
ST. PETER'S HERALD

National Stress Awareness Month

Stress Awareness Month is observed annually in April. During the month, organizations and individuals focus on raising awareness about stress, its causes, effects, and coping mechanisms. Maybe you're experiencing job loss, financial or health issues, or family concerns. It's important to recognize your stressors! We all know that stress, in small quantities, can usually be managed without help. However, stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity, and diabetes. Stress can affect your body, thoughts, feelings, and behaviors. Being able to recognize common symptoms of stress can help you manage them. These symptoms could include: headaches, muscle tension/pain, fatigue, insomnia, digestive problems, increased heart rate/blood pressure, chest pain, sweating, anxiety, irritability, mood swings, depression, changes in eating habits, withdrawal from social activities, and even procrastination.

Some ways to manage stress are:

- Practicing stress-reducing techniques, such as exercise, meditation, or yoga.
- Seeking input from friends, family, or a healthcare professional.
- Talking to others who may feel the same and sharing stories.
- Engaging in activities that promote relaxation and enjoyment.
- Helping others through volunteering or just offering a listening ear.

During times of increased stress, it's important to ask God for guidance. He knows what you're experiencing. Hopefully, the patience, understanding, and above all, grace from others will be there as well. We never know what someone else is experiencing, nor do they us. Let's all support one another through whatever the struggle and offer prayers and love.

TOWN HALL MEETING: The Path Forward Task Force will hold a Town Hall meeting April 6 from 9:15 to 10:00 a.m. in the Sanctuary. This is an opportunity to hear about their work and provide feedback. We encourage everyone to attend and share their thoughts.

SUMMER SCHEDULE SURVEY CARDS: On April 6 **at both services** the Worship Committee will hand out reply cards with a single yes/no question on them to fill out and return with the offering. The question is, "What is your opinion on St. Peter's offering only ONE worship service, at 9:30 a.m., during the summer months (June, July, and August)?" Please be sure to pick up a card as you enter church, and kindly vote no more than once. Thank you for your help!

CALL FOR LIVE STREAM VOLUNTEERS: If you are willing to learn to use our live-streaming software, we would greatly appreciate your help. Even a small commitment of time (once a month?) can make a significant difference. If you are interested in volunteering or would like to learn more, please contact Jordan Lambert islamvt@gmail.com or speak with them after the service.

LECTOR COORDINATOR NEEDED: We are in need of someone to take over as the scheduler for all lectors. If you are interested in scheduling the lectors please call into the church office 717-569-9211 or email joann.harriger@stpeterslutheran.org. We will provide you with the list of people who volunteer as lectors.

DIETRICH BONHOEFFER SUNDAY SCHOOL CLASS: We will resume on 4/27, 5/4, and 5/11.

MID-WEEK LENTEN SERVICES: The final Lenten service will be held this Wednesday, April 9 at 7:00 p.m. in the Chapel. The theme is “The Wonders of the Word.” Holy Communion will be offered.

BIBLE STUDY: Pastor Russ Rockwell will teach Bible Study lessons every Wednesday from 9:30 to 11:00 a.m. in the Café. This week’s topic: Jesus of Nazareth movie and discussion, part 5. Old friends, new friends—all are welcome to join us! No bible Study on Wednesday, April 16.

EASTER PLANT DELIVERERS: Seeking 8-10 volunteers to help deliver Easter plants to St. Peter's homebound members on Easter Sunday or in the days to follow. It's a very rewarding experience, especially as a family event. For more information or to sign up, contact Christine Smith at 717-299-0949 or cjsmith1984@gmail.com.

HOLY WEEK SERVICES: PALM SUNDAY: April 13, 8:00 and 10:30 a.m., Holy Communion at both services.

MAUNDY THURSDAY - April 17, 11:00 a.m. Sages service and 7:00 p.m. service, both with Holy Communion.

GOOD FRIDAY - April 18, 7:00 p.m. Tenebrae service in the Sanctuary.

YOUTH LOUNGE: St. Peter’s youth lounge is in need of a gently-used sofa or loveseat. If you have one you would like to donate, please send a picture to the church office: office@stpeterslutheran.org.

CHURCH ENVELOPES: Please make sure to pick up your envelopes in the Narthex. The last day to pick up your envelopes will be Easter Sunday.

PALM SUNDAY BREAKFAST: The Pub Theology group (with the support of Fellowship) will host a Palm Sunday breakfast. Breakfast in the Cafe on Sunday, April 13, between services. Please join us in fellowship as we mark the beginning of Holy Week. Our Pub Theology members are excited to host this event! If you have any questions, please contact Lynn Fyfe at lynnfyfe@comcast.net or 717-951-3932. Gluten-free and vegetarian options will be available.

SAGES MAUNDY THURSDAY SERVICE: Sages, mark your calendar for April 17 to join us for worship and lunch beginning at 11:00 a.m. A Sage is any member 80 and over. If you haven't received your invitation in the mail, please contact the church office at 717-569-9211, we may not have your age for sage mailings in our Shepherd Staff system. We ask for lunch reservations by April 14; please sign up on the Parish Life bulletin board outside the nursery, call the office or Christine Smith at 717-299-0949. We hope to see you on April 17—friends or family members are welcome to come along!

EASTER SUNDAY: April 20, 6:45 a.m. sunrise service in the church parking lot. 9:00 a.m. and 10:45 a.m. traditional services with festival music in the Sanctuary. All with Holy Communion, 9:00 a.m. livestream.

EASTER FLOWER PICKUP HOURS: On Easter Sunday, the main church doors will remain open until 2:00 p.m. On Monday, April 21 the church doors will be open from 10:00 a.m. until 2:00 p.m. The church office will resume normal hours on Tuesday, April 22—you are welcome to stop by throughout the week to pick up your Easter flowers.

OFFICE CLOSURE NOTICE: Please be advised that the office will be open on Good Friday from 8:30 a.m. to noon. The office will be closed on Easter Monday, April 21, in observance of the holiday. We will resume regular business hours on Tuesday, April 22. Wishing you a joyful and restful holiday!

TMC SUB SALE RESULTS: There were 388 sub coupons sold in the month of March. After costs, we collected \$1,164 plus \$468 in donations for our companion congregation Busoka Lutheran Church. Thank you to all who bought coupons to support this cause. They can be used through the end of the year at any S. Clyde Weaver store. Please enjoy these delicious sandwiches. -Tanzania Mission Committee