



MAY 4 - WORSHIP - COMMUNION - 10 AM
MAY 11 - WORSHIP - MOTHERS DAY - QUILT DEDICATION - 10 AM
MAY 18 - WORSHIP - MENTAL HEALTH SUNDAY - 10 AM
MAY 25 - WORSHIP - RURAL LIFE SUNDAY - 10 AM
MAY 31 - CONFIRMATION CLASS - 3 - 6 PM
JUNE 1 - WORSHIP - GRADUATE RECOGNITION SUNDAY - 10 AM
JUNE 1 - GRADUATE RECOGNITION FELLOWSHIP HOUR - 11 AM

May



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





Hello Everyone!

We continue on with our exploration of Wellness Ministries with another article from member, Kristian Keefer. Thanks, Kristian, for helping us to explore our life of prayer and how prayer can help us in many parts of our lives!

The UCC Wellness Ministries say that, “Our mission is to inform and encourage the graceful engagement of ministries that enhance the physical, mental, and spiritual health of all God’s children. We recognize that every individual is blessed with gifts to share as well as desires that may be met within a mutually caring community.”

I think this is a wonderful vision for a happy and healthy community and encourage all of us to continue to explore that ways that we can gracefully engage in ministries that will support one another and the world in ways that will enhance health, in all its forms.

Many blessings for this season of blossoming and blooming.

Alice

The Role of Prayer in Managing Stress and Mental Health

In today's society, stress is a problem for everyone. The pressures of work, family, and social obligations can weigh heavily on individuals, leading to a range of mental health challenges. Amidst various coping mechanisms, prayer emerges as a significant tool for managing stress and enhancing mental well-being.

Understanding Prayer as a Coping Mechanism

Prayer is a way to communicate with God and to create a greater connection with God and the inner self.. It often involves expressing gratitude, seeking guidance, or simply finding solace in a moment of silence and reflection. The act of praying creates a pause in the chaos of life, allowing individuals to step back, reflect, and re-center their thoughts.

Prayer and Stress Reduction

The calming effect of prayer can be attributed to its ability to induce a state of relaxation. When individuals engage in prayer, they often experience a slower heart rate and reduced blood pressure, which are physiological responses similar to those achieved through meditation. This relaxation response helps to counteract the body's stress response, thereby reducing the levels of stress hormones such as cortisol. Over time, incorporating prayer into daily routines can contribute to improved stress management and overall resilience.

Enhancing Mental Health Through Prayer

Beyond stress reduction, prayer offers numerous benefits for mental health. It provides a sense of purpose and meaning, which are crucial components of psychological well-being. In times of uncertainty or despair, prayer can offer comfort and reassurance, helping individuals to navigate challenging emotions. Moreover, the practice of prayer often fosters a sense of community and support, as it is commonly shared in group settings, thus reducing feelings of isolation and loneliness.

Prayer also encourages introspection and self-awareness, promoting emotional regulation and personal growth. By reflecting on their thoughts and feelings during prayer, individuals can gain insights into their mental state and identify areas that require attention.

Scientific Perspectives on Prayer and Mental Health

While the spiritual and emotional benefits of prayer are well-documented, there is also a growing body of scientific research exploring its impact on mental health. Studies have shown that individuals who engage in regular prayer or spiritual practices often report lower levels of anxiety and depression. The sense of hope and optimism cultivated through prayer can contribute to a positive outlook on life, which is a protective factor against mental health disorders.

Prayer often involves elements of gratitude and forgiveness, both of which are associated with improved mental health outcomes. Practicing gratitude through prayer can enhance mood and increase life satisfaction, while forgiveness can reduce feelings of anger and resentment, leading to emotional healing.

F.Y.I. The entrance doors to the building are being locked at 10 am. Greeters will be watching the doors to allow entry by those running late. This is being done as part of our overall safety and security measures in this changing world!

“Red Book” Memories Continued XXXI

“A Compassionate Leader and Teacher”

St. John’s has a history of providing financial and material resources to a variety of benevolences. Currently, we support a number of good causes in the quest to help God’s realm on Earth to become a reality, including “Getting Ahead in the Valley,” The Donald Heiter Community Center, “Transitions,” Church World Service, and Neighbors in Need. This is a source of pride in our church.

However, such charitable giving wasn’t always as prominent in our long history. It took a compassionate leader and teacher to get us started and to inspire us to continue giving for the benefit of others. Who was that person? He was Rev. Charles H. Leinbach, our congregation’s seventh settled pastor from 1859-1864.



Rev. Charles H. Leinbach, D.D.
(1859 – 1864)

According to our “Red Book” of church history, Rev. Leinbach was a close friend of two of our congregation’s former pastors, Rev. Henry Harbaugh (1843-1850) and Rev. Benjamin Bausman (1853-1859). As a young minister, Rev. Leinbach would often visit Rev. Harbaugh during his pastorate. Likewise, he did the same when Rev. Bausman served our ancestral congregation. Over the course of time, Rev. Leinbach became quite familiar with our Lewisburg church and its members, as did the people with him.

During those years, Rev. Leinbach served Reformed Church congregations in Perry County, Pennsylvania. There, he was recognized for his ability to grow faith communities. Indeed, he oversaw the establishment of four new churches. Rev. Leinbach was also known for his repeated visitation with church members. He stayed close to the hurts and hopes of the people he served and was well liked.

After Rev. Bausman finished pastoring our ancestral faith community, Rev. Leinbach accepted a call to serve in Lewisburg. Much of his pastorate covered the period of the American Civil War (1861-1865). While here, he continued to serve as a sympathetic and understanding pastor, just as he did in Perry County. He was just the kind of preacher and friend that the people of Lewisburg needed during such turbulent times.

It was during his pastorate, that Rev. Leinbach began to emphasize the need for our ancestral congregation to embrace and provide resources for benevolences. He urged the church to make it an important part of congregational life, even though at the time, the ability of individuals to give of their goods and financial resources was strained by the circumstances and needs of the ongoing war. Still, he was successful in his efforts. Rev. Leinbach must have been a very persuasive pastor and teacher!

Rev. Leinbach focused the Lewisburg congregation on supporting what was known as Home Missions. This was an effort to establish a unified, Protestant United States during and after the Civil War. Missionaries worked to provide education, medical aid, and other essential services to freed slaves and their families. Home Missions also strived to improve the conditions of both White and Black populations in the South, including efforts to establish free labor arrangements and ensure justice for Black people in legal proceedings. What’s more, Home Missions sought to help and bring the Protestant Christian message to the growing number of individuals and families who were settling the West as the boundaries of the nation expanded towards the Pacific Ocean.

Rev. Leinbach guided our ancestral congregation to give of the church’s resources for the benefit of others and helped to make it part of the fabric of our faith community ever since. He continued to serve our congregation well until 1864. There is no mention in our “Red Book” of why Rev. Leinbach chose to end his pastorate with our church, although it does say he had a strong interest in training new ministers in seminary, and did so for more than 13 years. Perhaps he chose to devote his time more to that effort, rather than being a congregational pastor.

Cont’d;

Redbook cont'd:

Still, Rev. Leinbach did a valuable service for our congregation and left his mark upon it. So next time you make a material or financial donation to one of the benevolences we support, think about Rev. Leinbach. He was a compassionate teacher and leader who showed us how to serve God and Jesus, even during difficult times.

— Gary Nottis



Dear St. John's,

Thank you for your generous gift given to our Union County Supplemental Food Program. Every dollar of your contribution will be used to supply food for those enrolled in our program.

Our program provides supplemental food for income-eligible individuals and families in Union County twice a month. It takes generosity like your to help us serve them. Thank you again for your support of our program.

Jo Orris, Sec./Treas. Union Co. Supplemental Food Program

The Best-Kept Secret of Church Life

Hmmmm... The best-kept secret of church life is that you get out of it more than you put into it! If you regularly attend services, you can go home with thoughts for the week. Same for one of our book studies. If you participate in the choir or play handbells, you have the joy of music to carry you forward. If you serve on one of St. John's committees or boards, you know that the work you do is important for the life of the church and for the many people we support in one way or another.

Which brings us to...**the nightly walk-throughs**. You may not know that every night of the year, a member of our congregation walks through the building checking for lights left on, doors not locked, and less routine events such as leaks or broken items. St. John's has a large physical space, and the walk-through person is the only person who gets a look at all of it at once.

Would you consider becoming a member of the walk-through team? We provide training and guidelines and telephone numbers, should you need them. Volunteers usually sign up for a month at a time, but recently we have experimented with splitting months with another volunteer. Some volunteers like to walk through the facility by themselves, one of us likes the company of his dog, and several couples do the walk-through together. All of us get the satisfaction of completing an important job—and of knowing far more about the church facility than most people!

For 2025, we have walk-through volunteers for all the months except May and October. Would you—yes, you!—consider signing up for one of those months? If so, please let Todd, our administrative assistant, know you are interested so that we can get in touch with you. With gratitude for our walk-through volunteers—

Building and Grounds Committee



MAY

Birthdays & Anniversaries

05/01 Rev. Joseph Lingenfelter
 05/02 Jean Ressler
 05/03 Susan Baish
 05/04 Richard Mabus II
 05/09 Yvonne Dean
 05/09 Melissa Ransdorf
 05/10 Dorothy Griffith
 05/10 Joanne Frantz
 05/12 Carolyn Watson
 05/17 Alice Savidge
 05/18 Ann Lingenfelter
 05/22 Jeanne Letteer
 05/25 Pat Groover
 05/26 Mark Satteson

05/21 Dianna & Roger Spickler

Second Sunday Social

Due to it being Mother's Day, there will be no Second Sunday Social in May. Please mark your calendar for our next Second Sunday Social, on **June 8**, when Ann and David Smit will share their program, "Religious Origins of Japanese Gardens."

Save the Date: Graduation Recognition Sunday, June 1

We have some new high school graduates among us! Please join us in worship on **Sunday, June 1**, to celebrate James Donlin, Rachel Erdman, and Maura Smith. Come and hear about their accomplishments and future plans. We will hold a reception directly after worship in their honor.

THANK YOU!

The Christian Education Committee would like to thank the congregation for your generous snack and candy donations. We prepared five FULL care packages for our young adults who are pursuing careers and college. We also filled hundreds of eggs with candy for the egg hunt on Easter Sunday for the kids. Your help makes these programs possible. Thank you so much for your wonderful support!



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!

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".

MAY VOLUNTEERS

Lock-up: SHANNON PRUTZMAN

Lay-Reader: SHANNON PRUTZMAN

Preparation of Communion Elements:

MAY	CHILDREN'S CHURCH	OPENER/FLOWER DEL.
4	DURING WORSHIP	CAROL BERRY
11	DURING WORSHIP	
18	DURING WORSHIP	
25	DURING WORSHIP	

MAY	FLOWER SPONSORS	Acolyte
4	LINDA SARTWELL	Keira/Kora Aulenbach
11	SUE BAISH	Keira/ Kora Aulenbach
18	CATHERMANS & LETTEERS	Keira/ Kora Aulenbach
25		Keira/ Kora Aulenbach

MAY	GREETERS
4	STACI & SHANNON PRUTZMAN
11	STACI & SHANNON PRUTZMAN
18	STACI & SHANNON PRUTZMAN
25	STACI & SHANNON PRUTZMAN



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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E-mail: stjohnsucc@ptd.net

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

MONTHLY COMMUNION MISSIONS

May – Getting Ahead in the Valley

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
27 CHILDREN'S CHURCH DURING WORSHIP 8:45am BELL CHOIR REHEARSAL (SANCT.) 9:15am CHANCEL CHOIR REHEARSAL (CHRM) 10:00am WORSHIP 2:00pm GTS (ChRm) 3:00pm GTS (SANCT)	28 9:30am Kinder Music (PAR) 4:30pm GTS (SANCT) 6:00pm Evan. Empty Arms Group (CR) 7:00pm BVS REHEARSAL (FH) 7:00pm Girl Scout Leaders (GP)	29 9:00am Kinder Music (PAR) 10:30am Willowbrook Strings (FH) 6:00pm GTS (SANCT) 7:00pm Men's Westbranch Chorus (FH)	30 6:00pm GTS (SANCT)	1 8:30am WW (FH) 9:00am PEO (GP) 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)	2 4:00pm Suzuki Class (SANCT.) 7:00pm GTS (SANCT)	3 10:30am Suzuki Class Recital (SANCT.)
4 CHILDREN'S CHURCH DURING WORSHIP 9:00am CHANCEL CHOIR REHEARSAL (CHRM) 10:00am WORSHIP	5 9:30am Kinder Music (PAR) 12:00pm Lewisburg Garden Club Board (PAR) 7:00pm BVS REHEARSAL (FH)	6 9:00am Kinder Music (PAR) 10:30am Willowbrook Strings (FH) 4:00pm PEO PORCH SALE SETUP (PAV) 7:00pm Men's Westbranch Chorus (FH)	7 7:00am PEO PORCH SALE (PAV)	8 8:30am WW (FH) 9:00am TOPS (CR) 1:30pm Trailside Troubadours (FH) 7:00pm M.A.S.H. (GP/ZOOM) 7:00pm Women's Barbershop Chorus (CH.RM)	9 4:00pm Suzuki Class Recital (SANCT.) 5:00pm BBBS NEPA (FH)	10
11 CHILDREN'S CHURCH DURING WORSHIP 8:45am BELL CHOIR REHEARSAL (SANCT.) 9:15am CHANCEL CHOIR REHEARSAL (CHRM) 10:00am WORSHIP	12 9:00am ST. JOHN'S QUILTERS, KNITTERS & MORE (CR) 9:30am Kinder Music (PAR) 9:30am WORSHIP/MUSIC (GP) 12:00pm Lewisburg Garden Club (FH) 7:00pm BVS REHEARSAL (SANCT) 7:00pm CHRISTIAN ED. COMMITTEE (ZOOM)	13 9:00am Kinder Music (PAR) 10:30am Willowbrook Strings (FH) 3:30pm B.I.L.L. (FH) 7:00pm Men's Westbranch Chorus (FH)	14	15 8:30am WW (FH) 9:00am TOPS (CR) 1:30pm Trailside Troubadours (FH) 7:00pm BVS REHEARSAL (SANCT) 7:00pm CONSISTORY (ZOOM) 7:00pm Women's Barbershop Chorus (CH.RM)	16	17 7:00pm BVS CONCERT (FH/SANCT)
18 CHILDREN'S CHURCH DURING WORSHIP 9:00am CHANCEL CHOIR REHEARSAL (CHRM) 10:00am WORSHIP 3:00pm BVS CONCERT (FH/SANCT)	19 9:30am Kinder Music (PAR) 6:00pm Evan. Empty Arms Group (CR) 7:00pm FINANCE/PERSONNEL (ZOOM)	20 7:00am ELECTION DAY (FH) 9:00am Kinder Music (CR) 10:30am Willowbrook Strings (NARTHX) 7:00pm Men's Westbranch Chorus (CH.RM.)	21	22 8:30am WW (FH) 9:00am TOPS (CR) 1:30pm Trailside Troubadours (FH) 7:00pm Women's Barbershop Chorus (CH.RM)	23	24
25 CHILDREN'S CHURCH DURING WORSHIP 8:45am BELL CHOIR REHEARSAL (SANCT.) 9:15am CHANCEL CHOIR REHEARSAL (CHRM) 10:00am WORSHIP	26 9:30am Kinder Music (PAR)	27 9:00am Kinder Music (PAR) 10:30am Willowbrook Strings (FH) 7:00pm Men's Westbranch Chorus (FH)	28	29 8:30am WW (FH) 9:00am TOPS (CR) 1:30pm Trailside Troubadours (FH) 7:00pm Women's Barbershop Chorus (CH.RM)	30	31