

The Spirit

Holy Spirit
Lutheran Church

Volume 2
February 2013

A Note from Pastor Robin

*Preparing our hearts and minds for the Lent season -
What will you give up? What will you give back?*

We are fast approaching the Season of Lent. Ash Wednesday is February 13th and 40 days long, while ending on March 28th with Maundy Thursday. This can be a great time for the family to reflect upon two particular biblical periods of prayer and fasting: Jesus' 40 days in the wilderness after his baptism and Moses' 40 day fast on Mount Sinai. While this period of somberness, reflection and fasting can be very meaningful for adults, children may have a hard time identifying with it.

During our Ash Wednesday service, we will be having a special time of "burying the alleluias." Children will be invited to help pastor "bury the alleluias" in a large pot. Each child will be given their own planter's pot to take home and bury their alleluias. During Easter morning, we will dig up the "alleluias" from their pot as we celebrate the Lord's resurrection.

Here are a couple of ideas that families may try at home:

- * For the 40 days, "Give something up." Typically, adults observe Lent by fasting – whether that's giving up meat or certain meals, or simply fasting from something they enjoy like soda or television. Children can also be encouraged to "give up" something to help them understand this tradition.
- * For the 40 days, "Give something back." Perhaps the children can perform a good deed or service every day like helping mom clean up or sharing something with a friend.

The
Season
of
Lent



These are but a few different ways that your family can have a discussion about Lent. For more ideas, see Pastor Robin as we prepare our hearts and minds for this season of contemplation.

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Inside this edition, you will find words from your Pastor, committee reports, ongoing events, upcoming events, and other exciting news. We encourage you to take part and get involved at Holy Spirit Lutheran Church.



Greetings from your 2013 Council:

It is February and the New Year has been ushered in. As this writing goes to print, I was reviewing my remarks from this time last year. I had written about love and how culturally we share and show our love, especially on St. Valentine's Day.

I hope to re-encourage that showing of love again. In the spirit of gift giving, on December 23rd you were invited by our Stewardship team to give a gift of talent and time to your congregation in the form of service. Many of you did this and recommitted to various ministries. Many thanks for your dedication. It is greatly appreciated and received in the spirit of Love. Our church is a living place where many activities and ministries occur. And we know that it takes us all to fulfill our ministry and mission statement.

As Pastor Robin's sermon and children's message on January 13th demonstrated, we have each been given the GIFT. In baptism, we are born anew; we are connected to God and the Holy Spirit and to Christ. Pastor uses the term "cosmic kiss" to illustrate God coming to us and meeting us, loving us in sacrament. Additionally, we were reminded of a gaping hole and a true sadness, when we go missing from Worship.....

Now, undeniably, we each have times when life necessitates that we are absent from one event in favor of another. Sometimes it is illness. Sometimes it is the needs of family members or a friend. Sometimes it is our job pulling us away. Sometimes we are gone because it is time for healthy renewal through vacation and rest. But equally, undeniably, we need to remember how important our presence in worship is. This is the community of the body; each member supporting a critical, irreplaceable role, that when vacant causes distress for the whole body. And in other words: you matter and you are loved and cared about *by the people*, when you are absent.

As called members in the life and body of the Church, I invite you to worship regularly and to show your love by finding a new way to express your faith within our Church Community and thereby give God a "kiss" in return. This year we find we still have many needs. The council will be hard at work **with you** filling the following vacancies: One council seat; a Chair for the Property team; a chair and liaison to the Stewardship team; Writers to assist with Bylaw, Constitution and policy changes; a new IT committee to assist with our technical and administrative needs. And as always, there are places for you with youth, education, VBS, planning, worship service, social ministry needs, evangelism, fellowship, and many more.

Please accept this as your first invitation of this New Year, your personal call to come this February to show your love in one of the ministries of the church. Contact any of the council members or one of the Executive Officers to help you find your newest path to God through Baptism and faith. Happy Valentine's Day!

In Peace and Christian Love,
Beth Gray, President HSLC



Preschool to Celebrate V-Day

The children have been talking about the season and the weather. They have made many different snow pictures and painted with ice paint. The children continue to learn their letters, numbers, colors, and sight words. Each class will be celebrating Valentine's Day with cards and fun activities and projects.



February is our healthy themed month. We will talk about our teeth, heart, and the good foods we eat.

Our fundraiser with Clubs Choice was a success thanks to all who helped us out by purchasing their products. Thank you to everyone who came to Chili's for a meal on January 10th; our fundraiser was a great success. We are planning another restaurant event on February 21st at Five Guys — watch for more details.

Music and Worship - Volunteers Wanted

I want to thank all those who volunteer to do one or more of the worship service duties –
Acolyte/Crucifer, Communion Assistant, Greeter, Usher, Nursery, Teller, Fellowship, Lector, Altar Care, and Assistant Minister.



You are a vital and integral part of our weekly worship.

There is always room in each duty category for more volunteers, but we especially need additional help in the areas of Teller, Altar Care, and Nursery. If you have questions about a specific duty....come see me. I can fix that! If you are not currently on any worship volunteer list....come see me. I can fix that!! If you want to add to your current volunteering....come see me. I can fix that!!!

Always Grateful for Your Help!

Nancy Bowman
M&W Chairperson

Greetings Holy Spirit Family,

My name is Dena and I wanted to introduce myself to all of you since I am new to the council and a relatively new member of the church. I joined Holy Spirit in September of 2011, but have known Pastor Robin for a number of years. I live in Parkville and have a 15 year old son, Lars.

I grew up at Luther Place Memorial Church in Washington, D.C. and this was a great force in my life for my spiritual journey. After moving back to Maryland 10 years ago, I found that churches in the Baltimore area were not meeting my needs or my son's needs, and we returned to Luther Place at that time. This is where Pastor Robin and I met and have continued our friendship throughout. When I learned that Pastor Robin had come to HSLC and that others I knew also attended HSLC, it was an easy choice for me to come, be welcomed with open arms, and join this church.

I look forward to serving on the council for the next two years and to be able to get to know people better.

Blessings and peace,
Dena Dahlman



Celebrating American Heart Month

Beginning in March, Holy Spirit will launch a new ministry, **PARISH NURSING**. Deacon Joyce Peregoy OSSD will begin serving as Parish Nurse. Beginning on the first Sunday of March and continuing with the first Sunday of each month, Blood Pressure Screening will be available at church to all who desire to monitor their blood pressure. So watch your bulletins for additional information to come regarding time and location. February is Heart Health Month, so we can continue to be aware of keeping healthy and keeping a close watch on our blood pressures!

Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

- Drive the initiative by challenging your family and friends to take the Million Hearts™ pledge at www.millionhearts.hhs.gov.
- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your ABCS:
 - Ask your doctor if you should take an **A**spirin every day.
 - Find out if you have high **B**lood pressure or **C**holesterol, and if you do, get effective treatment.
 - If you **S**moke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.



Stephen Ministers Continue to Learn

Stephen Ministry training began on Tuesday, January 8th. During the month we studied the following topics:

The Person of the Caregiver – In this session we talked

about the gifts each of us brings to Stephen Ministry and the skills we need to develop to make us better Stephen Ministers. We learned that the most important qualities of a caregiver are being compassionate, full of faith, skilled, trustworthy, and Christ-centered.

Feelings: Yours, Mine, and Ours – Feelings are a gift from God. In this session we learned to help people recognize, accept, and express their feelings, and invite them to trust God to bring them healing and wholeness. We explored the benefits of expressing feelings and the harm that can come when feelings remain unexpressed.

The Art of Listening – Listening is an essential part of Stephen Ministry. We studied active listening skills to help people recognize and accept the feelings they are experiencing. We learned and practiced the skill of reflecting as a valuable listening tool. We explored the many facets of listening and talked about our own experiences so as to better understand when listening is effective and when it feels fake or makes a person feel uncomfortable.

Distinctively Christian Caring – In the first of two sessions on distinctively Christian caring we talked about using our Christian faith in caring for another, drawing on the resources of prayer, witnessing, the Bible, forgiveness, blessings, and more. An important motto of Stephen Ministry is “The Stephen Minister is the **caregiver** and God is the **curegiver**.” This training session underscored the Christ-centered focus for Stephen Ministers.

Four weeks down and 16 to go! Please keep us in your prayers as we continue this journey.

- AiM Linda



From the Church Office:

Office Hours:

Parish Administrator

- * Monday 10:00am - 2:00pm
- * Tuesday 10:00am - 2:00pm
- * Wednesday 10:00am - 2:00pm
- * Thursday 10:00am - 2:00pm
- * Friday 10:00am - 2:00pm

AiM Linda Smith

- * Tuesday 1:00pm - 8:00pm
- * Wednesday 10:00am - 2:00pm
- * Thursday 1:00pm - 7:00pm



Please contact the office @ (410) 795-6333 or hslc.eldersburg@comcast.net with any updates including: **Street Address, Home Phone #, Cell Phone #, and Email Address.**

Deadline Reminders:

Weekly Bulletin Announcements

- Due by **Tuesday** (for the following Sunday)

Weekly “This Week @ HSLC” Email

- Due by **Thursday** (for the next day)

Newsletter Articles

- Due by the **15th** of each month (for the following month)

Monthly Calendar Items

- Due by the **15th** of each month (for the following month)

Social Ministry Needs Your Donations



Winter Coat Drive

A very warm thank you to members who have donated gently used, clean, jackets, and coats to keep needy children protected this winter. It's not too late and the need continues. All sizes are accepted. Member Sharon Hindman, an elementary school teacher in the Prince George's County School System, will distribute them at her school.

Book Sale

The annual book sale is underway! The sale will continue through March 17th. Please continue to bring your used books to the Church, and also find an interesting book to take home. Proceeds support the Bag Meal Program and Food Ministry.

Carroll County Food Sunday

Carroll County Food Sunday (CCFS) begins this month. Please bring donations to the Church and place them in the designated bin at the back of the sanctuary. Be sure all food items are in date and undamaged.

CCFS is a non-profit organization of volunteers and members of the community coming together as neighbors to support county residents in meeting their emergency and supplemental food needs. The program's goal is to sustain health, good nutrition and energy, and raise human potential in a way that enhances human dignity. CCFS accepts monetary and non-perishables food donations. Approximately 94% of every dollar donated buys groceries. All donations stay in Carroll County and many food purchases support local business.

CCFS encourages all food donations to be the kind of nutritious, non-perishable food you would serve your own family. Below is a wish list of suggested items:



- ◆ Canned fruits, vegetables, and beans
- ◆ Canned tuna, chicken, salmon
- ◆ Canned soup
- ◆ Plain rice
- ◆ Peanut butter
- ◆ Hot or cold cereal
- ◆ Tomato sauce
- ◆ Spaghetti in one pound boxes
- ◆ Macaroni & Cheese

**Holy Spirit
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Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

CPhone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Your business tag line here.

Your business tag line here.

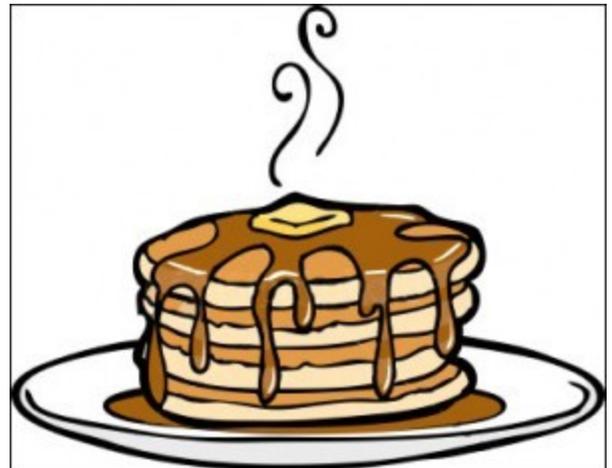
Visit us online at
www.hslceldersburgmd.org

“Our purpose is to love God
and to bring people into a
growing relationship with
Jesus and His church.”



For newsletter updates, please send your electronic
version to Lindsay Holbig at Lpodobnik@yahoo.com, or
contact the church office at (410) 795-6333, or leave your
printed copy in Ami O'Hara's church office mailbox.

Updates are due the 15th of each month.



Shrove Tuesday Pancake Supper!

Tuesday February 12th, 2013

5:30 – 7:00 PM

Please join us for a pancake dinner to welcome the coming of Lent.

Arrive anytime from 5:30 to 7:00 p.m. for your pancake feast.

A sign up sheet is on the bulletin board.

There is no charge, but donations are encouraged.