



HiLites Newsletter

Boonsboro, MD 21713

www.trinitylutheranboonsboro.org

Pastor's Corner

"And they devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers....And day by day, attending the temple together and breaking bread in their homes, they partook of food with glad and generous hearts" -Acts 2:42 & 46

St. Luke is telling us that in the early church, Holy Communion ("breaking of bread") was a daily occurrence. What would a Twenty-first Century American Lutheran say to that? First of all, Lutheran Christians don't usually meet often enough to even have communion daily. Attendance at one church service a week is the ideal nowadays. And that one service week does not necessarily include Holy Communion. At Trinity, for instance, we celebrate Holy Communion on the first Sunday of the month and on holy days like Christmas and Easter.

But way back in the old days, Holy Communion was a much more frequent event. And frequent communion remained the norm for centuries. In Germany, Norway, Finland, Sweden (the countries where Lutherans in America emigrated from) Holy Communion continued (and continues) to be celebrated weekly.

When all those Lutherans came to the New World, there were not yet Lutheran seminaries built here, and therefore a severe clergy shortage occurred. The few pastors that were here would often be responsible for a whole circuit of congregations, visiting different congregations on different Sundays. When the pastor showed up at your church, sometimes once every three months, there would be Holy Communion.

Eventually, the seminaries were established and the supply of pastors on American soil increased, but the infrequent pattern of Holy Communion had already been established and most people just assumed that was the way it had always been.

If you have family or friends who attend other Lutheran congregations, they have probably told you that their congregations have been returning to a more frequent communion schedule – in some places every other Sunday, in many places every Sunday.

Since I came to Trinity I have been talking about the benefits of Holy Communion. And many people have mentioned to me that they feel a desire to receive communion more than once a month. I have been discussing this with the Worship and Music Committee for several months now, and they asked me to talk with the church council about the possibility of increasing our frequency of Holy Communion. This I did at our May council meeting. I was very happy to hear the council's response. The council would like us to begin celebrating Holy Communion (on a trial basis) two times a month beginning this summer. We are looking at the first and third Sundays of each month. I will meet with the Worship and Music Committee on June 11. The committee and I will find ways to alter other parts of the service because we know many people deal with time constraints on Sunday mornings. Whatever the committee does, it will preserve the dignity of the service. The committee will fashion the actual communion procedure so that the integrity and spirituality of the event is retained. When I say that the council determined to do this on a trial basis, it means that we will follow this twice a month schedule until the annual congregation meeting next January. At that time, the whole congregation will be invited to enter a spiritual discussion on the matter. We plan to begin the more frequent schedule in July or August.

TRINITY HI-LITES "ABOUT US"

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Published by:

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Pastor: The Rev. Ron Schlak

Editors: Mrs. Susan Brown

The Rev. Ron Schlak



The following members and friends of Trinity were included in our prayer list during May:

Karen Saylor	Kristi Lescaleet
Leonard Summers	Dixie Patton
Jean Carr	Gene Walter Lewis
Peggy Costion	Jim Everline
J.J. Bain	Mary Wolfe
John Merhling	Rose Sours
Barbara Douglas	Bill Hughes
Carol Block	Jeff Stewart
Lori McLaughlin	Laura McDermitt
Declan Bennett	Don Hair
Rose Marie Ciprich	Sarah Ellis
Levi Vance	Sally Baker
Patty Burkett	Ruby Neubauer
Catherine Beachley	Betty Swain
Chris Kalnasy	Angie Kalnasy
Katie Kalnasy	Mike Flores
Richard Bennett	Dylan Starkey
Raymond Grove	Jacob Matheny
Andrew Karn	Anna Burkett

SECRETARY AND PASTOR OFFICE HOURS:

Wednesday 9:00 AM – Noon

Friday 9:00 AM – Noon



June Birthdays

June	1	Dylan Ellis
	2	Scott Gahs
	2	Donovan McClellan
	3	Shannon McClellan
	6	Joel Henry
	8	Jennifer Poffenberger
	8	Ron Schlak
	10	Susie Dalton
	11	Edda Brenneman
	12	Cullen Talhelm
	13	Meredith Fouche
	16	Zachary Poffenberger
	21	Steven Jamison
	21	Janeen Solberg
	22	Rylan Ruse
	22	Kristy Smith
	23	Karen Tribett
	25	Daniel Schnackenberg
	26	Jane Walkley
	26	Andrea Smith
	27	Courtney Long
	30	Marie Bikle

ATTENTION

Announcements for the bulletin must be submitted to the church office **NO LATER** than **9:00 Friday morning**.

Newsletter articles should be submitted into the church office **NO LATER** than the **15th of the month**.



OUR DEEPEST SYMPATHY goes out to Martha & Bob Harshman & family at the death of his mother, Hilda Harshman. May God comfort them in their time of need.

NURSERY SCHEDULE FOR 10:15 WORSHIP



June 4	Theresa Foster
June 11	Julie Hartman
June 18	Andrea Smith & Jean McCammon
June 25	Jennifer Poffenberger



Vacation Bible School Sunday, June 18th – Thursday, June 22nd.

Join us for a fun filled week at Group Maker Fun Factory where kids become hands-on inventors who discover they're lovingly crafted by God.

REGISTER at www.Trinitylutheranboonsboro.org. Click on the Maker Fun Factory icon to be directed to registration link. Paper registration is also available through the attached form. Simply turn it into Laura lager or drop off to the church office.

Kids will be buzzing with excitement each night from **6:15-8:15 PM, Sun.-Thurs.** ages 3 to 11. Friends welcome! Volunteers are needed! Please contact Laura lager at meidvm@aol.com or 301.739.4885 if you can help.

FIRST FRIDAY

There will be no First Friday Fellowship for June or July. Enjoy graduation and holiday festivities with your friends and family!

MEN'S BIBLE STUDY

The Men's Bible Study meets in the Funk Center at 8:00 AM each month on the first and third Sundays. We meet on June 4 & 18. We always have room around the table for a few more men. Join us as we gather over pastries and coffee to discuss the selected scripture passages.



THE KNITTING & CROCHETING GROUP will meet on **Monday, June 12 & 26, 2017 at 6:30 PM** in the social room, any questions please contact Kim Nally, 301-432-4431 or email her at kimmyrt@myactv.net.

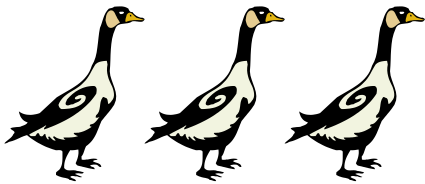


Joyful Noise Choir

Children ages 3 and older are encouraged to participate in the Joyful Noise choir. We practice the last 15 minutes of Sunday school and sing to the congregation on the 4th Sunday of each month. Any questions, please call **Jen Poffenberger at 301-432-0456**.



Our Children's Church Program at Trinity is a wonderful ministry to our young people ages 4 through grade 3. Children's church is offered the 3rd and 4th Sundays of the month as part of our worship service. Volunteers needed! Please consider leading two Sundays a month so that we are able to continue this ministry. Thanks so much!



GAGGLE NEWS

The Gaggle will tour Children in Need on June 26th at 5:30pm. We will be working in a warehouse setting. Children in Need of Washington County provides school clothing and supplies to students in our county who otherwise would lack these items, enabling them to attend school and help them be successful. Children in Need also accepts donations of adult and baby clothing as well as gently used books and toys. Learn more about CIN at www.childreninneedwashingtoncounty.org



SUMMER SPECIAL MUSIC

Interested in providing special music this summer? Please contact a member of the Music and Worship committee to get on the calendar! We'd love for you to share your gifts. Committee members are Tammy Panther, Julie Williams, Connie Cline, Beth Rockwell, Mike Beeler, Marianne Talhelm & Paula Ford.

Synod Assembly

Trinity will send two people to this year's assembly of the Delaware Maryland Synod. They are Tim Panther and Pastor Ron. The assembly is Thursday through Saturday, June 1 to 3.



Tim and Ron will be taking with them monies received from the May 28 **Noisy Change Offering**. As a matter of fact, almost all of the other congregations in the synod will be bringing their noisy change offerings also.

Last year, congregations brought to the assembly a total of \$22,000 received in their local noisy change offerings. This year, the offering will be split 50/50 between ELCA World Hunger and five local hunger ministries and food pantries on our synod's territory.



First Communion Class

At Trinity we begin communing children when they reach Fifth Grade. Pastor Ron will be meeting with all Fifth Graders (and above if you missed out on this before) on Monday, June 5, from 9AM to Noon to share with them the meaning of the sacrament.

If your child is not yet signed up, please call Pastor Ron at 304--561-4482.

PENTECOST SUNDAY is June 4th.

Trinity confirms our young people on Pentecost Sunday. This year we will confirm in the Christian faith: Nora Bidle, Grace Pippen & Ryan Tribett. Each confirmand will presents a brief statement of faith that Sunday. We are proud of their accomplishments and of their faith at this junction in their spiritual journey.





OUR 2017 GRADUATES

HIGH SCHOOL

Cameron McClellan

I will be graduating from Boonsboro High School on June 1. I am the Salutatorian of my class, and I have taken several AP (Advanced Placement) classes. I am the retiring President of the National Honor Society at Boonsboro High, and I was also member of the Spanish Honor Society, Link Crew, and Class Cabinet. I was one of two Varsity Football Team Captains, chosen by my fellow players, and helped lead the 2016 Warriors to a 9-2 overall record.

This fall, I will be attending Penn State University on a four-year Naval ROTC Scholarship. I will study nuclear engineering, and will be commissioned into the Navy upon graduation from Penn State. I look forward to serving my country and conquering any challenge that awaits.

Zane Poffenberger

I will be graduating from Boonsboro High on June 1st. My high school career has allowed me to achieve many academic and extracurricular successes. I will be graduating with a 4.0 GPA and I took Honors and Advanced Placement classes. In terms of extracurricular, I was President of the Student Government Association and Spanish National Honors Society. I was an active member in Class Cabinet, Drama, National Honor Society and We the People. During this year I also earned my Eagle Scout rank and served as a page in the Maryland General Assembly. In terms of awards, I was recently awarded the Seal of Bi-literacy through the Maryland Department of Education. After graduation, I plan to attend the University of Maryland Baltimore County to major in History and Political science and minor in Spanish. My current career path includes attending law school after UMBC and pursuing a career in law or public service. I would like to thank this congregation for being

my spiritual family and all the support given to me. I feel that my relationship with God has truly grown and developed because of how this congregation goes about doing God's work. I think of this congregation not only as part of my spiritual growth but also my development of character. Trinity is truly a special and kind-hearted place that goes above and beyond to meet the needs of its members, the community and international peoples. I will always carry a part of Trinity wherever I go as I know that my kindness, respect and help towards others will be a reflection of my faith and congregation. I would like to thank everyone who has helped me get to this point in my life and I will always know that Trinity is there to support, guide and comfort me in any way possible.

Tristan Talhelm

I will graduate on May 26, 2017 from Chambersburg Area School District. I have attended Trinity all of my life. While in high school, I played tenor saxophone and participated in cross-country and track. This year I participated in the co-op program. This included working at Patriot Federal Credit Union and tutoring English language learners. My future plans include spending the next year in Brazil as part of the Rotary Student Exchange program. When I return, I plan to attend Indiana University of Pennsylvania and major in International Business. I want to thank my family and all of you here at Trinity for encouraging me and supporting me while I have grown up in the church. A special thank you goes out to Mr. Glausier for being a good friend and mentor to me during my teenage years.

Jared Tribett

Jared Tribett will be graduating from Boonsboro High School on June 1. He is a member of the National Honor Society. He played football all four years and was a two-way starter on varsity for three seasons playing middle linebacker and center. He was a varsity captain his senior year and enjoyed winning records of 10-0 and 9-1 his final two seasons. He was named to the All-County First Team for Offense and Defense his junior and senior years and was an Honorable Mention for All-State. His senior year, he was selected to play in the Baltimore Touchdown Club's All-Star Game. Jared will be attending York College in the fall and will major in Electrical Engineering. He is a recipient of a Presidential Scholarship from York.

COLLEGE

Brad Long

Master of Business Administration (MBA). Stetson University graduated Friday May 12th in Deland, FL. Brad is the son of Dale and Paula Ford.

Jack Panther

He graduated from WVU with a Bachelor's degree in Industrial Engineering. That's good....short & sweet. No job lined up yet but working on that.

Klaire Williams

I will be graduating UMBC with a Bachelor of Science degree in Psychology. Throughout my time at UMBC I was a Research assistant for Dr. Jolene Sy, working with individuals with intellectual and Developmental Disabilities and autism. I also worked as a peer mentor and then Teacher for the SUCCESS program on campus which provided college courses for adults with intellectual disabilities. I was fortunate to be able to conduct independent research with Dr. Sy and presented my work at the University's undergraduate research day. While going to school I worked at the Hussman Institute for Autism where I supported children and adults with autism. Along with this I was a member of the psychology honors Society, Circle K (service club), and SAL (honors leadership society). I have also authored and co-authored two research papers, and both are pending publication.

Starting in July, I will begin working full time as an ABA therapist at The Shafer Center which is a private school and early intervention center for children with autism. In the fall, I will start going to school in the evenings to pursue a master's degree in Applied Behavioral Analysis. My future plans include sitting to become a Board Certified Behavior Analyst so that I can work with children with Autism or any child with challenging behavior.

I plan on going back to school after gaining experience working so that I can obtain a PhD. It is my hope that I can make the education system functional for ALL children. Thank you to the congregation for your continued support.

Sunday, June 18th - Dads and Donuts

All men of Trinity are invited Sunday, June 18th at 9:30 am in the social room for a special gathering to honor them.



A Taize style prayer service will be held at St. James Catholic Church in Boonsboro on **Friday, June 30, at 7:00 PM**. This candlelit service is intended to help people calm the distractions in their minds so they can listen closely to the Holy Spirit. During the service, passages of scripture are read slowly, simple Christian songs are sung, periods of silence take place, and some prayers are said. It's a powerful way to pray corporately and privately at the same time. The service will be held on the fourth Friday of every month throughout the year. St James is located at [121 N. Main St. in Boonsboro](#).

Sunday School

There will be no regular Sunday School for children from June 4th through Sept 10th. Adults, please check with your class for its schedule over the summer.

Our annual Sunday School Breakfast will be held on **Sunday, June 4th** in place of our regular Sunday School Classes. We invite



anyone who has participated in Sunday School Classes this year or anyone who would like to begin participating to join us for breakfast at **9am**. Please bring a breakfast dish to share. Drinks and place settings will be provided. Following the meal, we will honor our Sunday school teachers and students may turn in their fish they have accumulated to get a prize for their attendance. Hope you can join us!

Regular Sunday school classes will resume with our annual **Rally Day on Sunday, Sept 17th**. Please join us in the social room at **9am** to kick off the new school year!

Trinity Lutheran Church presents....
Group Maker Fun Factory VBS

Ages 3-11; one form per child
June 18th -22nd; 6:15pm – 8:15 pm



Child's Name _____

Child's Age: _____ **Date of birth:** _____

Last school grade completed: _____

Name of parent(s): _____

Street address: _____

City: _____

State: _____ **Zip:** _____

Home telephone: (____) _____

Parent/caregiver's cell phone: _____

Home e-mail address: _____

In case of emergency, contact: _____

Relationship to child: _____

Allergies/medical conditions: _____

Home church (if applicable): _____

Are you willing to help the week of VBS? Yes ___ No ___

** Completed forms can be mailed to
Trinity Lutheran Church, 64 S. Main St. Boonsboro, MD 21713
or dropped off at the church office 301-432-2226.
Register online at trinitylutheranboonsboro.org.

Created by God. Built for a Purpose!

TRINITY HEALTH CORNER

Sleep

“When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.” Proverbs 3:24 NIV

Sleep is essential to your well-being. It is necessary for the body to recharge its batteries, heal its wounds, rest the spirit, and regroup for another day. Everyone needs a slightly different amount of sleep but everyone needs good quality rest. This means deep, uninterrupted sleep for at least six or more hours a night. Without good sleep you will experience fatigue, moodiness, irritability, poor memory, decreased dexterity, decreased energy level, and possibly depression.

Many things can cause a poor night's sleep: excessive napping, physical ailments, poor sleep habits, excessive worrying, or even hormonal changes. Many of these conditions can be remedied through behavior change or medical treatment. If falling asleep is difficult, establish a routine to train the brain to prepare for sleep. If sleep problems occur more than three times in a week, consider seeing a doctor to determine if the problem might be medical in nature. Conditions like restless legs or hot flashes can be addressed medically. Continued sleeplessness and fatigue may cause additional risks for high blood pressure, cardio-vascular problems, weight gain, or depression.

Sleep is also impacted by the mattress you have. You spend approximately one third of your life in bed so make sure it supports you well and can give you a restful night. Consider looking for a new mattress if you routinely: wake up achy/numb/stiff, toss and turn during the night, sleep better on beds other than your own, feel yours is lumpy/sags or have a mattress between 5 and 7 years old.

Spiritually, sleep is important for active minds and good dispositions. The worries and challenges of daily lives often cause problems during the waking hours which can carry over into the nighttime. Turn

your worries over to God. Work with His spiritual presence and His gift of medicine to achieve a restful night.

(Source: Mayo Clinic www.mayoclinic.com/)

References / Resources:

www.healthywomen.org/healthtopics/sleepdisorders - The National Women's Health Resource Center has patient education on a variety of sleep disorders

www.mayoclinic.com/ - Search 'sleep'

www.healthfinder.gov/search - Search 'sleep' for links and health pages on sleep disorders and situations that are age or disease-related.



FINANCIAL UPDATE THROUGH APRIL 30, 2017

YTD BUDGETED	YTD OFFERINGS	NEEDED WEEKLY
\$ 62,997.67	\$ 66,511.35	\$ 3,635.00

We are currently \$3,513.68 ahead of budget.

The Bulletin Board

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2017				1 1-3 PM Food Pantry & Micah's Backpack 6 PM Girl Scouts 7 PM AA Meeting	2	3
4 8 AM Men's Bible Study 9 AM SCS Breakfast 10:15 AM Worship w/Communion – 11:30 AM	5	6 9:15 AM Ladies Bible Class 7 PM Church Council	7 7 PM Adult Choir 7 PM Support Group	8 1-3 PM Food Pantry & Micah's Backpack 7 PM AA Meeting	9	10
11 10:15 AM worship – Contemporary Worship – Children's Church	12 Knitting & Crochet Group 6:30 PM	13 9:15 AM Ladies Bible Class	14 Noon – Prime Timers 3 PM Girl Scouts 7 PM Adult Choir 7 PM Support Group	15 1-3 PM Food Pantry & Micah's Backpack 6 PM Girl Scouts 7 PM AA Meeting	16	17
18 8 AM Men's Bible study 10:15 AM Worship – Father's Day – VBS 6:15 PM – 8:15 PM	19 VBS 6:15 PM – 8:15 PM	20 9:15 AM Ladies Bible Class VBS 6:15 PM – 8:15 PM	21 7 PM Adult Choir 7 PM Support Group VBS 6:15 PM – 8:15 PM	22 1-3 PM Food Pantry & Micah's Backpack 7 PM AA Meeting VBS 6:15 PM – 8:15 PM	23	24
25 10:15 AM Worship – Children's Church/ Joyful Noise Choir - Children's Church-Noisy Change Offering	26 Knitting & Crochet Group 6:30 PM	27	28	29	30 7 PM Taize Prayer Service St. James Catholic Church	