger.

## Holy Week Services

### Thursday, March 28

Sages Service & Reception at 11 a.m.  
Maundy Thursday Service at 7 p.m.

### Friday, March 29

Good Friday Service at 7 p.m.

### Saturday, March 30

Easter Vigil Service at 6 p.m.

### Sunday, March 31

Easter Sunrise Service at 6:45 a.m.

Traditional Easter Services  
at 9 & 10:45 a.m.

## New Opportunities to Serve St. Peter's

### FINANCIAL COMMITTEE

The Finance Committee is interested in recruiting one or two additional members. The committee generally meets on the second Monday of each month at 7:00 p.m. The responsibility of the Finance Committee is to formulate, recommend to council, and monitor the adherence to the policies, practices, and procedures of all financial matters and activities of the church not otherwise delegated by the governing documents of the church to other committees.

### IT TASK FORCE MEMBERS

The Finance Committee is in the beginning stages of organizing an ad hoc steering committee to:

- Assist in the church's migration to Microsoft Windows 11 which needs to be included in the 2025 budget due to Microsoft's planned sunset of Windows 10 by the end of 2025. We are looking for several people with Microsoft experience and network skills to guide the monetary planning process for this endeavor and ultimately guide 2025 budget projections for this transition.
- Review current Comcast contract, which includes our internet and telephone services to determine if there are more cost effective solutions.

If interested or you would like additional information on either opportunity, please contact Paul Berkebile by phone, 717-951-5662, or email [pberkebile@comcast.net](mailto:pberkebile@comcast.net), or Sherry Moul by phone, 717-468-0163, or email [slmoul1981@gmail.com](mailto:slmoul1981@gmail.com).