

Newsletter

Little Swatara Church of the Brethren

Office Phone (717)933-4723 Office Fax (717)933-9223

www.LittleSwatara.org

"Little Swatara is a Christ-centered Community of caring and serving people committed to peace and following Jesus Christ to: Grow Spiritually, Build Christian Community, and Share the Good News"

Worship Services 8:15 and 10:30 a.m.
Volume XLX

Matthew S. Christ, Pastor
October, 2016

Sunday School 9:30 a.m.
Number 10

This month we tune in to what a daily devotional author named Cindy writes. She asks: What stresses you out?

Work? Finances? Your kids? A project you are working on that doesn't appear to be coming together? An over-packed schedule that has you striving for the impossible?

Maybe it's even your ministry or service to God that has you stressed out!

Stress results when we worry that something won't work out the way we are hoping. It is the opposite of faith – which is *"confidence in what we hope for and assurance about what we do not see"* (Hebrews 11:1).

And God doesn't want you to stress. Here's why:

1. Stress sends a message to God – and everyone else – that He isn't capable. We don't consciously believe that, but our actions display it every time we wring our hands, pull out our hair, or leave the room to let off steam. Stress says to others "I have to work this out myself, because I'm on my own."

2. Stress keeps us from enjoying a relationship with God. When I wrote my books, *When Women Long for Rest* and *When You're Running on Empty*, I realized, through personal experience and study of the Word, that God would rather have us be *with* Him than do a bunch of things *for* Him. I see that in Jesus' response to a man who asked Him about the greatest of all the commandments. Jesus' answer was *"Love the Lord your God with all your heart and with all your soul and with all your mind"* (Matthew 22:37).

God is focused on relationship. We tend to be focused on activity. He is the One who tells us to "be still" (Psalm 46:10) and to come to Him and rest (Matthew 11:28). We are the ones who are constantly striving to do more.

Yet, as we spend time cultivating a love relationship with God, we will then know how to serve others and we will be able to discern His gentle voice saying "This is what I have for you" or "Step in and help with that." And when God directs us toward work it will never be at the expense of overlooking our primary responsibilities (to God, our marriage and family), or feeling over-extended.

3. Stress makes us careless. God knows when we are too busy, we will get run down and won't be on our best game. We will make decisions that aren't the best, carry out actions that aren't the best, and begin to live a life that is bent on our preferences, not God's. More importantly, when we are stressed, we tend to respond in a way that isn't glorifying to God. In *Philippians 1:27*, followers of Christ are told, *"Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ."* Notice that word *whatever*.

Whatever comes in the mail today...

Whatever happens at work...

Whatever your bank balance says...

Whatever your spouse says – or doesn't say – today...

Whatever someone else says about you, whether you deserve it or not...

Whatever grade (or disciplinary report) your child brings home...

Whatever comes your way in any given day, you are to live in a manner worthy of the gospel of Christ.



(continued on next page)

The Gospel of Christ is that He left heaven to come to this earth, live an obedient life to His Father, and then died to be the sacrifice for our sins so we can live eternally when we place our faith in Him. The Gospel of Christ proclaims that Jesus Christ is capable. Our stress says He's not.

If Jesus is capable of securing our *eternal* life, He can certainly take care of matters in our *everyday* life.

So, instead of stressing about all you can't control, start resting in the Only One who can control all things. Here's how:

A – Admit you are not in control, but God is. Simply acknowledging that you don't have control over certain situations, but they didn't take God by surprise, may help you stop striving and start trusting.

B – Believe God wants only the best for you. Because of that, He will allow whatever will shape you and mold you into the likeness of His Son. That may mean difficult times. That may amount to financial struggles. That might possibly mean health problems. But whatever it is, know God can handle it and work it for good in your life, by making you more like Christ through it ([Romans 8:28-29](#)).

C – Commit yourself to a deeper knowledge of God. Do you want to grow through your grievances, and become stronger through your struggles? Then seek to know God deeper through whatever you are going through. Your difficulties can be doorways to discovering a deeper intimacy with God if you allow Him to show you something of Himself during your stressful times.

[Philippians 4:6-7](#) instructs, *"Don't worry [or stress] about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus"* (NLT).

There you have it. Praying about what stresses you out – and thanking God for being in control of it – will bring peace and an inner calm. Trade your stress for peace. God wouldn't have it any other way. May you be truly blessed this month.

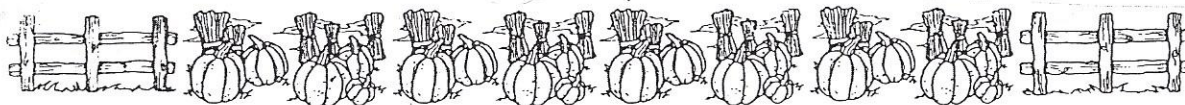
The Lord be with you.
Pastor Matt Christ



THE GATHERING PLACE

I heard it at the café. . .

A husband brought his wife to the café for her 50th birthday. They have lived in the area for about a year and really enjoy the café.



CHRISTIAN LOVE AND SYMPATHY TO THE FAMILY AND FRIENDS OF...

-George Bashore, who died August 31, 2016. He is survived by his wife, Shirley Bashore; children and families: Charles Bashore, Debra Souders, Michele DeCosta.

-Linda Heisey died September 5, 2016. Condolences to her siblings: Doris, Barbara, June, Susan, Glenn, Paul.

-Pat Timmins on the death of her father, Ray Berger, who died September 4, 2016.

-Annetta Keeney, wife and children and families: Pamela, Keith, Rodney, on the death of Orwin Keeney who died September 15, 2016.

-Martha Klahr, who died September 20, 2016. She is survived by many nieces and nephews.



Members Birthdays for October:

Matthew Bicher	1		
Flora Willette	2	J. Hershey Myer	12
Mia Hussmann	3	Kenneth Wenger	12
Tammy Trout	3	Alexis Yenser	12
James Batz	4	Beverly Zimmerman	12
Aaron Hartranft	5	Stephanie Bostwick	13
Sara Bryant	6	Robert Houser	13
Jennifer Younker Mirth	7	Rae Derr	13
Valerie Johnson	7	Gina Borelli	14
Karen Myers	7	Renee Hershey	14
Loretta Fittering	9	Jennifer Bashore	15
Scott Gerberich	9	Sara Kolbe	15
Debra Neifeld	9	Carol Peace	16
Shirley Blouch	10	Alan Bashore	16
Tiffany Bicksler	12	Robert Sweitzer	18
		Sandra Manbeck	18
		Alexander Hollenbach	20
		Craig Luckenbill	20
		Pete Sanchez	20
		Judie Ziegler	21
		Lisa Care	26
		Andrew Hollenbach	26
		Harvey Zimmerman	26
		Shawn Foesig	31
		Dorothy Lutz	31

PLEASE NOTE: Sunday, October 2, 2016 our fall Love Feast and Communion will be held immediately after the **10:30 a.m. Worship Service in the Fellowship Hall.** This day is also World Wide Communion Sunday; plan to stay for the Sacraments of this Holy Day which Christ has instituted his people to partake in.



WOMEN'S FELLOWSHIP – The women will be making chow-chow again on October 5, beginning at 8:00 a.m. If you are available to help, it would be greatly appreciated.

October 29 - A Buffet Breakfast will be served in the Church Fellowship Hall from 7:00 – 10:00 a.m.

November 5 – The Christmas Bazaar will take place in the Fellowship Hall from 8:00 am – 1:00 p.m. This is a good place to do your Christmas shopping!

October 3 – The monthly Women's Fellowship meets in the Ladies Aid Room at 7:00 p.m. All women are invited to attend.

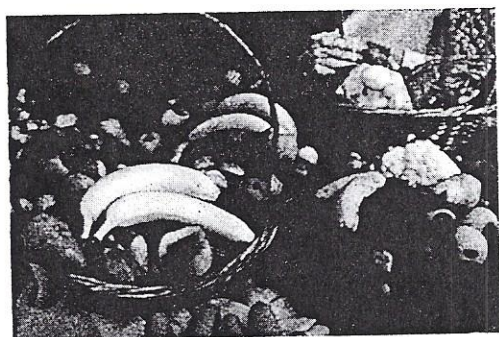


HARVEST HOME SERVICE

The Annual Harvest Home service will take place on Sunday, October 23, 2016. After the bountiful harvest of the season, you may bring non-perishable produce to the church, in gratitude of what the Lord has provided (bring to the kitchen entrance at the steps). Part of the donations will be placed on the Worship Table in the Sanctuary, and after the service all will be given to the Bethel - Tulpehocken Food Pantry to be distributed to those in need.

Thank You for your contributions!

-Missions and Evangelism Ministry Team

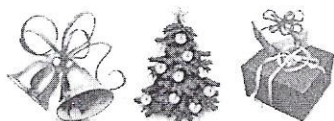


GOLDEN AGE DINNER

October 30, 2016 is designated as "Golden Age" Day, when a noon meal will be served to persons aged 60 years and over. Please sign up on the paper in the Narthex if you can attend. This meal is in appreciation of your service (in many capacities) to the church in past years.

After partaking of a great meal, a program will be presented by Conlan Kershner, banjo player.

Hope all senior members and attendees can be present.

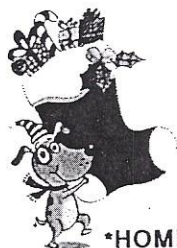


The Women's Christmas Brunch will be held in the Cottage at Country Fare Restaurant on Saturday, November 19, 2016 at 9:00 a.m. Don't forget to sign up on the sheet in the Narthex as seating is limited.

LEBANON VALLEY BRETHREN HOME 5:30 pm.

You are invited to Lebanon Valley Brethren Home's **GOOD SAMARITAN FUND DINNER** on **TUESDAY, OCTOBER 11, 2016**. We hope you will gather with us to celebrate our tradition of giving from the heart and helping to make a difference in the lives of others. Our Good Samaritan Fund Dinner was established over thirty-five years ago and this annual dinner continues our tradition of raising benevolent care funds to assist those who can no longer fully afford to pay for their care and housing.

LEBANON VALLEY BRETHREN HOME 1200 Grubb St. Palmyra, PA. 17078 FALL HARVEST AND CHRISTMAS BAZAAR



OCTOBER 22, 2016
8:00 A.M.-1:00 P.M.

HAM AND EGG BREAKFAST
7:30 AM-10:00 AM
TICKETS: \$7.00

HOMEMADE COOKIES BY THE POUND

**CRAFTS, PLANTS AND PRODUCE, BAKED
GOODS, NUTS**



JEWELRY AND BOUTIQUE ITEMS

****J.O.Y. BOOKSTORE****

****GIFT BASKETS****

****CHRISTMAS SHOP****



LVBH WOOD WORKER'S TABLE

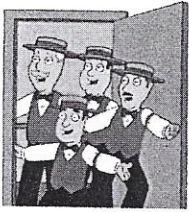
THE THRIFT SHOP WILL BE OPEN

THE FOOD STAND WILL BE SERVING
SOUP, SANDWICHES AND DESSERTS.

"THE FAITHFUL MEN"

DINNER & CONCERT

**COME OUT AND ENJOY AN
EVENING OF GREAT FOOD,
GOOD FELLOWSHIP
AND GOOD OLD GOSPEL
SINGING!**



WHEN: SATURDAY, OCTOBER 22, 2016

**WHERE: LITTLE SWATARA CHURCH OF THE
BRETHREN, REHRERSBURG, PA**

**TIME: DOORS OPEN @ 6:00PM FOR
HORS D'OEUVRES' & COFFEE BAR
DINNER SERVED @ 6:30PM**



**SUGGESTED DONATION: ADULTS - \$10.00
UNDER 10 - \$6.00**

**CALL FOR TICKETS BY OCTOBER 18, 2016
MARY (610) 488-7603 or PAM (717) 933-4973**

**ALL PROCEEDS BENEFIT THE LITTLE SWATARA
HAITI MISSION TRIP IN 2017**

WOMEN'S FELLOWSHIP

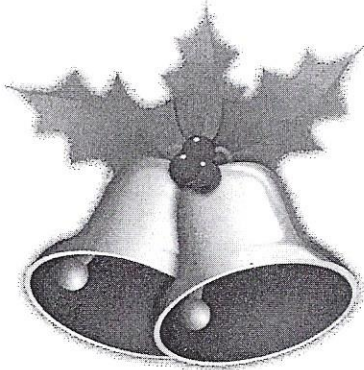
CHRISTMAS BAZAAR – November 5, 2016

Little Swatra Church of the Brethren
8:00am. – 1:00 pm.

Donations needed:



Contact Sally Emerich, 717-304-2856 to reserve a
Table at \$10.00 or questions



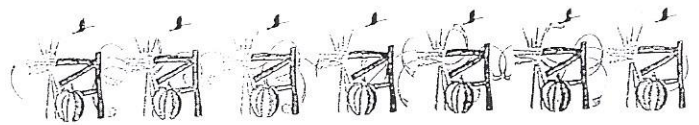
FAMILY WELLNESS CONFERENCE

October 8, 2016
8:00 am – 2:00 pm.

St. Thomas Church, Bernville, PA

Join us at this Free Family Wellness Conference to learn how to recognize signs and symptoms of depression and how we can help. Talk to professionals who have been invited to share their information and services with you and give help in finding resources that can offer hope and advice.

Registration – 8:00-9:00 am.
Sessions – 8-9 am.; 12-2 pm
Free bagged lunch provided



40th Annual Women's Spiritual Retreat Speaker – Belinda Hess

CONESTOGA CHURCH OF THE BRETHREN
October 16, 2016

Theme: Mold Me, Make Me, Use Me
Jeremiah 18:6

OFFERING PROJECTS:

AM – Talking Bibles – Cross Links
PM – Vine Ministry – Pastor Danielle Family, Haiti

WHEN: Wednesday, October 19, 2016

Registration, Refreshments – 9:00 a.m.

AM Session – 9:30-11:30

PM Session – 12:30-2:00

Speaker: Belinda Hess lives in the Lititz area, is a wife, grandmother. She has spoken to Women's Groups, teaches Bible Studies, Sunday School, and has been leading classes for widows.

Note: No child care will be provided. Lunch for those pre-registered – please call the church. Registration deadline is October 12, 2016.

MEN'S MINISTRY

October 15 – 8:00 a.m. Weatherization Project -
Men, we need your help, sign up in the Narthex

October 22 – 7:00 a.m. All men and teenagers -
come join us for breakfast, fellowship, devotions
at the Blue Star Restaurant

Feeding Trough

Beginning October 6, we are starting back up and looking for a new year and a new out-reach ministry for Bethel. Come join us at the café from 6-7 p.m. Questions? Call Bud Larimer at 570-581-0070



Little Swatara Preschool

October 2016



Dear Preschool Friends,

The staff sends a refreshingly cool and welcoming hello to you on this beautiful fall morning. We are excited about having your child here at Little Swatara Preschool. It is a joy to see the smiles on their faces as they arrive and are ready for class to begin.

We have been busy getting to know each other, learning friend's names and becoming familiar with classroom rules. We often use small group activities and games to reinforce what has been taught in class. The Pre Kindergarten students will be using shaving cream and sand to practice letter formation. The Preschool classes are using paints and crayons to reinforce color recognition. The children are learning about the "best listening position", to wait their turn, and how to politely respond to others.



There are so many things to learn in a classroom environment. We are off to a great start!



In order that each child is able to give their best effort at Preschool it is important for the children to have a good night of sleep, 8-10 hours, before coming to Preschool. They use a lot of energy while learning and playing. We are painting, singing, building and moving from center to center. We are working hard at concentrating, following directions and cooperating. While this is fun, the children expend much energy throughout the day because it is hard and tiring work. A well rested child performs better and enjoys participating in activities at Preschool.

If you have any questions concerning your child and their Preschool experience, please talk with a classroom teacher or Miss Cindy. I am available at the church (717)933-4500 or my home (717)274-9875. Please know your child is important to us and we want to make learning fun.

In Christian Service, Miss Cindy



CLASS PICTURES

Class pictures will be taken the week of October 3-6 by Ed Krick of Outback Photography from Lebanon. This is the seventeenth year he has photographed our students. He will be taking individual and class pictures of our four classes. A memory folder that includes (1) 4x5 student picture and (1) 5x7 class picture will be available. There will be different packages to choose from along with additional items. All checks must be written to **OUTBACK PHOTOGRAPHY**. Payment must be made the day the pictures are taken. Pictures will be taken on the following days:



October 4 - Tues/Thurs class.
October 5 - Mon/Wed class and Pre K 3 class.
October 6 - Pre K 1 class.



"Simply Fragrant"

The Preschool board is sponsoring a fundraiser. They have chosen to sell hand poured soy candles from Chestnut Hill Candle Company. The candles are 10 oz jar candles that burn 70 hours. The cost for each candle is \$10.00. Family and friends are invited to raise funds for classroom resources and other essential educational needs. The sale will start October 5 and end October 21, with an approximate delivery date of mid November. We want the candles to be in your possession before Thanksgiving. Information will be sent home in each students book bag October 3 or 4. These candles make great Christmas gifts.



Classes are Full (what a blessing)

We have had a number of changes in our class sizes. Please check the class that your child is in and note the current number of students. Please refer to this updated number when providing snack.

Mon/Wed class 14 students

Tues/ Thurs class 14 students

Pre K class 14 students

Pre K 3 class 10 students



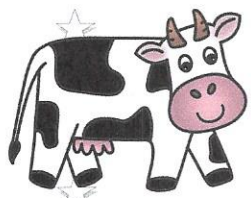
**HELP: PLEASE SAVE CARD BOARD
TOILET PAPER ROLLS FOR
CLASSROOM CRAFTS.**



PRESCHOOL FIELD TRIP

September 28 & 29 held exciting trips to Wheelcrest Dairy Farm for our M/W and T/Th preschool classes. I want to thank each parent/ grand parent that attended the trip with their preschooler. We had an enjoyable time learning about farming, cows and milk production. The hayride was a lot of fun, and, it's always fun to see the children react to the

calves. I want to thank Tiffany and Jonathan Bicksler for providing us with a day that was both educational and fun. THANK YOU!



COLUMBUS DAY Preschool will be in session on Columbus Day, October 10, 2016. It will be a regular class schedule. If your child will not be attending, please notify their teacher.



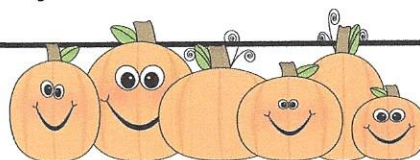
Cough and Cold Season

Parents, please encourage your preschooler to develop healthy habits when it comes to caring for themselves and dealing with a cold or cough.

Cough and sneeze?
Elbow, please!




Using healthy habits helps us to keep from spreading germs to our friends and keeps us feeling good too. At Preschool we encourage the children to cough or sneeze into either a tissue or the bend of their arm if there is no time to reach a tissue. Tissues are to be used when wiping noses. Take time to show your child how to hold a tissue when they need to blow their nose. They are permitted to use the restroom to wash hands as needed. Our goal is to promote healthy habits to be used not only at Preschool, but throughout life. Ask your child to sing the "Coughing Sneezing" song for you, it seems to be a favorite.



PRACTICE PAPERS (Homework)

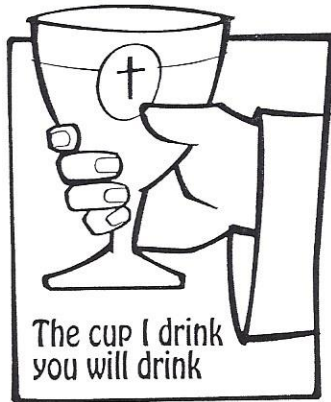
To reinforce writing skills, letter formation and following directions, practice sheets are used. Practice papers that are sent home do not need to be returned to class. Encourage your preschoolers to complete the practice sheet, however please do not make this a battle. Any additional practice of skills being completed at home is beneficial to your child. If your child would like to show their work to their teachers, the teachers would love to see it and praise the child's work. The teachers will often give a sticker as a reward for a "Job Well Done". This shows the child that they are important to their teachers and that their effort is appreciated.

OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Newsletter Deadline PRAISE TEAM @8:15am Youth Event 12:00 PM Spiritual Nurture Meeting Church 4:00 PM PAV RES. SCOUTS	26 8:45 AM Exercise Class 10:00 AM Seated Exercise Class	27 Ministry Team Minutes Due 12:30 PM 50 Plus Meets 6:30 PM Den Meeting	28 8:45 AM Exercise Class 10:00 AM Seated Exercise Class 7:00 PM Jubilee/7:30JOY Practice 7:00 PM Ladies Bible Study 8:00 PM Praise Team Practice	29 8:00 AM Knitting comforters begins soon. 5:00 PM TOPS Mtg 7:15 PM Senior Choir Practice	30	1
2 JOY @ 8:15am/Sr. Choir @ 10:30am World Communion Sunday Youth Event 12:00 PM LOVE FEAST 6:00 PM Christian Poetry Fellowship 6:00 PM Scout Leader Meeting	3 8:45 AM Exercise Class 9:45 AM Caring Connection Group 10:00 AM Seated Exercise Class 10:00 AM Shepherding Trng-Hain's Church 7:00 PM Women's Business Meeting	4 9:00 AM Sanct Res. PS Photo Days 7:00 PM Leadership Team Meeting	5 8:00 AM Chow Chow making 8:45 AM Exercise Class 9:00 AM Sanct Res. PS Photo Days 10:00 AM Seated Exercise Class 7:00 PM Jubilee/7:30JOY Practice 8:00 PM Praise Team Practice	6 9:00 AM Sanct Res. PS Photo Days 5:00 PM TOPS Mtg 6:00 PM Cafe Feeding Trough BIBLE STUDY 7:15 PM Senior Choir Practice	7 6:00 PM Tiger Scouts meet	8 7:00 AM ANE District Conference 8:00 AM Family Wellness Conf.-St. Thomas Church/Bnvl
9 Food Pantry Collection Mission of the Month: FOOD PANTRY 10:30 AM PRAISE TEAM	10 8:45 AM Exercise Class 10:00 AM Seated Exercise Class	11 12:30 PM 50 Plus Meets 5:30 PM Good Samaritan Fund Dinner-LVBH 6:30 PM Den Meeting	12 8:45 AM Exercise Class 10:00 AM Seated Exercise Class 12:00 PM Senior Adult Fall Fellowship Banquet 7:00 PM Jubilee/7:30JOY Practice 7:00 PM Ladies Bible Study 8:00 PM Praise Team Practice	13 5:00 PM TOPS Mtg 6:00 PM Cafe Feeding Trough BIBLE STUDY 7:15 PM Senior Choir Practice	14	15 8:00 AM Winterization Project 5:00 PM Churches FALL FESTIVAL
16 HARVEST HOME SUNDAY 10:30 AM WLBR Broadcast Sunday	17 8:45 AM Exercise Class 10:00 AM Seated Exercise Class	18 7:00 PM Ministry Teams Meet	19 8:45 AM Exercise Class 9:30 AM Women's Spiritual Retreat-Leola 10:00 AM 50+ Bus Trip 10:00 AM Seated Exercise Class 12:00 PM Sr. Adult Fall Fellowship Banquet-New Holland PA 7:00 PM Jubilee/7:30JOY Practice 8:00 PM Praise Team Practice	20 5:00 PM TOPS Mtg 6:00 PM Cafe Feeding Trough BIBLE STUDY 7:15 PM Senior Choir Practice	21  Jr. High Retreat/Camp Swatara 2:00 PM Bethel Food Pantry meet	22 Jr. High Retreat/Camp Swatara 7:00 AM Men's Ministry Prayer Breakfast 8:00 AM Fall Harvest & Christmas Bazaar at LVBH 6:00 PM FAITHFUL MEN DINNER CONCERT
23 Jr. High Retreat/Camp Swatara Newsletter Deadline PRAISE TEAM @8:15am/Jubilee@10:30am	24 8:45 AM Exercise Class 9:45 AM Caring Connection Group 10:00 AM Seated Exercise Class	25 Ministry Team Minutes Due 12:30 PM 50 Plus Meets 6:30 PM Den Meeting	26 8:45 AM Exercise Class 10:00 AM Seated Exercise Class 7:00 PM Jubilee/7:30JOY Practice 7:00 PM Ladies Bible Study 8:00 PM Praise Team Practice	27 5:00 PM TOPS Mtg 6:00 PM Cafe Feeding Trough BIBLE STUDY 7:15 PM Senior Choir Practice	28	29 7:00 AM WF Fundraiser Breakfast Buffet
30 12:00 PM GOLDEN AGE DINNER	31 PAVILION CLOSED 8:45 AM Exercise Class 10:00 AM Seated Exercise Class	1 7:00 PM Leadership Team Meeting	2 8:45 AM Exercise Class 10:00 AM Seated Exercise Class 7:00 PM Jubilee/7:30JOY Practice 8:00 PM Praise Team Practice	3 9:00 AM Women's Fellowship Mtg 10:00 AM Shepherding Trng-Hain's Church 6:00 PM TOPS Mtg 6:00 PM Cafe Feeding Trough BIBLE STUDY	4 6:00 PM Tiger Scouts meet	5 8:00 AM HOLIDAY BAZAAR-LSC



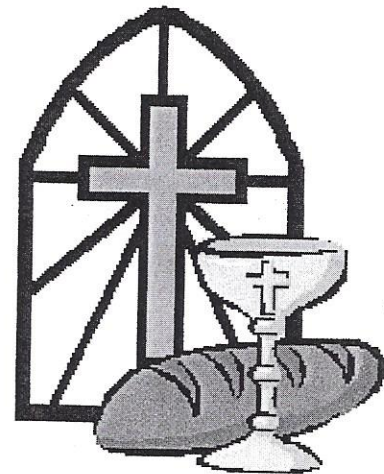
Little Swatara Church of the Brethren
31 Rehrersburg Road
P O Box 437
Bethel, PA 19507



October 2016

BREAD OF LIFE

When we receive the bread offered during Holy Communion, it's the spiritual equivalent of receiving free bread. No matter how you slice it in terms of your own denominational tradition, the "real" bread and "real" drink connect us deeply and spiritually with God through Christ. We are nourished by the grace we receive, encouraged by the diverse crowd around us and strengthened to live life to the full. There's no substitute for the love and life we experience when we break the Bread of Life. Like Peter we cry out, "Lord, to whom [else] shall we go? You have the words of eternal life" (John 6:68, NIV).



"TO BE A CHRISTIAN CONGREGATION ANYWHERE IS TO BE PART OF A MISSION THAT REACHES OUT TO THE ENDS OF THE EARTH."