



Quick Notes

CAMP SUNDAY — Don't miss Camp Sunday, April 7. There will be camp themed songs, activities, and snacks for kids during the Sunday school hour and the 10:30 a.m. service. Wear your favorite camp shirt!

SUMMER CHURCH CAMP — Register now for Summer Camp at LutheranCamping.org for Camps Kirchenwald and Nawakwa. Summer camp runs June 16-August 9 with many options from a classic week of camp to high adventures! Take advantage of the "camp person" discount, early bird registration and multiple child discounts, as well as \$75 discount for church members. Forms and additional information are located on the bulletin board across from the office. Any questions, please contact Ashley Miller at 717-329-2397 or ashley@andymiller.net. See you at camp!!!

ARE YOU SMARTER THAN THE YOUTH GROUP? — Join us on Sunday, April 14 for "Are You Smarter Than The Youth Group Trivia Night," from 5:00-7:00 p.m. in the Family Life Center. The youth group will be playing against adults in a fun generational trivia battle. Please sign up using this QR Code, and parents who want to play on the adult team, please sign up too. Dinner will be served.



Sign up for these or any youth activities using the QR code above. For more information, email Leslie McCarthy at leslicemccarthy@gmail.com.

WELCA — The next WELCA meeting will be held on Thursday April 11. Our program this month will feature our organist Deborah Berdos with a hymn sing and will be held in the Sanctuary. A light breakfast will be held in the NARTHEX at 9:30 a.m. and the program will be at 10:00 a.m. in the Sanctuary. Please plan to join us and bring a friend while we make music together! The WELCA from St. Paul Lutheran Church is hosting an event on Saturday, April 20! Please see additional information and registration forms located on the bulletin board outside of the office. There are several ladies from St Peter's planning on attending so please consider joining us for this fun and inspirational day.

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 have begun and take place on Thursdays, 7:30-8:30 p.m. Please email tom.berdos@stpeterslutheran.org if you would like to sing.

BRAVER ANGELS WORKSHOP "DEPOLARIZING WITHIN"— Please join us for a workshop facilitated by the leaders of the Lower Susquehanna Alliance of Braver Angels called "Depolarizing Within" on Saturday, April 13 from 9:00 a.m.-12:00 p.m. in the Family Life Center. This workshop will help us examine our own inner polarization and teach us how to have healthy conversations without condemning or ridiculing others with whom we may disagree. As a community of faith made up of almost 1,000 members of varying ages, viewpoints, and life experiences, we want to make sure we know how to listen to one another and learn from each other so that we can work together through this period of transition in ministry here at St. Peter's. All are welcome to participate, regardless of whether they attended our previous Braver Angels event. Please register here by using QR code below. A continental breakfast will be offered beginning at 8:30 a.m. Questions can be directed to Jean Pretz, jean.pretz@gmail.com or Bob Bowman, bowman.robert@outlook.com. For more information, see BraverAngels.org.



FOOD PANTRY VOLUNTEERING — On Saturday, April 20, we will begin a new monthly volunteering opportunity in support of the food pantry at St. Paul Penryn's, where the youth group brought donations to in January. There was interest in continuing to support this ministry particularly as they look to expand their "Backyard" vegetable garden. Times and more details will be coming soon.

WEDNESDAY BIBLE STUDY — Pastor Ross Wednesday Morning Bible Study meets on Wednesdays at 9:30 a.m. in the Café.

Worship for April 7

Traditional Worship, Service of the Word & Communion

8:00 a.m.

*Pastor Ross preaching
Livestream at stpeterslutheran.org*

Traditional Worship, Service of the Word & Communion

10:30 a.m.

Pastor Ross preaching



EVANGELICAL LUTHERAN CHURCH

10 Delp Road
Lancaster, PA 17601

Upcoming Worship Assistant and Volunteer Schedule

April 7

8:00 a.m. — **Lector:** Anne Marie Strubel; **Greeters:** John & Jill Kerchner; **Ushers:** Mark & Angela Moshos; **Welcome Center:** Bob & Edee Bedford; **A/V:** Tom Bedford; **Communion Assistants:** Diane Gegg & Ginny Stickler; **Altar Guild Coordinators:** Debbie Shue & Lori Weaver.

10:30 a.m. — **Lector:** Gary Troxell; **Greeter:** Sara Gable; **Ushers:** Jim & Jane Savidge; **Welcome Center:** Dave & Lis Wolf; **A/V:** Dave Tilley; **Communion Assistants:** Janet Roberts & Kathleen Bailey; **Altar Guild Coordinators:** Debbie Shue & Lori Weaver; **Altar Guild:** Trish Hough.

Coffee Bar: Word of Life Deaf Church.

April 14

8:00 a.m. — **Lector:** Larry Wilcox; **Greeters:** Randy & Susan Ketchum; **Ushers:** Jo Boltz, Bob Courtois; **Welcome Center:** Ron & Joan Beck; **Communion Assistants:** Kevin & Weston Groff; **A/V:** Angela Moshos.

10:30 a.m. — **Lector:** Nancy Beauregard; **Greeter:** Scott Glassford; **Ushers:** Kathleen Bailey & Jane Musser; **Welcome Center:** Mark & Darla Cardin; **A/V:** Dave Tilley; **Communion Assistants:** Kathleen Bailey & Janet Roberts; **Altar Guild Coordinators:** Debbie Shue & Lori Weaver; **Altar Guild:** Barb Beyer

Coffee Bar: Bob & Pam Preston; **Flower Delivery:** Lois Benton & Jo Boltz.

April 21

8:00 a.m. — **Lector:** Ena Marie Banks; **Greeters:** Luther & Catharine Kimmich; **Ushers:** Liz O'Brien & Gene Olson; **Welcome Center:** Benjamin DeLeonardis; **A/V:** Angela Moshos; **Communion Assistants:** Nancy LeFevre & Bill Sassaman.

10:30 a.m. — **Lector:** Paul Berkebile; **Greeters:** Joann & Jillian Gorner; **Ushers:** Scott & Sharon Breeden; **Welcome Center:** Rich & Ann Larrick; **A/V:** Bob Preston; **Communion Assistants:** Dawn & Gary Troxell; **Altar Guild Coordinators:** Debbie Shue & Lori Weaver; **Altar Guild:** Jeff & Anneliese Owen.

Coffee Bar: Jo Bolts & Betsy Kemper; **Flower Delivery:** Christine Smith & Ken Shirk.

April 28

8:00 a.m. — **Lector:** Tom Berdos; **Greeters:** Mary Ellen Kopetz; **Ushers:** Cindy Miley & Don Wenrich; **Welcome Center:** Bob & Phyllis Hollinger; **A/V:** Tom Badorf; **Communion Assistants:** TBD.

10:30 a.m. — **Lector:** Judy Logan; **Greeters:** Paul & Tricia Hough; **Ushers:** Christine Hoffman family; **Welcome Center:** Clarence Simon; **Acolytes:** Christine Hoffman family; **A/V:** Bill Schlener; **Communion Assistants:** Jeff Pretz Debbie Stover; **Altar Guild Coordinators:** Debbie Shue & Lori Weaver; **Altar Guild:** Beverly Swanson

Coffee Bar: Donna & Mark Aho **Flower Delivery:** Liz O'Brien & Debbie Shue.

April Health & Wellness Focus: Irritable Bowel Syndrome

During April, we join patients, family members, and caregivers to increase public awareness about irritable bowel syndrome (IBS), a common yet often undiagnosed disorder affecting 5% to 10% of the global population.

IBS is characterized by abnormal nerve and muscle function in the bowel, resulting in heightened sensitivity to stimuli due to dysregulation between the brain, gut, and central nervous system. Symptoms, which may persist or fluctuate over time, include abdominal pain or discomfort, changes in bowel habits (diarrhea or constipation), bloating, urgency for bowel movements, presence of mucus in stool, and a sense of incomplete bowel emptying. Pain associated with IBS typically improves after bowel movements.

These symptoms can vary in intensity and may be influenced by factors such as diet, lifestyle, or medication. If you experience these symptoms, it's essential to consult a healthcare professional for evaluation. While there is no cure for IBS, treatments are available to help manage symptoms and improve quality of life.