

THE CARILLON

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St. Mark's United Church of Christ
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Office Hours – Tuesday through Friday – 9:30 AM to 1:30 PM

STAFF

Rev. David A. Jones, Pastor
Sam Brandt, Custodian
Cindy Klahr, Secretary
Cynthia Johnson, Organist
Jeff Clouser, Music Ministry Coordinator
Faye Fox, Consistory President
Ron Follett, Church Treasurer
Dawn Shultz, Consistory Secretary

FATHER'S DAY PRAYER

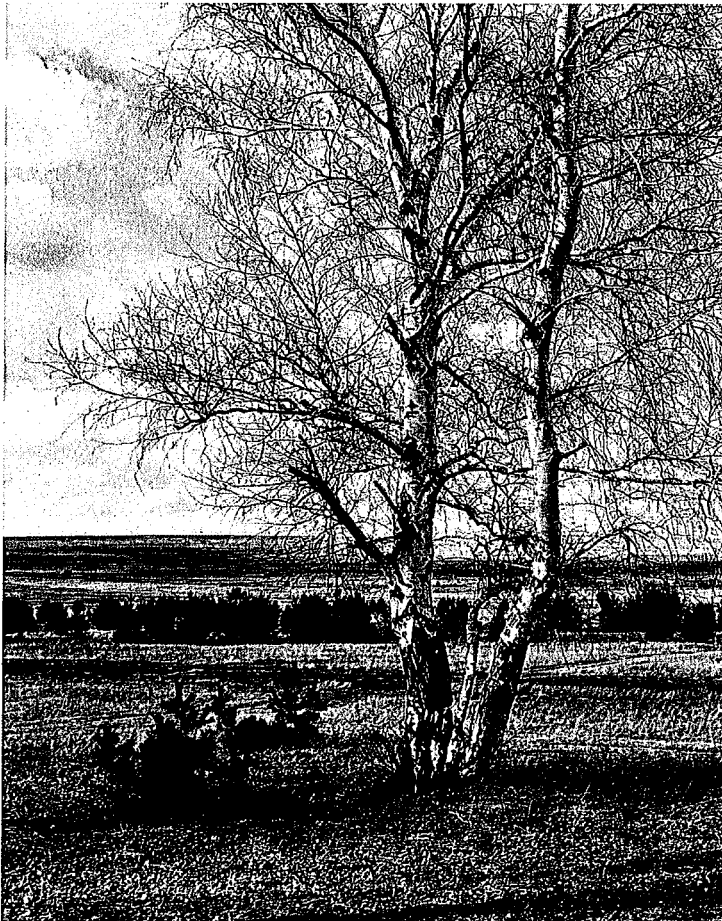
Today, God, as we observe Father's Day, we lift all the fathers of this world up to You with adoration and love.

Fathers play an integral role in the lives of our children, as mentors, providers, caregivers and so much more. Fathers provide a firm foundation on which our children can grow and learn.

Gently lead him in the ways of integrity and righteousness so that his children may see him as an example worth following.

May everything he does bring honor to You and point others to Jesus.

Amen.



THE OAK TREE

There is more to life
than measuring its speed.

Let me look upward into
the branches of the towering oak
and know that it grew great and
strong

because it grew slowly and well.
Slow me down, Lord and inspire me
to send my roots deep into the
soil of life's enduring values.



FATHER

A FATHER IS NEITHER
AN ANCHOR
TO HOLD US BACK
NOR A SAIL
TO TAKE US THERE
BUT A GUIDING LIGHT
WHOSE LOVE
SHOWS US THE WAY

HAPPY
Father's
DAY

**BLESSED IS THE FATHER WHO
SHARES HIS HEART,
LIVES HIS FAITH,
GIVES HIS TIME,
AND LOVES HIS FAMILY.**

PROVERBS 20:7

I SEE TREES OF GREEN –
RED ROSES TOO
I SEE THEM BLOOM FOR ME AND YOU
AND I THINK TO MYSELF
WHAT A WONDERFUL WORLD

Scriptures about Father's Love

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."

Psalm 32:8

"The righteous man walks in his integrity; His children are blessed after him."

Proverbs 20:7

"Blessed is the man who trusts in the Lord, and whose hope is the Lord."

Jeremiah 17:7

"As a father has compassion on his children, so the Lord has compassion on those who fear him." Psalm 103:13

"Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord."

Ephesians 6:4

"Start children off on the way they should go, and even when they are old they will not turn from it."

Proverbs 22:6

When God created fathers,

He made them proud and wise...

**He put the light of truth
and understanding in their eyes.**

**He formed them in His image,
hearts faithful, smiles bright,
their skin a shade of evening
as it passes into night.**

**He gave them sturdy arms
for lifting children in the air
and knees that weren't afraid to bend
in work or play or prayer.**

**He planned them with a passion
for the role of fatherhood...**

**and when the Lord had finished,
He was sure that it was good.**

Happy
Father's
Day!

The Journey Continues...

If I were to ask how well you forgive yourself and others, would you say you're pretty good? I would guess most of us rate ourselves pretty low. Truth is, I have *never* met anyone who believed they were good at forgiving others. Everyone I've ever talked to (before and after I became a pastor), has struggled with forgiveness at one time or another. Of all the things Jesus taught, forgiveness has to be one of the toughest. And leave it to Jesus to take a tough commandment and then give an even tougher example to follow when he forgave those who were nailing him to the cross *as it was happening*. It's hard enough to forgive someone after the fact, but it is exponentially harder to grant forgiveness as you are being hurt. But extending forgiveness to others is what we are called to do, and Jesus made forgiveness a priority for a very good reason.

One thing that makes forgiveness so hard, is a misunderstanding of what forgiveness is meant to do. When we forgive, we aren't excusing the bad behavior of others. The reality is, forgiveness is a process where *we* are the greatest beneficiary. Forgiveness frees us from negative feelings that weigh us down and lead us to turn negative thoughts into negative actions. Forgiveness isn't about letting people off the hook, it's about refusing to allow the actions of others to control our lives. The process of forgiveness takes time, and depending on the depth of the hurt inflicted, forgiveness may take a *really* long time; even a lifetime. But it can be accomplished and the benefits are well worth the effort.

The first step in the process of forgiveness is to allow ourselves to be angry for what has happened. Yes, you can be angry...and it is ironic when people struggle to forgive themselves for getting angry. Anger is not a bad thing. Anger is a normal human emotion. So long as we are not using anger as an excuse to physically act out or emotionally abuse any living thing (including ourselves), the anger we feel is something we need to give ourselves time to work through. If we never get past the anger about the situation, then we will never be able to forgive what has happened.

While we are working on getting past the anger we feel, we need to allow ourselves time to heal from the pain we've experienced. Allowing ourselves time to heal is where most of us get tripped up on the road to forgiveness. Unfortunately, we're better at burying our pain and trying to be "strong", than we are at allowing ourselves to feel pain and welcome healing. Think of it this way: If we have a physical injury like a broken arm, we know our arm needs to be treated and protected while we give it time to heal. If we don't allow our broken arm to heal properly, then it will never heal correctly and it will affect us for the rest of our lives. Why would emotional pain be any different? If we don't treat our pain properly and allow ourselves time to heal, then we will never be able to move on in a healthy way.

One final thing to mention about forgiveness is correcting the notion that forgiveness requires forgetting what happened. I don't know how or when the phrase "forgive and forget" got lumped together. We will never be able to forget or trust again until we *do* forgive, but nothing about forgiveness requires us to forget what happened and trust without reservation.

The advice I've shared this month about forgiveness is coming in very broad strokes. I don't have the space needed to provide an exhaustive guide about forgiveness. Nevertheless, forgiveness is something we need to learn how to do if we are to be the people God has called us to be. Forgiveness doesn't change the past, but it will make our journey into the future easier to take. I pray that you journey well...

The Journey Continues...

Pastor Dave

WOW! June is going to be a very busy month. There will be many different opportunities to be involved in the St. Mark's family.

We begin the month with several important things happening on June 2. First of all, we will have communion during our 10:00 a.m. worship service. Then immediately after the service we will have a special congregational meeting to vote on proposed changes to the by-laws. The changes involve reducing the number of people serving on consistory from 14 down to 11 (5 elders and 6 deacons). Also we will vote on a proposal that a consistory member will be able to serve two consecutive terms on the consistory. (This would allow them to serve 4 years if they choose to do so).

Also that weekend our youth and young adults will be having their spring retreat in Cassville, PA. This is a great opportunity for these younger members to talk about their faith and plan for ways that they can serve the church.

Then on June 6, we will be celebrating the end of another school year with snow cones for our neighbors at Lebanon Middle School and youngsters in our community. In addition to the snow cones, we will offer them snack bags. Members are needed to help with this event and also to donate the snack bags.

Fellowship and Hospitality has two events in June. First, they will be selling DiNunzio's sub coupons from June 2 until June 16. Each coupon is \$12 and entitles you to present the coupon for any sub at DiNunzio's. These coupons make nice gifts and they never expire! Then on June 22, there will be an adult paint party led by Deb Ryland. On this day participants will be painting a bottle and then adding lights inside. (There's a sample in the Narthex) It is a great time for fun and fellowship as we explore our artistic talents. The cost is \$10.

On June 23, we will worship at Pine Acres. It is always great to worship outdoors. After the service, lunch will be provided. Please plan on joining us for this special day.

We finish the month of June with our service on June 30. The youth and young adults will lead the service this Sunday and will have their "living room" discussion. It is always interesting to hear the views of the younger generation.

Please consider getting involved in any or all of these special events for June. We would love to have you join us!

CONGRATULATIONS to our 3 newest members of St. Mark's. Matt Chernich, Destiny Chernich, and Owen Fox were confirmed on Sunday, May 19. **A special thanks** to the Christian Ed Committee for providing a great lunch after the service.

REPORT OF THE CONSISTORY – MAY 2024

The last day of school sno-cone event is planned for June 6, 2024. Last year over 400 students stopped after school to enjoy a sno-cone and other snacks. Kid's Kamp will be held July 15th through 18th, 2024, at Pine Acres. The theme this year is SCUBA - Diving into Friendship with God. The community dinner held on April 20, 2024, had a low turnout but the remaining food was taken to the American House for the residents in that facility. The mission team will be asking for the congregation to donate non-perishables for their trip this August. Slips will be placed on the easel board in the narthex. The membership committee reviewed the membership rolls and determined that some will receive a letter to update them on what is happening in the church. The roof repairs are out for bid. The church has three types of roofing - slate, shingle and rubber - and all require separate estimates. An ad hoc committee is reviewing and prioritizing major repairs that will need to be made in the church during the next several years. The ad hoc committee Onward Christian Soldiers is disbanding. A new ad hoc committee has been created to address the use of the building, reducing expenses for insurance and what would be needed if the church would need to be rebuilt if there was a fire or other destruction. The name of the committee to be determined. Holy Trinity Lutheran Church is hosting a day care facility and requested if St. Mark's UCC could serve as their evacuation site in the event of fire, power loss or other issues. The consistory approved this request.



Addison Clouser, son of Jeffrey Clouser and Brent Weaver, graduated from Clarks Summit University with a BS in Pastoral Ministry.

Rachel Sims, Addison Clouser's fiancée, graduated from Clarks Summit University with a BS in Counseling 3.

Rachel Hagenbuch, niece of Jeffrey Clouser and Brent Weaver, graduated from Boyertown Senior High School.

Cecilia Weaver, niece of Jeffrey Clouser and Brent Weaver, graduated from The College of William and Mary with a BA in History and Government.

Adrianna Fisher, granddaughter of Jay and Susan Fisher, graduated from the University of Pittsburgh with a Masters of Arts in Communication Sciences and Disorders.

Madeline Louise Fox, daughter of Thomas & Jacqueline Fox, and granddaughter of Faye Fox, graduated in December from the University of Pittsburgh with a degree in Biology. She is continuing her studies at the Reading Hospital School of Nursing.

Sienna Stinley, Jeff Clouser's nephew's daughter, graduated from Rosepine High School, LA.

Kid's Team/Youth/Young Adults Corner

Kid's Team

We'll be heading to the links for a round of mini golf at Game Time Fun Center (old Yogeys). As June is very busy on Sundays, we moved to a Saturday evening. Saturday June 8th, we will try our hand at mini golf. Meet at Game Time at 6:30. Cost is free for those under age 5. \$5.00 for those 5-17. And \$10 for those 18 and over.

Kid's Kamp is right around the corner. Reserve the week of July 15th – July 18th. See Marilyn Reppert for registration forms or the information table in the narthex.

If you aren't sure the age for Kid's Team and have a child or grandchild that might be looking to join, most Kid's Team activities are planned for ages K-4 through 6th grade. If you aren't already receiving Kid's Team announcements, please check in with Kathy Follett or Meredith Myers.

Youth/Young Adults

Here are the upcoming activities for the Youth/Young Adults for the next few months of 2024:

May 31 – June 2 – Spring Retreat in Cassville

June – date TBD - assisting at Pine Acres to build roofs on play areas

June 30th – Living Room Chat as part of the morning service

July 27th – assisting at the Community Picnic

If you know of someone between 7th grade and 30 that is currently not receiving the Youth/Young Adults information, please contact Kathy Follett or Peg Scholl

Mission Corner

On June 23rd, the Evangelism & Mission team will be providing lunch after service. The June 23rd service is at PINE ACRES. The lunch will consist of chicken BBQ sandwiches. A sign-up sheet will be in the narthex for additional items needed for the lunch.

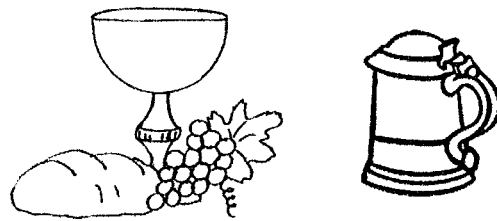
This year's mission trip will be returning to Wilmington NC to work for WARM. The week that has been chosen is August 3rd to August 10th. We have 11 participants for the trip. We will be departing very early on Saturday August 3rd for our 11-12 hour drive. We will then worship with Little Chapel both as part of their morning beach service and then as part of their traditional service later Sunday morning. Stay tuned to how you can help.

On Saturday July 27th we will be hosting the summer Community Picnic. Weather permitting, this will be held in our church parking lot adjacent to the church with Liberty St closed off for the day. We will be in need of helping hands to move tables/chairs, line servers and bussers. Meal will include burgers/hot dogs, pasta salad, beans and finish with an ice cream bar. Ways that you can help will be shared at the narthex table end of June through July. In case of inclement weather, we will be in Fellowship Hall.

Future dates to reserve are:

September – Saturday Sept 21st – Grill night at American House (Food prepped at St Mark's and served at American House)

Oct 6th – Sunday night meal at the Lebanon Rescue Mission



Our Roots

History has no set beginning points, and so it is with the roots which led to the establishment of this congregation, St. Mark's U.C.C. of Lebanon, PA. Our ancestors were predominately German, having come to this valley through the port of Philadelphia or via New York State and the Schoharie Valley. Led by men like Conrad Weiser, they brought their families down the Susquehanna and up the Swatara into a wilderness, rich in natural resources, but more importantly, rich in freedom.

Along with the waves of immigrants came one John Conrad Tempelman who first settled in Conestoga Township, Lancaster County. Although a tailor by trade, he was soon persuaded to lead his neighbors in religious worship. By 1734 he was ministering to a total of six congregations and had begun administering the sacraments.

Tempelman's influence in the Lebanon Valley soon followed his settlement at Rexmont in 1737. In the years which followed he either founded or served all the Reformed Churches (7) of Lebanon County with the single exception of Schaefferstown. His faithful dedication was recognized by Michael Schlatter, organizer of the Reformed Churches of America, who ordained Tempelman in 1752.

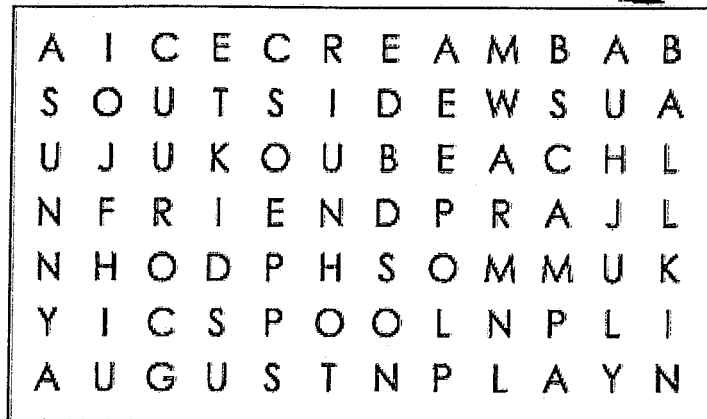
One of the churches served by Tempelman was Die Grubben Kirche, located about two miles southeast of Lebanon along Fonderwhite Rd. north of Evergreen Rd. This union church, Lutheran and Reformed, was established in 1747, Tempelman probably being its first pastor. The communion vessels of this early church, a chalice dated 1757, and a tankard dated 1760, can be found in the Lebanon county Historical Society today.

Jim Schucker

KID'S KORNER



Summer Time



Find these words in the puzzle. Words are hidden → and ↓.

AUGUST
BALL
BEACH
CAMP
FRIEND
HOT
ICE CREAM

JULY
KIDS
OUTSIDE
PLAY
POOL
SUNNY
WARM



CHOCOLATE CRINKLES

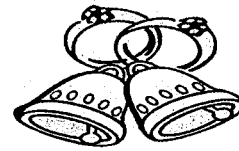
½ cup vegetable oil
4 squares unsweetened chocolate (4 oz. melted)
2 cups granulated sugar
4 eggs
2 teaspoons vanilla

2 cups flour
2 tsps. baking powder
½ tsp. salt
1 c. confectioners sugar

Mix oil, chocolate and granulated sugar. Blend in one egg at a time until well mixed. Add vanilla. Measure flour by sifting. Stir flour, baking powder and salt into oil mixture. Chill several hours or overnight.

Heat oven to 350 degrees. Drop teaspoonfuls of dough into confectioners sugar. Roll in sugar; shape into balls. Place about 2" apart on greased baking sheet. Bake 10 to 12 minutes. Do not overbake. Makes about 6 dozen cookies.

This recipe is in the St. Mark's Evangelical and Reformed Church Recipe Book and is from Mrs. Louise Follett.



JUNE BIRTHDAYS AND ANNIVERSARIES

Birthday		Anniversary	
June 3	Peter Wolf	June 27	Peter & Annette Pyles
June 4	Morgan Kline		
June 6	Douglas Hummel		
June 16	Roxanne Carpenter		
June 20	Nathan Musselwhite		
June 21	Eva Miller		
	Kristina Shearer		
June 23	Mary Anne Gutwalt		
	Sandra Hanley		
	John Ristenbatt		
	Todd Ryland		
June 27	John Fernsler		
June 28	Charlotte Wengert		
June 29	Margaret Scholl		

SENIOR CORNER

Juanita Fuhrman
Juniper Village
1125 Birch Rd., Room 122
Lebanon, PA 17042
717-273-6588

Ginny Gruber
306 S. 5th Street
Lebanon, PA 17042
717-272-2020

Please send notes, cards or give them a phone call. Let Juanita and Ginny know that St. Mark's has not forgotten about them. Thank you.



June 2024 Make A Note of It...

Thank you to all those who participate in the music ministry and assist in enhancing worship at St. Mark's through special music. Your efforts are welcomed and appreciated. A special thank you to our church family for your continued encouragement and support of the church's musical endeavors.



Prayers for our organist/accompanist Cindy as she recovers from her carpal tunnel surgeries. May relief come to her successfully, completely, and comfortably without complications. **Thank you to Pastor Dave, Kathy, and Tim** who will be assisting with worship/music as Cindy takes the time needed to heal and recover.

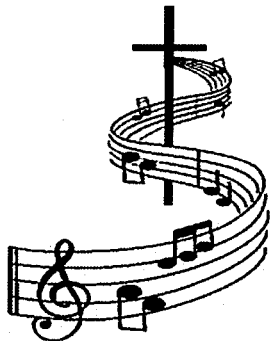
Seeking volunteers to provide special music this summer June through September. Look for the sign-up sheet on the music bulletin board in the narthex and please sign up. Please remember to contact the office with the title of your song, the composer and/or arranger, the date it was published and who published the song. This is needed for the bulletin and for license reporting purposes. Only one musical selection relating to worship theme is necessary. Thank you.



Sing to the Lord a Joyful Song. That is indeed what happened on Sunday, May 19th. Thank you to everyone who stepped up to the plate and pitched in to lead this special service of word and music. All the music ensembles and congregation offered beautiful music praising God and honoring the music ministry of the church. Many thanks to Ken Shultz, Peg Scholl, Heidi Fox, Kathy Follett, Pastor

Dave and others for making this Sunday a special day for the musicians and congregation. Always nice to see the music banners in the church service.

Attention All Music Ensembles (choirs/bells): Here is the *Spring 2024* rehearsal/musical offering schedule for choirs and bells (subject to changes):



Adult Choir:

As of now, we rehearse every Sunday morning before church starting at 8:30am with assistance from Ken Shultz as needed. See musical offering schedule below.

June 2 - *Be The Church*

Thank you for a great season of music making. Enjoy your summer break and be sure to check out the August Newsletter for updates about the fall season.



Children's Choir:

We rehearse at children's church Sunday mornings during worship with assistance from Peg Scholl, Heidi Fox, and Kathy Follett.

Thank you for a great season of music making. Enjoy your summer break and be sure to check out the August Newsletter for updates about the fall season.



Bell Choir/Quartet:

As of now, we rehearse on select Tuesday evenings at 7:30pm with assistance from Ken Shultz as needed. **Thank you for a great season of music making. Enjoy your summer break and be sure to check out the August Newsletter for updates about the fall season.**

I want to express my sincere gratitude to all the church musicians who gave of their time and talent to participate in the music ministry at St. Mark's UCC this musical season. From choir to children's choir to bells to special music as well as summer musical offerings; all of it was a blessing to the church and the community. Thank you also to Ken Shultz, Peg Scholl, Heidi Fox, Kathy Follett, Cindy Johnson and others for helping to keep the music ministry operating during the music ministry coordinator's continued health issues. With much appreciation I thank you and the congregation thanks you too. I hope you have an enjoyable and restful summer and look forward to making music again this coming fall.



An Update from your Music Ministry Coordinator:

I would like to take this opportunity to thank you for your prayers, cards, and emails as I continue my leave of absence to recoup and recover from my illness. I appreciate the continued kindness, grace, and support shown by the church, congregation, Personnel Committee and Consistory and thank Ken, Peg, Heidi, Kathy, and Cindy for stepping in as needed. I'm also thankful for the accommodations that have been made so I can continue to contribute to the music ministry. By the time you read this I will be completely off the Cymbalta but still on Lexapro,



however, we may have to come up with another plan as the Lexapro alone may not be enough so I may need to try a new med altogether. That's always a tough time weaning off one drug and trying another medication. At my last doctor's visit I found out I need to increase my vitamin D and vitamin B intake. I've gained some weight so I have to keep my blood pressure in check too. I miss making music with my church family and attending church. I was able to attend my son's last college choir concert but sadly I had to watch his graduation from college online at home. That's the anxiety/ocd talking. It's very challenging to push through severe anxiety/ocd as it likes to push back and keep me from doing things. Anxiety/ocd creates physiological symptoms that can be debilitating and difficult to overlook. Unfortunately medication can only do so much but it would be nice if I could find something that provided better relief. I am super sensitive to any sensation I feel in my body. I have to figure out how to overcome that and live through and lean into the distress which is really hard to do. Exposure therapy to retrain the brain is tough work. It can cause me to be laid up for days after one exposure as was the case after attending my son's concert. I'm hoping I can get enough courage to start attending church even on a modified schedule. My therapist really wants me to try to make the effort. Please keep in mind though that my visits may be brief and require minimal interaction with others at first. It will require me to build up stamina and confidence as it will be an exhausting process. There is still much to learn about long covid so doctors do not know how long recovery can take thus I don't know when I will be well enough to work full and part time again especially when other symptoms keep popping up. My therapists and doctors indicated that my condition may have been years in the making and that the trauma caused by having covid one time triggered my current health crisis so it's going to take a much longer time to heal. I try to remain hopeful but I'm sure you can see how this can be a challenge at times like these. Your continued prayers for good days and complete healing are appreciated as my recovery continues.



With every best wish,

Jeffrey Clouser,
Music Ministry Coordinator

Adult Bottle Painting with Deb Ryland

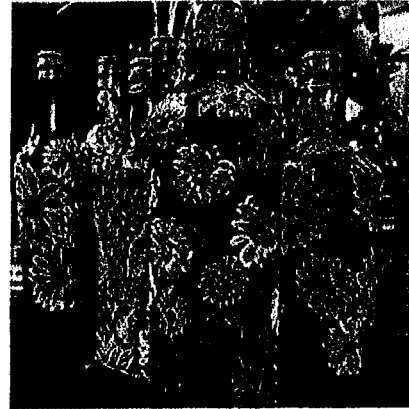
Our theme:

“Fellowship Fun”

Saturday, June 22, 2024

Fellowship Hall

9:00 a.m. - 11:00 a.m.



Light brunch will be available

\$10/pp donation

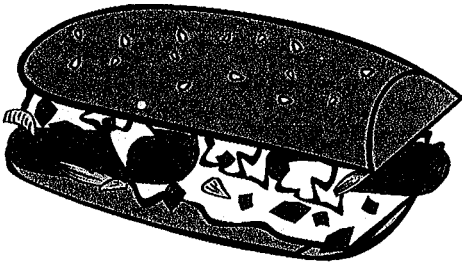
Deb Ryland will guide you through the process of creating a personal artwork that is unique and one-of-a-kind.

NO experience necessary!

A bottle will be provided but feel free to bring one of your own to paint.

There will also be optional fairy lights to purchase (\$2.00 ea)

Sign-up in the Narthex by June 16 to reserve your spot or see Diane Vogel or Deb Ryland.



Sub Coupon Sale
June 2, 2024 - June 16, 2024
DINUNZIO'S HOAGIES

- **8 Poplar Street, Lebanon 17042**
- **Tues-Fri (10AM-2PM) Sat (10AM-1PM)**
- **Orders may be placed by phone(717-273-5852) for same day pick-up**
- **Cost of coupons \$12.00**
- **No expiration on coupons**
- **Coupons will be available in the Narthex beginning June 2, 2024 – June 16, 2024**

This is a fund-raising projects coordinated through the Fellowship and Hospitality Committee

Watch bulletin for reminders

Questions: Please contact Diane Vogel in church or call 717-269-9431

JUNE

PRAYER AND EVENTS CALENDAR

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Candace & Stephen Wentzel
2 Melvin Werner Worship-10 AM Communion DiNunzio Sub Coupons	3 Paul, Jennifer, Logan & Olivia Whitman	4 Heather Whorley	5 Gail Winters Bible Study - 10 AM	6 Dale & Barbara Wise	7 Doreen Wise	8 Steven Wise Kid's Team Mini-Golf - 6:30 PM
9 John Witter Worship-10 AM DiNunzio Sub Coupons Mission Trip Mtg. - After church	10 Karl Wolf Christian Ed Comm. Meeting - 6:30 PM (Deb Follett's Home)	11 Peter & Theresa Wolf	12 Priscilla (Bish) Wolf Bible Study - 10 AM	13 Stephanie & Alex Andreozzi Spiritual Council - 6:30 PM Consistory Mtg. 7:00 PM	14 Gary & Kathy Andrews	15 Norma & Bradley Arnold
16 Bettie Aurentz Worship-10 AM DiNunzio Sub Coupons	17 Jeffrey & Colette Aurentz	18 David & Lynn Balmer	19 Kimberly Balmer Bible Study - 10 AM	20 Betty Bartal	21 Keith Bartal	22 Nancy Basselgia Women's Painting Party 9 AM to 12 PM (Breakfast included)
23 Bob & Kelly Bell Worship-10 AM at Pine Acres - Lunch	24 Nathaniel Bell	25 Zachary Bell	26 Karen & Ed Bennett Bible Study - 10 AM	27 Linda & John Bering	28 Sarah, Dylan, & Roman Blauch	29 Judy Blouch
30 Barry & Cathy Bossler Worship-10 AM - Young Adult Living Room Session						