



ST. PAUL'S LUTHERAN CHURCH

THE TRUMPET

July/August 2016

Dear Friends in Christ,

In just a few weeks I will be heading for western Maryland and three weeks of vacation. I will remind myself as I will remind all of you that church bills do not take a vacation, so please remember St. Paul's with your offerings before you leave on vacation. As important as this stewardship reminder is, I would like to focus on some other aspects of summer stewardship.

Vacation is a great time to focus on how we can be better stewards of our bodies, minds, and spirits. It was the apostle Paul who said that our bodies are the temple of the living God (1Cor.6:19-20), and in the Psalms we read, "For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made." How well do we take care of our fearfully and wonderfully made bodies? Are they beginning to wear out or break down due to lack of exercise, over eating, stress, or too much work and not enough play?

Summer vacation is an opportunity to take it easy. Let's play. Let's enjoy ourselves. Let's leave work back at the office. Don't worry, it will be waiting for us when we return. Let's cut down on electronic gadgetry by 50%. Are we able to do that? Let's give ourselves adequate rest and sleep, thereby honoring God who also enjoyed a Sabbath rest. Summer vacation is a good time to get back to exercising. Walking, running, swimming, are just some of the ways we can help our bodies recuperate from the toil exacted by too much stress and/or too many calorie laden desserts.

As Jesus would often retreat to a quiet place to pray, let us also try to find the time and the place to pray even while on vacation. Let us ponder the mysteries and miracles of God, and to be still so that we might know that God is God. I don't think we should take a vacation from worship. I enjoy worshiping in other congregations while on vacation. The church doesn't have to be Lutheran, but it does have to be church, an assembly of believers who rally around word and sacrament! Summer vacation is a great time to let the Spirit recharge our spiritual batteries. Take it easy, take a walk, take a moment to thank God for all of our many blessings.

I hope that all of you have a peaceful and joy filled summer. You can tell me all about it when we gather again on Rally Day, September 11.

Yours in Christ,

Rev. Thomas A. Omholt

Saved by God's grace, and nourished through Word and Sacrament, we, the community of believers at St. Paul's Lutheran Church, are Sent by the Holy Spirit to Share the Good News and Serve our neighbors following the example of Jesus Christ. (St. Paul's Lutheran Church Mission Statement)

**Welcome to the St. Paul's Trumpet,
A publication of St. Paul's
Lutheran Church.**

Additional information is available on the church website at www.stpaulslutherandc.com. St. Paul's also publishes a weekly email update – E-news. If you would like to receive the weekly E-news, please contact Joy Belew (joyb@stpaulslutherandc.com)

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Prayer List



Please Keep In Your Prayers

Lois Leland

Donald Althouse

Mary Meyer

Chuck Mattah

Jean Isley

Katherine Davis

Joseph Saccone

Johanne Jackson

Michael & Elaine Mayer

Ralph Benson

June Ericsson

Grace Yin

Peter Hewko

Ron & Nancy Rademacher

David Brunn

Stan Griffin

Dallas Dean

Marguerite Schuermann

Christians and all people of faith who are
persecuted throughout the World.

For the members of St. Paul's mission team in
Namibia.



Summer Worship Schedule

The worship schedule at St. Paul's changes during the summer. Each Sunday, (May 22nd through Labor Day) there will be one worship service at 10:00 am. Sunday School does not meet during the summer.

Follow St. Paul's Mission Trip to Namibia on Twitter and Facebook!



St. Paul's mission team is in Namibia where they are helping at two Evangelical Lutheran Churches in the Republic of Namibia (ELCRN) youth hostels.



Follow us on Twitter: [@stpaulsluthdc](https://twitter.com/stpaulsluthdc)



Follow us on Facebook: [St. Paul's Lutheran Church \(ELCA\) in DC](https://www.facebook.com/StPaulsLutheranChurchELCAinDC)



St. Paul's Day at Nationals Park

The faithful Nats fans from St. Paul's once again met at Nats park to cheer on the home team on Friday June 10th. The Nationals were victorious against their division-rival Phillies and won the game 9-6.



SUMMER OF SERVICE

Six Sundays of Summer Service began on July 10th. For six Sundays in the summer, members of St. Paul's gather after the worship service to participate in a service project.

The First Sunday of Service project was "Namibia Mission Trip Pack Day." Our Mission Team loaded up 5 large suitcases with donated clothes, toys, sports equipment, bedding and handmade blankets (pictured below, all made by Barbara Omholt and Nancy Shearer!) to take to the youth in the hostels in Namibia.



The Second Sunday of Service project was "Flowers for Seniors Day." Participants created 22 cut flower arrangements for area seniors!



The Third Sunday of Service project was "ELCA World Hunger Project Piggy Banks."

Did you know that only \$30 can provide a piglet to a family in need? When the piglet grows up, she will give birth to as many as 16 piglets each year. Pigs help fertilize fields, provide food to eat, and can be sold at market for much-needed income.

Participants played a quick guessing game about a variety of farm animals, assembled their piggy banks, and took them home to collect change. ***They will bring their full piggies back to church on Sunday, August 21st for collection!***



Upcoming Service Projects:

Sunday July 31: Fourth Sunday of Service project is "St. Paul's Shelter Clean-Up Day." Participants will spend some time helping Glenn Ralph, our Shelter Coordinator, in a variety of projects for our Shelter, including some deep cleaning, set up of new beds, and other needed tasks.

Sunday August 7: "A Million Thanks" letters to Servicemembers.
Contact Lisa Wackler
(lwackler@stpaulslutherandc.com). Additional information: <http://www.amillionthanks.org>

Sunday August 14: "Handbags for Homeless Women" (See next page for explanation and a list of items needed.)



Handbags for Homeless Women

Handbags for Homeless Women is an initiative to help women who find themselves on the streets and in shelters without the basic items they need.

We are collecting gently used handbags that women no longer need, and packing the handbags with a variety of personal hygiene items. The filled handbags will then be given to Friendship Terrace for distribution to their clientele.

In addition to gently used handbags (larger sized handbags, please!) we are looking for donations of:

- Lip balm
- Toothbrush/toothpaste
- Small pocket packs of tissues
- Boxes of maxi pads or tampons
- Razor
- Shampoo and conditioner
- Sturdy brush and/or comb
- Deodorant (regular size, no travel sizes)
- Body lotion
- Packages of snacks like cheese crackers or trail mix
- Small make-up items (lip gloss, mascara)
- Packages of underwear (medium to large sizes)

Please look for the silver baskets in the Narthex and Portico marked "Handbags" to collect your items.

While the Handbags for Homeless Women program is based in Arkansas, St. Paul's is piloting this program in Washington, DC, with Friendship Place as our distributor. We will hold a **Handbags for Homeless Women Project Pack Day on August 14th** - the final Sunday of our Six Sundays of Summer Service.

If you have any questions, please contact Lisa Wackler at lwackler@stpaulslutherandc.com. For more information about **Handbags for Homeless Women**, please visit:
<http://www.handbagsforhomelesswomen.com/>



Prime Time Center

The Prime Time Center gathers every Wednesday between 11:00 am - 2:00 pm for fun and fellowship. St. Paul's Center continues to be blessed with a faithful ministry team who welcome the participants, spend time with them in conversation, and serves a wonderful hot luncheon to everyone. We welcome you to come and see this vibrant community and participate in any program that seems interesting to you.

The programming begins with an **entertainment, lecture, or information session from 11:00 am - 12:00 pm followed by a delicious hot lunch from 12:00 pm - 1:00 pm. Immediately after lunch the group participates in an active hour of seated exercise** that is led by an excellent instructor who has become an important part of the PTC community.

Upcoming Schedule

August 3

Anthony Hyatt
Violinist and Singer

August 10

Melissa Mokihana Scalph
Traditions and Dance of Hawaii

August 17

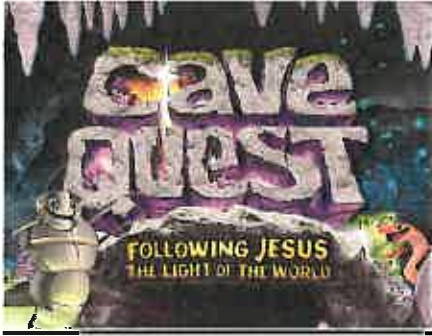
Activities-to-Go
"My Fair London"

August 24

Dr. Robert Jenner
"The Wit and Wisdom of Bob Hope"

August 31

Dr. Andrew Steigman
"Monaco: Gambling, Glamour, and the Grimaldis"



"Cave Quest"

St. Paul's Vacation Bible School, *Cave Quest*, was held June 20-24th and was enjoyed by all!







**Sunday School starts
Sunday, September 11th**

Summer is in full swing but fall will be here again before we know it! Please mark your calendars for **Rally Day, Sunday,**

September 11th, after the 11 o'clock service.

Rally Day kicks off our new Sunday School year. If your child is aged 2 ½ -3, they are old enough to start Sunday School! Sunday School classes are held weekly from 9:45 am - 10:45 am. Please call or email Joy in the church office to register: (202) 966-5489 or joyb@stpaulslutherandc.com. The teacher names and classes will be distributed before the first day.

**Attention all rising 7th graders--It's soon time to
start Confirmation at St.
Paul's!**

Confirmation is a two-year program that culminates in the Affirmation of Baptism on Pentecost Sunday. It is a time to learn what it means to be Christian and we will meet to learn and discuss our faith and what God says about living our lives in the way that Jesus taught us. We will also study Martin Luther's small catechism to see what this reformer—(and father of the Protestant faith)—says about faith and grace, and what we as Lutherans believe.



Our first class will be **Sunday, September 11th**. Classes will be every Sunday at 9:45 am, and every Tuesday 4:45 pm—6:00 pm. (A full schedule of the year will be available in early September.) We will have a **meeting for ALL Confirmands** (including Year Two students) and their parents on **Sunday, September 18th**, right after the 11 o'clock service.

If you are planning on joining us for Confirmation, please contact Joy Belew in the front office at joyb@stpaulslutherandc.com or (202) 966-5489 to register.



Food Pantry Donations Needed

Donations Needed for St. Paul's Food Pantry!

Our food pantry's cabinets are looking a bit lean! Please consider donating canned soups, chicken, fruit, tuna, pasta, pasta sauce, peanut butter and breakfast foods. We also need toilet paper. Thank you for your continued support!



Reminder!

St. Paul's Podcasts are available online at:
<https://soundcloud.com/stpaulsdc>

Church Council

Council members welcome your calls at their home phone numbers.

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St. Paul's Monthly Newsletter, *The Trumpet*
Managing Editor, Joy Belew

If you have information you wish to have included in an issue, please send your submission to Joy by the 20th of the month.

joyb@stpaulslutherandc.com



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