

St. Paul's Trumpet

St. Paul's Lutheran Church
4900 Connecticut Avenue, NW
Washington, DC 20008
202-966-5489



June 2009

Dear Friends in Christ,

If you are between 45 and 64 years of age, you are a baby boomer. I have a hunch that we have quite a few baby boomers at St. Paul's Church. At our last church council retreat, one of our ministry chairs asked me if there were any ministries or group activities aimed specifically for the baby boomers of St. Paul's. I had to think for a moment. I know we have our Prime Time Fellowship for our seniors, a youth group, and a young adults group. We, of course, have many ministries that invite folks of all ages to participate, but we have nothing specifically for boomers. Should we?

Should we explore the possibilities of getting something started for the middle aged crowd of St. Paul's? Even though we may have good friends outside of St. Paul's, should we begin to foster some new friendships within the church? Do we have time for one more social get-together? What should the group look like? Should it be a strictly social group, going to the theater, movies, ball games, and having dinner together, or should there be a more serious component to it as well? Obviously I don't have the answers to these questions, and there are probably many more questions to be asked.

Knowing that every member of St. Paul's reads *St. Paul's Trumpet* religiously with a very keen interest in the senior pastor's front page letter, I am seeking some feedback to this baby boomer idea. Is it a good idea, or is it a terrible idea? Would you be interested in participating?

Allow me to be a bit more daring in order to determine if this group will ever take off. Let's have a Baby Boomer Barbeque on Sunday, June 28 at 6:00 pm. There will be burgers, root beer, volleyball, and a whole lot of fun. In addition I will order twenty-five tickets to see *Jersey Boys* at the National Theater in October. Boomers will remember *Jersey Boys* as *The Four Seasons*.

So let's talk about it, pray about it, and see where the Spirit might be leading us.

Yours in Christ,

Rev. Thomas A. Omholt, Senior Pastor

Please Keep In Your Prayers...

Elaine Heffley
Roy Heffley
Barb Pitts
Jeanette Cohen
Heather Jordan
Marge Lee
Quinton Marsh
Garrett Schweiker
Family and friends
of Paula Stautz
upon her death.

Deaconess Corner

Prime Time Notes

St. Paul's Prime Time group gathered on May 20th for their monthly fellowship with a theme for Memorial Day. Director of Music Emeritus, David Hearn, shared memories and heartwarming stories spanning the 46 years of his music ministry at St. Paul's.

The hour passed so quickly as the stories and historical events sparked additional memories for many seniors. It was wonderful to see some St. Paul's members in attendance, who joined the group to hear David's stories. I do believe that everyone would have continued the sharing, had there not been a hot lunch waiting for the group. Thank you, David!

Another delicious lunch was served and there were rumors that all of the desert disappeared quickly! At the end of lunch the person sitting in the "tagged" chair was able to take the Memorial Day centerpiece home to enjoy the rest of the month.

Following lunch the group was entertained by Tom Stringer, guitarist, who encouraged everyone to sing along on familiar and favorite songs. A good time was had by all!

Prime Time – June 17, 2009

The group will gather on Wednesday, June 17th between 11:00 am — 2:00 pm. for the last meeting before taking a summer break during the months of July and August. BINGO is on the schedule with additional information to follow. Mark your calendars. All are welcome. Please call the office at 202-966-5489 to RSVP and if needed to request transportation.

Prayer Shawl Ministry — Summer Break

We will not gather during the months of June, July, and August. We will resume our monthly meetings on **Sept. 13, 2009 at 10:00 am** in the dining

area. Please continue to work on your prayer gifts and bring any completed works to church and give them to me or leave them on my desk.

Have a wonderful summer!

—Deaconess Cassie

Health Notes

Summer Driving Reminders

Given the current economic conditions AAA tells us that more cars will be on the highways this summer, as families seek ways to save money. Rather than taking long trips that require the expense of air flights, etc. families will be planning vacations closer to home and traveling by automobile.

According to the Fatality Analysis Report System, there were 42,642 traffic fatalities in 2007 alone. Many of the accidents occurred because of aggressive driving, drowsy driving, and drunk driving. Following are a few reminders to help you have a happy and safe summer:

- Allow extra travel time if you need to be some place by a specific hour.
- Don't be distracted by cell phones, text messaging, eating, or helping family members.

- Get adequate sleep before starting on the drive.
- Stop for frequent breaks.
- Be careful regarding any medications that may cause impaired judgments or drowsiness.
- If you get drowsy, stop driving and rest, or change drivers.
- Be alert to other drivers who are driving aggressively, increase your caution and awareness to potential dangers.

Have safe travels and a summer filled with joys and blessings!

—Deaconess Cassie

Inspiration

by Carlee Hallman

O Holy Spirit.

*You give myriad reminders
of your love;
this misty morning of
chirping birds,
the touch of a loved one,
words of forgiveness,
and the heart
stretching to include
diverse others.*

*Thank you, Spirit of Love.
Smooth and soften my heart's
hard edges, that I may live
love like a stream flowing
with life-giving water.*

As the Scripture has said,
'Out of the believer's heart
shall flow rivers of living
water'. John 7:28b-39a

Church Council St. Paul's Lutheran Church

President Susan Hollar and
Council members welcome your
calls at their home phone numbers.

Bill Albert 301-933-987
Jeremy Bratt 202-537-6656
Miriam Burt 202-362-4997
Gail Ferris 202-363-7311
Jay Guerber 202-686-1256
Rebecca Highsmith 202-243-3058
Susan Hollar 202-966-2009
Carrie Johnson 202-237-6235
Rod Larson 301-263-9265
James Lose 703-527-5659
Michael Triplett 703-746-0379
Beth VanHanswyk 101-363-7465

Ministry Chairs

Education Ministry

Dale Johnson - 202-237-6235

Worship Ministry

Pam Wannan - 202-454-6700

Stewardship Ministry

Carrie Johnson 202-237-6235

Evangelism Ministry

Regina Holliday - 202-248-9017

Support Ministry

James Cramer 301-946-2996

Ted Wackler- 202-244-3366

Social Ministry

Kate Belinski - 202-244-0005

**Deadline for July/Aug.
St. Paul's Trumpet
is June 24, 2009**

Quotes for Summer

Summertime brings out the kid in all of us. Here are some quotes from *The Oxford Dictionary Humorous Quotations*, which you might enjoy while relaxing under a big shade tree with a cool drink in hand.

If you have a child who is seven feet tall, you don't cut off his head or his legs, You buy him a bigger bed and hope he plays basketball.

—Robert Altman

I had always thought that once you grew up you could do anything you wanted — stay up all night or eat ice-cream straight out of the container.

—Bill Bryson

*Speak roughly to your little boy,
And beat him when he sneezes;
He only does it to annoy,
Because he knows it teases.*

—Lewis Carroll

There never was a child so lovely but his mother was glad to get asleep.

—Ralph Waldo Emerson

Children are given us to discourage our better emotions.

--Saki

All bachelors love dogs, and we would love children just as much if they could be taught to retrieve.

—P.J. O'Rourke

*Summer Prayers —
Back to Basics*

Ah! That wonderful time in our lives that we all look forward to every year — summer!!!

The word brings us a sense of release from all of the schedules and commitments that seem to control our lives. We give thought to having the ability to pick up that book that has been gathering dust all winter, find ourselves a comfortable chair and read a few chapters without interruptions. Sounds delightful doesn't it.

*spiritual restoration —
a need to set aside some
quiet moments to be
in prayer.*

As we discover that we are able to carve out some of that precious quiet time, it also reminds us to pay attention to our spiritual restoration — a need to set aside some quiet moments to be in prayer. It does require a certain commitment to ourselves and our God as we seek to return to that place in our day drawing us to **a definite time, a special place, and a single focus — prayer.**

Very easy to say, but how do we create pathways to return to a discipline of daily prayer? I have a few thoughts that perhaps you will be able to integrate into your summer routines:

- **Daily open your heart and mind to be more at home with God.** Similar to nurturing special friendships — we need to spend time with God in prayer.
- **Find the time to pray. Set aside a time and place every day to be alone with God.** Our daily business may seem to be the most important thing, when in fact, that same business is simply an excuse for not *being still with God* in prayer.
- **Pray regularly.** This doesn't necessarily mean that our prayer must be at the same time or place, but it does call us to understand our need to have that alone time with God each day.
- **Don't be discouraged, when we are pulled away from our prayers by interruptions.** Simply return at another time in the day. Be open to the possibility that God may be leading us to places of unknown service, whether it's remembering to call

someone or giving that little one an extra hug. Remember God isn't keeping track of your prayer time!

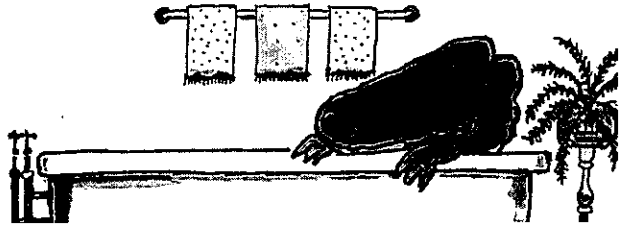
- **Don't worry about the depth or quality of your prayers.** Understand that God knows your needs, your concerns, and your heart. God is always waiting for you to come into his presence.
- **Finally, the most important aspect is to be faithful in your prayer life.** Jesus reminds us of the importance of prayer in our lives when he calls the act of praying *the only necessary thing.* (Luke 10:42)

May your summer be relaxing and joy-filled! I pray that you will search and find those quiet moments of prayer in the days ahead. May you be refreshed, renewed, and strengthened by your loving God, who is already waiting to be with you in prayer.

*In Christ's service,
—Deaconess Cassie*

*Happy Birthday
Pastor Tom*

*Still a baby boomer on
June 26, 2009!*



**Come see
Lyle the Crocodile
with St. Paul's Lutheran
Sunday, July 19 at 3:30 PM
Imagination Stage**

Lerner Family Theater
4908 Auburn Ave
Bethesda, MD 20814

This year our program for Vacation Bible School is "Crocodile Dock: Where Fearless Kids Shine God's Light". Continuing with that theme, we are planning a trip to Imagination Stage to see a theatrical adaptation of Bernard Waber's classic children's book *Lyle, Lyle, Crocodile*. The theatrical production will be enjoyable not only for kids, but also for adults of all ages.

Contact Pastor Lovell or James Smith to sign up for a ticket. Tickets are \$12 each. Checks can be made payable to "St. Paul's Lutheran Church" at the time of sign up. Tickets need to be reserved by Monday, July 22.

**Summer Worship
Schedule
June, July & August**

**10:00 am
Service of Holy Communion**

**A Letter of Introduction from our
Project Connect Immersion Student**

Hello,

My name is James Smith. During the past few weeks, you may have seen me running around the church. If not, you will soon. That's because I am doing a Project Connect internship—officially "immersion"—with St. Paul's for ten weeks this summer in order to help discern whether I will enter the ministry.

I have been a member here at St. Paul's since October of last year. I came to this church when I moved from Michigan to DC in order to go to American University for under-graduate studies. I cannot say enough about the people I have met at this congregation, whether it has been through worship, conversation with the pastors, Bible study at Cosi's, some of the young adult events, or even many of you who I have met just in the last month while I have begun my internship.

Enough about me, though—without the kindness of the people at St. Paul's, this experience would not be possible. Thank you for welcoming me so warmly into the great church family here. What's really exciting about the church is all of God's work that is being done here. I hope that I can be a small part of that work while I am here with you this summer.

Blessings,
James Smith

A Note from Pastor Lovell

June is a busy month at St. Paul's! Later this month we will kick off a week of Vacation Bible School (VBS) followed by a week of Camp "Do Justice" (CDJ). This year's VBS is looking to be our largest yet with nearly 50 children already registered. CDJ will send senior high youth out into the city to do about 35 hours of community service.

How can you be part of the experience? First, volunteer your time. It takes numerous adults to run both of these programs. Help is still especially needed for VBS. Could you commit to three hours a day for five days? If so, give me a call.

Second, pray. Please join me in praying for these ministries, the children and youth will participate in them and the people with whom we will meet.

Third, ask our children and youth what they did at VBS and CDJ when you see them in the pews.

Thank You!

Ben and I would like to thank you for the love and support you have shown to us during our engagement. This congregation has been such a blessing to us during this exciting time of transition in our lives.

The bridal shower that you put together was absolutely amazing! Ben and I will enjoy the grill and grill tools and will look forward to hosting picnics at the parsonage soon. Thank you!

We look forward to seeing you at the wedding on June 13 at 2:00pm (prelude music beginning at 1:30pm) at First Evangelical Lutheran Church in Ellicott City, Maryland. There will be a reception immediately following the service. Please plan to attend if you are able!

Blessings,
Pastor Lovell

June Young Adult Events

Happy Hour for Lutherans in the Metro DC Area

**Mon., June 8 from 6:30pm-8:30pm
at Buffalo Billiards (Dupont Circle)**

Young adults are invited to come meet other Lutherans, network, enjoy conversation and explore what it means to live in the tension of law and gospel (one of Martin Luther's favorite themes). Come talk with Lutheran lawyers and theologians who have been walking the walk. Buffalo Billiards is located at 1330 19th St NW at the Dupont Circle Metro Station. Buffalo Billiards will allow those who are under-21 to attend if they sign a waiver form at the door. For more information, contact Pastor Lovell.

Concert and Happy Hour Monday, June 29 at 5:30pm

Enjoy a free performance on the Kennedy Center's Millennium Stage and then happy hour at McFadden's. Those who would like to enjoy the performance can meet at the Millennium Stage at 5:30 pm and those coming just for happy hour can meet at McFadden's anytime after 7:30 pm. RSVP to Heather Buckner at hbuckner@american.edu.

ST PAULS LUTHERAN CHURCH - SUMMER 2009
 WORSHIP ASSISTANTS SCHEDULE

ONE SERVICE ONLY at 10:00 a.m.

Month of June 2009	6/7	6/14	6/21	6/28
10:00 AM Service				
Assisting Minister	Gail Ferris	Betsy Appleton	John Colella	Amelia Nuss
Communion Assts	Aaron Goerlich Debbie Goerlich Cheryl Hickman Jennifer Hanson-Kilbride James Smith	Rosanne Pool Miriam Burt Anya Burt Nicole Spirgen Kay Cartwright	Amy Holley Eric Spitler Debbie Bird James Smith Laura O'Brien	Veronica Ferris Beth VanHanswyk James Smith Kate Belinski Gail Ferris
Lay Reader	Paul Erickson	James Smith	Alison Rice	Kate McCreary
Greeter - Front	Aaron & Debbie Goerlich	Mary Ballou	Bill & Carol Albert	Ted & Lisa Wackler
Greeter - Portico	Jane Cramer	Carol Hillier	Elizabeth Bostdorff	Carolyn Lynch
Ushers	Bill Jackson Karen Colella John Colella Christian Amolsch	Joan Janshego Bob Janshego Jay Guerber Paul Reichert	Doug Brown Elizabeth Bostdorff Bob Hershey Carl Muhlbauer	Bill Jackson Kevin Mayhugh Harry Heintzen Karl Moeller
Crucifer	Travis Truppner	Alyssa Edwards	David Tweed	Peter Mueller
Acolytes	Hailey Hickman Eleanor Franc	Meredith King Julia Juenemann	Andrew Colella Leo Wackler	Peter Guerber John Juenemann

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7 10am Worship Reception of new members 11am Sun. Sch. Teacher Brunch 1:35pm Baseball Game 4pm Piano Recital 6pm Mission Trip Meeting</p>	<p>8 6:30pm Young Adults Happy Hour 7pm Barber Shop lower auditorium 7:30pm Clutterers Anonymous Schafer Hall</p>	<p>9</p>	<p>10 7:30pm AA in Schafer Hall</p>	<p>11 6:30pm Bell Choir Picnic at Jay Guerber & Sally Klusantz's home: 6235 31st St., NW Wash., DC</p>	<p>12 Youth Retreat at -----</p>	<p>13 10am Paula Stutz Memorial Service Reception in L.A. Pastor Meredith & Benjamin's wedding at First Evangelical Lutheran, Ellicott City, MD Preservice music 1:30pm-Wedding 2pm</p>
<p>14 10am Worship</p>	<p>15 7pm Barber Shop lower auditorium 7:30pm Church Council 7:30pm Clutterers Anonymous Schafer Hall</p>	<p>16</p>	<p>17 7:30pm AA in Schafer Hall Prime Time 11am-2pm</p>	<p>18</p>	<p>19</p>	<p>20 Deep Creek Lake</p>
<p>21 10am Worship</p>	<p>22 Vacation Bible School 9-12noon 7pm Barber Shop lower auditorium 7:30pm Clutterers Anonymous Schafer Hall</p>	<p>23 VBS 9-12noon Music Camp 1-3pm</p>	<p>24 7:30pm AA in Schafer Hall VBS 9-12noon Music Camp 1-3pm</p>	<p>25 VBS 9-12noon Music Camp 1-3pm</p>	<p>26 VBS 9-12noon Music Camp 1-3pm</p>	<p>27 VBS 9-12noon</p>
<p>28 10am Worship Baby Boomer BBQ 6pm Side lawn next parking lot</p>	<p>29 9am-5pm Camp "Do Justice" 5:30pm Young Adults Happy Hour 7pm Barber Shop lower auditorium 7:30pm Clutterers Anonymous Schafer</p>	<p>30 9am-5pm Camp "Do Justice" through June 3</p>				

St. Paul's Lutheran Church
Rev. Thomas A. Omholt, Pastor
Rev. Meredith D. Lovell, Associate Pastor
Cassie Brown, Deaconess

Aline Otten, Director of Music
David R. Hearn, Director of Music Emeritus
Bente F. Longfellow, Office Administrator
Daniel Groeber, Business Manager
Glenn Ralph, Sexton

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St. Paul's Trumpet is a publication of St. Paul's Lutheran Church,
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and relevant Lutheran activities and programs.

Members and friends of St. Paul's are invited to
contribute to *St. Paul's Trumpet*

Materials for publication may be submitted by
mail, phone or fax to the editorial staff.
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