

JUNE 1 - WORSHIP - GRADUATE RECOGNITION SUNDAY - 10 AM
JUNE 1 - FELLOWSHIP HOUR FOR GRADUATES - 11 AM
JUNE 8 - WORSHIP - COMMUNION - 10 AM
JUNE 8 - SECOND SUNDAY SOCIAL - 11 AM - JAPANESE GARDENS
JUNE 15 - WORSHIP - 10 AM
JUNE 22 - WORSHIP - 10 AM
JUNE 29 - WORSHIP - 10 AM

June



St. John's UCC
1050 Buffalo Road
Lewisburg, PA 17837
stjohnslewisburg.org





In a song from the early 1960's, Nat King Cole sings "Roll out those lazy, hazy, crazy days of summer". Every year as summer approaches, this song runs through my brain more times than I would like to admit! Summer is approaching - schools take a breather (in most locations), some organizations take a break, the days are longer and many people are able to schedule summer vacations.

This year I am even more mindful of the "days of summer" because I will complete my sabbatical months in June and July. I am excited about this time, realizing it will go by quickly. I am aware that I will miss you personally and I will miss the rhythm of weekly worship, meetings and activities. Having said that, my prayer is that God will refresh my spirit and our congregation during this valuable time you are providing. Thank you!

Here are some of my plans:

June 13-14 - Penn Central Conference Annual Meeting in Harrisburg. This meeting will be especially bittersweet as we share the excitement of the ways God will work through the soon to be "Keystone Conference" bringing together the 4 Pennsylvania related Conferences of the UCC. This will likely be the last time we gather as the "Penn Central Conference" so we will be celebrating together the over 60 years of sharing in ministry in Christ's name.

July 10 through 15 - Riley and I will be traveling to Kansas City, Missouri for the UCC General Synod Gathering. Riley will be serving as a delegate for Penn Central Conference. It is at this gathering that the delegates will vote to officially approve the Keystone Conference and discuss and vote on other business of the church and resolutions for future advocacy and action. Please keep the delegates, guests, speakers, and leaders in prayer during this important time of worship, fellowship and action.

July 27 through August 2nd - You will find me at my "happy place" - HC Spirit Homecoming Camp at Hartman Center Camp in Milroy, PA. I will be co-directing the week with my friend and colleague, Rev. Betsy Bruaw and sharing the week with an (always) amazing group of campers and volunteers. I ask your prayers for those who gather. Our theme this year is "Another Way" - during which time we will be invited to explore how, as Jesus followers, we can know that God calls us to do a new thing and faithfully forge another way - a loving and lifegiving way.

Next thing you know, I'll be back - with stories to tell, updates to share - and with new dreams and hopes for our work together at St. John's in Lewisburg.

Thank you all so very much for this precious gift of time - to learn, to rest, to worship, to pray and to share and fun and fellowship with family, friends and faith family. I am grateful.

In Christ's love, Alice

We are blessed to have another article about Wellness, written by member, Kristian Keefer. Thanks, Kristian, for inviting us to explore the meaning of rest, sabbath, and God's invitation to times of rest:

Taking a Day of Rest as God Intended Can Improve Your Health

Rest is more than just a day away from work. It's a vital part of living a healthy and balanced life. Many cultures and faiths have recognized the importance of setting aside time to rest and reconnect.

In the Bible, the commandment to keep the Sabbath was given over 3,000 years ago. It was a day dedicated to stopping work and focusing on worship, family, and reflection. Across cultures, rest has always been linked to spiritual renewal and respect for divine order.

Many faiths reflect the importance of rest. For instance, Jewish people observe Shabbat (a day of rest and worship from Friday sunset to Saturday sunset) and Yom Kippur a sacred day to reflect and make amends. Muslims get together for Jumu'ah (Friday communal prayer). These practices show that taking time to rest is a natural rhythm embedded in human history and culture.

Health Benefits of a Dedicated Day of Rest

Taking a weekly rest day can lower stress levels, which helps protect the heart. Rest reduces adrenaline and cortisol, hormones linked to stress and heart problems. Rest days give your body a chance to repair and strengthen your cardiovascular system.

Scientific studies show that adequate rest boosts the immune system. When you sleep or relax deeply, your body produces infection-fighting cells more effectively. Incorporating rest into your routine helps your body fight off germs and illnesses better.

Rested minds stay calmer. Research shows that taking breaks lowers cortisol, the stress hormone. When you stop constantly working or worrying, your mental health improves significantly.

Taking time off actually makes you more productive. Breaks improve your focus and creative thinking. Disconnecting from work and social media allows your mind to recharge.

A weekly rest day creates quality time. Families gather, friends connect, and communities celebrate shared traditions. These moments build trust and support to boost mental health.

Practical Steps for Embracing a Day of Rest as God Intended

Prepare your schedule so you're not rushing at the last minute. Finish chores earlier in the week and set reminders. This planning makes your rest day truly restful.

Limit screens and work emails. Turn off notifications and enjoy offline activities. Use this time to relax your mind from constant digital noise.

Stick with your rest day each week. Over time, you'll notice better sleep, less stress, and more energy. Tracking these improvements keeps you motivated.

Conclusion

Taking a day of rest as God intended offers many health benefits. It supports your body physically, calms your mind, nurtures your soul, and strengthens connections with loved ones. Spiritually, it fosters peace and clarity. Practically, it enriches communities and helps maintain cultural traditions.

“Red Book” Memories Continued XXXII

“Delicious Summertime Fare”

Summer is almost upon us and that means picnics and other outdoor meals. It's time for delicious Summer fare! Don't you look forward to those seasonal foods?

Outdoor meals have been a tradition in the long life of our church. They've been memorable times of fun and fellowship. No doubt, some of you recall past Sunday School class picnics that took place for many years. You might even remember how classes hosted congregational picnics, including the “Corn and Weiner” roasts offered in the 1980's by the Fellowship class at the home of Charles and Mary Alice Dock, or at Brouse's Grove. Of course, we still look forward to and have church outdoor picnics whenever we can, particularly around the Fourth of July holiday.

And who can forget the annual chicken barbeques, a summer institution that was a big part of our congregational life from 1961 through 2014. No doubt, some of you remember working in our church kitchen making baked beans in large roasting pans, cooking chicken at the Lion's Club barbecue pit next to Evangelical Hospital, or filling boxes for take-out chicken dinners. There was nothing that said “Summer” at St. John's quite like the chicken barbecue!

Our love of Summertime foods is certainly reflected in numerous and varied recipes found in the St. John's cookbooks published in the years of 1940, 1947, and 2004. There are so many Summertime offerings to choose from, ranging from appetizers and beverages to desserts, and everything else between. So, in celebration of our church's love of picnics and summer foods, here are a few recipes.

Bean Salad (1940 cookbook, contributed by Mrs. Michael Noll)

1 can kidney beans	2 hard boiled eggs	1 small dill pickle
1 small bunch celery	2 or 3 tbsp mayonnaise	1 small onion

Pour boiling water over beans, drain and cool before mixing with the other ingredients.

Apple and Celery Salad (1947 cookbook, contributed by Mrs. Clayton Brouse)

6 or 8 tart apples	Small bunch celery	5 tablespoons honey
Small jar mayonnaise	Small jar peanut butter or package of cream cheese	

Peel apples and dice, dice the celery and mix together. To make the dressing: Mash the peanut butter with a fork in a bowl, mix the mayonnaise thoroughly, then the honey. If the dressing is too thick, add a little cream or milk. Put lettuce leaves in a salad bowl with the salad, then pour dressing over the salad, sprinkle with a little paprika. If you like, mix the dressing with apples and celery. It tastes very good that way, but does not look appetizing.

Cold Strawberry Soup (2004 cookbook, contributed by Sue Rising)

1 pt. fresh strawberries (2½ to 3 c.)	1 c. sour cream	½ c. ginger ale
1 tsp. vanilla	½ c. milk	6 T. sugar
1 T. lemon juice		

In food processor (blender) combine ingredients and blend until smooth. Chill in covered container. Serve in frosted bowls. Garnish with sliced berries and whipped cream. Serves six.

Why not give one a try? They sound good and surely taste delicious. Perhaps they will bring back pleasant memories of church picnics of the past. Summertime fare! You can't beat it! It's even better if it prompts you to think about St. John's with happiness and gratitude for all the people who have made it the congregation that it is!



St. John's Congregation,

Thanks so much for the donation to Mazeppa Manna! We really appreciate it , and we know the recipients of the food provided really appreciate it!

Thanks again!

Mazeppa Manna of the Union Church

THANK YOU!

Thank you for the lovely quilts and the altar flowers that we received during our recent hospitalizations! It was greatly appreciated.

Roger & Dianna Spickler

Dear Friends,

Thank you for providing our low income families with hams and other foods for Easter dinner. They were happy to be able to celebrate the holiday with a delicious meal. We appreciate your kindness toward our families who are struggling financially.

Sincerely,

Jamie Batman, Foster Care Coordinator

Congratulations to our 2025 High School Graduates!

Rachel Erdman was born and raised in Snyder County, PA. While in high school she was very active in Yearbook. During her senior year she was the business manager and co-editor which she took great pride in accomplishing both roles. She is a graduate of Midd-West High School. She will attend Mansfield University this Fall to study psychology. Her career goal is to become an elementary school guidance counselor. In her free time, during the past two years she worked part time at JoAnn's until they closed at the end of April. When not working, Rachel enjoys hanging out with her friends/boyfriend, going for walks with her dogs, listening to music, and attending concerts. Rachel is the daughter of Rick and Sarah Erdman of Middleburg, PA.

Maura Smith will graduate from Lewisburg Area High School on June 3, 2025. Maura was a member of the Girls Lacrosse Team, National Honor Society, Prom Committee, and School Culture Club. She served as Link Crew Leader to orient incoming freshman, a GOLD leader to promote positive self-esteem and social relationships for freshman girls, and was a key leader in planning events for the class of 2025 like Senior Sunrise and the Senior Breakfast. Maura was recognized as the May 2025 Young American.

Maura loves working with children and has been babysitting for various families since middle school. She previously worked at the Lewisburg Children's Museum and has worked at the Miller Center as a Kid-space Attendant for the past 2 years. She is a counselor in training for Transracial Journeys, an annual camp for transracial adoptees and their families. She is an active UPMC volunteer to support summer skills camps for preschool and elementary school children.

As part of her senior year, she logged over 150 hours shadowing the school-based occupational therapy staff at Kelly Elementary and volunteering in a 1st grade classroom.

Maura plans to attend Elizabethtown College to pursue as B.S. in Health Sciences and M.S. in Occupational Therapy, with the goal of becoming a pediatric occupational therapist.

James Donlin is of the Mifflinburg Area School District, class of 2025. James has been active both as a student of the Mifflinburg Area and as a Scout. He has been a member of the National Honor Society since his sophomore year. He has played football for many years including all four years during his high school career. He has also been a member of the Track and Field team, competing in the 300 and 110 meter hurdles, pole vaulting, 100 and 200 meter dash, and the 4X 100 meter relay. He has lettered in both sports. He was recently awarded the Wildcat award in track. During his senior year, James participated in the Ace program, taking classes at Bloomsburg University. He also earned the rank of Eagle in Scouts. James will be attending Lebanon Valley College in the fall where he had been accepted into the Master's Program for Athletic Training. He will also be playing football while attending LVC, go Dutchmen!



06/04 Ross, Colleen
 06/09 McKissick, Linda
 06/15 Rauch, Leslie
 06/18 Aulenbach, Keira
 06/19 Stahley, Joanne
 06/20 Crow, Edward
 06/24 Berry, Carol
 06/28 Williams, Linda

06/05 Williams, Rose & Kimber
 06/13 Gemberling, Suzann & Stephen
 06/24 Zug, Janet & Dr. Ron
 06/27 Snayberger, Kelly & Duane
 06/28 Ledgerwood, Dee & Bill
 06/30 Bower, Dorothy & Arthur

Second Sunday Social

Please join us after worship on **June 8** for our next Second Sunday Social. Ann and David Smit will share their program, Religious Origins of Japanese Gardens. Traditional Japanese gardens are not just gardens. They are the expression of the historic religions of Japan, such as Shintoism and Buddhism. The Smits will show how aspects of these religions are reflected in the features of the gardens.

A light lunch will be provided by the Christian Education Committee. Extra dishes are welcomed but certainly not required. Please see the Second Sunday Social information sheet in the Narthex for a list of the dishes already planned.

Graduate Recognition Sunday, June 1

We will recognize our 2025 High School graduates, James Donlin, Rachel Erdman, and Maura Smith, during worship on June 1. We will hold a reception and fellowship time directly after worship in their honor. Come and help celebrate their amazing accomplishments!



Wired Word Study Group

The Wired Word Study Group's Zoom sessions will be on hiatus for the next few months. We will keep you posted about plans for meeting in the fall.

In the meantime, we encourage you to keep reading the weekly Wired Word emails. The emails relate current events to scripture and are a great way to connect our modern-time experiences to the teachings of the Bible. Please contact the church if you'd like to be on the Wired Word email list!

We are all waiting with great anticipation the completion of our new kitchen that will be coming in the near future. But did you know that there is no need to wait until then, to participate in our ongoing **Frozen Food ministry** and our always welcomed **Thoughtful Meals ministry**. Pastor Gary continues to oversee the frozen food ministry; and Sue Tomlinson and others are willing to show anyone wanting to help with this project, where all the containers, labeling supplies, key for the freezer, etc. are located during this time. We are excited that Lois Passi has volunteered to be adding her vegetarian dishes to our need options. Please remember whether doing occasional donations to the frozen food ministry, or participating in preparing and delivering a freshly prepared meal to someone or a family at their home with our thoughtful meal ministry, you are serving others for which we have all been called. And it is a fulfilling mission with which you have the ability to determine when, what, and how you can be **His** hands.

SUMMER YOUTH LUNCH PROGRAM (SYLP): APPEAL FOR FUNDS

The program has been in existence for nearly a decade and works with, and through the Union County Food Bank, now at the UPC church on Rt. 192. Its purpose is to cover the gap during the summer vacation for families with school-age children who would, during term time, receive free school lunches. From June through August, SYLP distributes extra bags of food, including milk, cheese, bread and ham, to eligible clients at the food bank. As you probably know, each twice-monthly distribution is managed by volunteers from one of the six participating churches. In recent years the number of clients and the price of food that we buy from the Central PA Food Bank in Williamsport has steadily risen. Last summer, SYLP distributed 277 bags of food to 188 families with 481 children at a total cost of \$3707.00. We are expecting numbers and costs for the next summer to be comparable or slightly higher, but we are running out of funds. At present we have promises for about half of the \$4000 we are going to need. SYLP has always appreciated the sterling service given by church volunteers, without whom the program could not exist-but, now, we need extra funding as well and have turned first to those whose support we've always relied on. Any contribution, great or small, will be gratefully received!

To support the SYLP, you can make a donation via your offering envelopes, by marking "Summer Youth Lunch Program".

JUNE VOLUNTEERS

Lock-up: RON ZUG

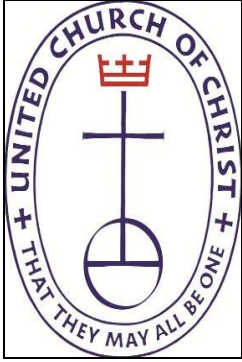
Lay-Reader: COLLEEN ROSS

Preparation of Communion Elements:

JUNE	CHILDREN'S CHURCH	OPENER/FLOWER DEL.
1	DURING WORSHIP	LINDA SARTWELL
8	DURING WORSHIP	
15	DURING WORSHIP	
22	DURING WORSHIP	
29	DURING WORSHIP	

JUNE	FLOWER SPONSORS	Acolyte
1	ANN & DAVE SMIT	Keira/Kora Aulenbach
8	MARY LOU & TOM RICH	Keira/ Kora Aulenbach
15	CATHERMAN/GRAYBILL	Keira/ Kora Aulenbach
22		Keira/ Kora Aulenbach
29	DEE & BILL LEDGERWOOD	

JUNE	GREETERS
1	SUE & JIM TOMLINSON
8	SUE & JIM TOMLINSON
15	SUE & JIM TOMLINSON
22	SUE & JIM TOMLINSON
29	SUE & JIM TOMLINSON



Worship: 10:00 a.m.
Indoors or online
via Facebook or YouTube

Visit us on the Web!
www.stjohnslewisburg.org



St. John's United Church of Christ **An Open and Affirming Congregation**

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No matter who you are, or where
you are on life's journey, you're
welcome here!

MONTHLY COMMUNION MISSIONS

June – Strengthen the Church*

July – Donald Heiter Center

August – Union County Food Bank

September – William Cameron engine Company

October – Neighbors in Need*

November – Devitt House

December – The Christmas Fund * (Veterans of the Cross)

Walk (Hunger)

Thanksgiving Baskets

Christmas Food Baskets

AND Bethany Children's

Home Holiday Gifts

(aka White Gifts)

Christmas Eve Offering – Operating Fund

“Extra” offerings: Ash Wednesday, Maundy Thursday, Lent/Advent are earmarked for **OCWM***

**indicates one of the 5 for 5 UCC Offerings*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CHILDREN'S CHURCH DURING WORSHIP 9:00am CHANCEL CHOIR REHEARSAL (CHRM) 10:00am WORSHIP - GRADUATE RECOGNITION - COMMUNION 11:00am GRADUATE RECEPTION 12:00pm Pav/FH RSVD	2 12:00pm Lewisburg Garden Club Board (PAR) 5:00pm Pavilion Rsvd. 6:00pm GTS (SANCT)	3 10:30am Willowbrook Strings (FH) 7:00pm Men's Westbranch Chorus (FH)	4 12:00pm Pavilion Rsvd.	5 8:30am WW (FH) 9:00am TOPS (CR) 1:30pm Trailside Troubadours (FH) 6:00pm GTS (SANCT) 7:00pm Building & Grounds (PAR) 7:00pm Women's Barbershop Chorus (CH.RM)	6	7 6:00pm GTS (SANCT)
8 CHILDREN'S CHURCH DURING WORSHIP 8:45am BELL CHOIR REHEARSAL (SANCT) 9:15am CHANCEL CHOIR REHEARSAL (CHRM) 10:00am WORSHIP 6:00pm GTS (SANCT)	9 9:00am ST. JOHN'S QUILTERS, KNITTERS & MORE (CR) 9:30am WORSHIP/MUSIC (GP) 12:00pm GTS (SANCT/FH) 12:00pm Lewisburg Garden Club (FH) 7:00pm CHRISTIAN ED. COMMITTEE (ZOOM)	10 10:30am Willowbrook Strings (FH) 12:00pm GTS (SANCT/FH) 6:00pm GTS (SANCT) 7:00pm Men's Westbranch Chorus (FH)	11 12:00pm GTS (SANCT/FH)	12 8:30am WW (FH) 9:00am TOPS (CR) 12:00pm GTS (SANCT/FH) 1:30pm Trailside Troubadours (FH) 6:00pm GTS (SANCT) 7:00pm M.A.S.H. (GP/ZOOM) 7:00pm Women's Barbershop Chorus (CH.RM)	13 4:30pm GTS PLAY (WHOLE BLDG)	14 4:30pm GTS PLAY (WHOLE BLDG)
15 CHILDREN'S CHURCH DURING WORSHIP 9:00am CHANCEL CHOIR REHEARSAL (CHRM) 10:00am WORSHIP	16 8:30am Kinder Music (Pav) 12:00pm GTS (SANCT/FH) 6:00pm Evan. Empty Arms Group (CR) 7:00pm FINANCE/PERSONNEL (ZOOM)	17 8:30am Kinder Music (Pav) 10:30am Willowbrook Strings (FH) 12:00pm GTS (SANCT/FH) 7:00pm Men's Westbranch Chorus (FH)	18 8:30am Kinder Music (Pav) 12:00pm GTS (SANCT/FH)	19 8:30am Kinder Music (Pav) 8:30am WW (FH) 9:00am TOPS (CR) 12:00pm GTS (SANCT/FH) 1:30pm Trailside Troubadours (FH) 7:00pm CONSISTORY (ZOOM) 7:00pm Women's Barbershop Chorus (CH.RM)	20 8:30am Kinder Music (Pav) 12:00pm GTS (SANCT/FH)	21
22 CHILDREN'S CHURCH DURING WORSHIP 10:00am WORSHIP	23 12:00pm GTS (SANCT/FH)	24 10:30am Willowbrook Strings (FH) 12:00pm GTS (SANCT/FH) 7:00pm Men's Westbranch Chorus (FH)	25 12:00pm GTS (SANCT/FH)	26 8:30am WW (FH) 9:00am TOPS (CR) 12:00pm GTS (SANCT/FH) 1:30pm Trailside Troubadours (FH) 7:00pm Women's Barbershop Chorus (CH.RM)	27 12:00pm GTS (SANCT/FH) 5:00pm Pavilion Rsvd. 6:00pm GTS PLAY (WHOLE BLDG)	28 6:00pm GTS PLAY (WHOLE BLDG)
29 CHILDREN'S CHURCH DURING WORSHIP 10:00am WORSHIP	30	1 10:30am Willowbrook Strings (FH) 7:00pm Men's Westbranch Chorus (FH)	2	3 8:30am WW (FH) 9:00am TOPS (CR) 1:30pm Trailside Troubadours (FH) 7:00pm Building & Grounds (PAR) 7:00pm Women's Barbershop Chorus (CH.RM)	4	5