



THE ST. LUKE LETTER

March 2025

Dear Siblings in Christ,

Matthew 22:34-40 is a well-known passage in which Jesus summarizes the essence of the Law and the Prophets in two fundamental commandments: loving God and loving our neighbors. We often focus on the importance of serving others, extending kindness, and practicing compassion in our daily lives. However, there is a part of Jesus' statement that is sometimes overlooked—the phrase “as you love yourself.”

As we enter the season of Lent, a time of reflection, repentance, and renewal, it is important to consider how caring for ourselves enables us to better love those around us. Self-care is not selfish; rather, it is a necessary foundation for fulfilling Christ's commandment to love our neighbors. When we neglect our well-being—physically, emotionally, and spiritually—we may find it difficult to extend genuine love and care to others. Exhaustion, burnout, and stress can make acts of kindness feel like burdens rather than expressions of love.

Loving oneself in a Christ-centered way does not mean indulging in selfishness or prioritizing personal desires above all else. Instead, it means honoring the person God created us to be. It means tending to our spiritual health through prayer, Scripture, and worship. It means nurturing our bodies through rest, exercise, and nourishment. It means setting healthy boundaries so that our generosity and service come from a place of abundance rather than depletion.

During Lent, many people engage in fasting, prayer, and acts of service. This season invites us to evaluate the balance in our lives—are we giving so much to others that we are neglecting our own needs? Are we so focused on sacrifice that we forget the importance of restoration? When we approach Lent with a holistic mindset, we recognize that true sacrifice is not about self-destruction but about transformation.

Jesus himself modeled this balance. He withdrew to quiet places to pray and rejuvenate. He took time to rest, to eat with friends, and to be in communion with God. If Jesus, in his perfection, needed these moments, how much more do we? When we care for ourselves in ways that honor God, we become more equipped to care for those around us.

This Lent, let us reflect on the words of Jesus: “You must love your neighbor as you love yourself.” Let us embrace self-care not as an act of indulgence but as an act of obedience—one that strengthens our ability to love others fully and sincerely. In doing so, we fulfill Christ's greatest commandment in a deeper, more meaningful way.

Yours In Christ,
Pr. Becky Horn

A Note from Pr. Becky: Are you or a loved one desiring a visit from the pastor? Do you have questions on faith, your spiritual life, or wish for a time of prayer? Please contact Pastor Becky if you would like her to call or visit you at home, in the hospital, or another location. (office: 814-364-9154, cell: 215-208-5535, email: stluke364pastorbecky@gmail.com)



YOU TUBE LIVE LINKS - Sunday Morning Worship via YouTube Live

– the 10:30 worship service is available via YouTube Live Stream. Please use the link below from your favorite web browser. The service is also recorded if you are away and would like to watch at a later time.

(either click on the link below, or copy and paste into the search bar)

https://www.youtube.com/@StLukeLutheran_CentreHall/live



Midweek Lenten Wednesday Worship Services will be held on Wednesday evenings at **7:00pm at Trinity UCC** beginning with **Ash Wednesday on March 5, 2025** and continuing on the Wednesday evenings of 3/12, 3/19, 3/26, 4/2 and 4/9.

Wednesday Morning Prayer – Wednesday mornings at 10:30 am we will gather in the sanctuary for a morning prayer service for about thirty minutes. This is an opportunity to center ourselves in the middle of the week and to pray for those on our prayer list and others we know of. We hope you will join us as we gather mid-week to refocus our lives on the gift of Christ and the love of God for all the world. On **Wednesday, March 5th**, at 10:30am, we will gather for a Healing Prayer Service.



PRAYER MINISTRY

As Lent begins, many take time for reflection and prayer. At St. Luke, we are expanding our Prayer Ministry to better support those in need of prayer. This ministry is open to everyone, and we invite you to participate in whatever way you feel called.

You are welcome to join us for prayer at St. Luke on Wednesday mornings at 10:30. Should you prefer and are willing to receive some prayer requests at your home, we then encourage you to consider the opportunity to place your name on our call list for prayers as specific occasions arise. If you feel called to be part of this ministry, please contact Pastor Becky Horn (215-208-5535), Linda Decker Reitz (814-574-1172), or Alice Cromwell (215-260-9453).

The Adult Sunday School Class will meet in March on **March 2nd and March 16th from 9:15-10am** in the basement Fellowship Hall.





FOOD PANTRY NEEDS

FOOD PANTRY: The Centre Hall/Penns Valley Food Pantry is located in the lower level of Grace United Methodist Church. The monthly distribution day is the Third Tuesday of each month from 1:30-3pm except for August when it is held the second Tuesday. In case of an emergency, a coordinator can always be contacted for a food distribution. The next monthly food distribution will be held on **Tuesday, March 18, 2025**, at Grace United Methodist Church, Centre Hall. Volunteers are packing boxes from **8:00am-11:00 am** and Food Distribution will be from **1:30-3:00 pm**.

Now that the Food Pantry is serving all of Penns Valley, the monthly need more than doubled. We are now serving over 110 families so any help you could provide would be greatly appreciated. The most needed items typically remain shelf stable items like canned goods, cereals, pastas, etc.; however, there is an emphasis item each month that is listed below. If you would like to make a donation, please place non-perishable items in the designated Food Pantry Box located in the narthex at St. Luke Lutheran

Church on or before **Sunday, March 16, 2025**. You may also make a monetary donation by specifying a designated amount on your offering envelope, by making a check payable to St. Luke with "Food Pantry" in the memo line and placing it in the offering plate, or by placing a cash donation in an envelope in the offering plate that is specially marked for Food Pantry.

NEW LIST - Suggested Monthly Donation List for the Food Pantry:

January – Tissues

February -Toilet Paper

March – Toothpaste & Individual Toothbrushes

April – Household Cleaners

May - Kitchen Garbage Bags

June - Paper Towels

July – Liquid Hand Soap

August – Laundry Detergent

September - Shampoo

October - Toilet Paper

November - Sandwich Bags

December - Dish Detergent

We are Blessed by our volunteers who order and shop for food, unload delivery trucks, sort donated food, pack orders, register clients and deliver to a few clients who have no transportation. If you would like to volunteer in any way or if you would like more information about the Food Pantry, you can contact Anne Gaddis at 814-404-4693, annegad58@gmail.com or Page Gaddis at 814-571-8110, paggad@protonmail.com. You may also speak to Gary Zellers who is the St. Luke Food Pantry representative in 2025. Thank you so much for any assistance you can give to this important outreach in our community.

To the members and staff of St. Luke's,

Thank you all so much for your amazing donation of 178 lbs of canned good (95% soup) and 20 lbs. of paper products to the Centre Hall/Penns Valley Food Pantry. Those items, along with those folks volunteering at the Food Pantry, are such a blessing to those who receive them on distribution day. You are making a positive difference to our neighbors in the valley.

With great appreciation,

Beth Powell, Secretary CH/PV FP



PRAYER CONCERNS

Pray for the recovery and the Lord's healing and peace on our brothers and sisters.

Brad Way...upcoming kidney transplant
Bob Booz...broken leg
Melinda Fahrenback...ovarian cancer
The Family and Friends of Agnes Homan
Krystal Josephson and Family...loss of Father
Ellen Coffman...cancer
Sabrina Murphy Wert...lung cancer
Jim Rearick...health concerns
Carol Smith...cancer
Joan Glaser...health concerns
Robert Sauerwein...hospitalization
Greg Garner...health concerns
Brad Way...health concerns
Terry Brown...cancer
Sally Shermer...health issues
Nancy Wintersteen...recovery from fall

Corby Fetterolf...broken collarbone
Lily Wagner...breathing/health concern
Dona Bean...cancer
Sally Toner...recovery from spine fracture
Sam Rudy...dialysis
Darlene Fultz...health concerns
Jordan Holsopple...health concerns
Melody Green...health concerns
Bev Haines...anxiety issues
Kenzie Jones...kidney function/health
Ron Holsopple...health concerns
Freda Schluter...health concerns
Gary Homan...Parkinson's
Ernie Kirsch...Parkinson's
Jim Sheaffer...health concerns

Ongoing Prayer Concerns:

Greg Bohn...kidney issues
Jim & Tanya Evans...health concerns
Jean Bender...myelodysplastic syndrome
Karen Willar...cancer
Silas Green...multiple health issues
Nancy Boyle...respiratory issues
Bob & Betty Ishler...health concerns
Mike Moyer...health concerns
Dan Berkowitz...recov. from heart surgery
Carol Jean Lehman...health concerns
Sherri Ard...health concerns
Amy and Kyle...healthy pregnancy & healthy baby

Dave Ferree...health concerns
Paulette Smigo...life concerns
Don Rudy...health concerns
Eva Gill...kidney failure
Paul & Sandy Larson...health concern
Lee Kolos...health concerns
Mike Burlew—ALS
Paul "Fox" Dietrich...health concerns
Tara Homan...recovery from stroke
Pr. Russ Sauerwein...health concerns
Dotti Sauerwein...healing and strength

Please pray for the Health of our Homebound:

Fred Lohr Jr. (244 S. Pennsylvania Ave., Centre Hall, PA 16828...814-364-9368)
Barbara Mark (4178 Penns Valley Rd, Spring Mills, PA 16875)
Gladys Sampsel (c/o Randy & Julia Long, 165 Reeder Rd, Spring Mills, PA 16875)
Bob Smeltzer (Wynwood House, 122 Wynwood Dr, Centre Hall, PA 16828)
Robert Sauerwein (UPMC Harrisburg, Alex Grass Medical Science Building—Room 556,
100 2nd Street, Harrisburg, PA 17101)



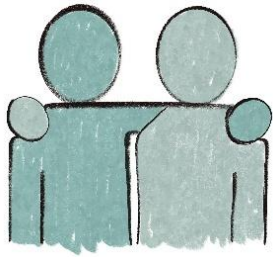
***If You Would Like to Add, Update or Remove a Prayer Concern: Please notify the Church Office by calling 814-364-9154 or emailing StLuke364@gmail.com.**

-Updated 2/27/25



St. Luke Lutheran Church will cancel all scheduled activities, including office hours, whenever the Penns Valley School District shuts down due to weather-related concerns. In addition to accessing weather-related closures on local television, the Penns Valley School District also posts closure information on its website which can be visited at pennsvalley.org. Should inclement weather affect any activities or Sunday worship, please check your email and/or St. Luke Facebook page.

Choir rehearsals are held on Thursday evenings at 7:00pm in the Sanctuary.



The Congregational Relations Committee will meet on Tuesday, **April 1st** at 11:00am in the kitchen. At our February meeting, we had a lively conversation on ways we can focus on and support the congregation at St. Luke that we currently serve. We invite anyone who would like to help us think of and implement new ways to support each other and our current congregation, to please join us.

THRIVENT CHOICE DOLLARS PROGRAM

-Support What Matters Most To You



By participating in the Thrivent Choice charitable outreach program, eligible Thrivent members have helped make good things happen for many congregations and nonprofit organizations nationwide by directing Choice Dollars since the program's launch in 2010. Eligible Thrivent members are designated Choice Dollars throughout the year, based on their insurance and annuity premiums, contract values and standing as a Thrivent volunteer leader. They can direct Choice Dollars to thousands of nonprofit organizations nationwide. **Thrivent members have until March 31, 2025 to designate their Thrivent Choice dollars accrued in 2024.**

FASTING AND FEASTING

During Lent, consider this practical — and biblical — advice from Arthur Lichtenberger, a former presiding bishop of the Episcopal Church:

- Fast from criticism, and feast on praise.
- Fast from self-pity, and feast on joy.
- Fast from ill-temper, and feast on peace.
- Fast from resentment, and feast on contentment.
- Fast from jealousy, and feast on love.
- Fast from pride, and feast on humility.
- Fast from selfishness, and feast on service.
- Fast from fear, and feast on faith.



THANKS BE TO GOD FOR OUR WORSHIP VOLUNTEERS

March 2, 2025 – Transfiguration of Our Lord

Altar Care: Todd Fetterolf
Altar Flowers: Lois Albright
Bell Ringer (10:30am): Larry Frazier
Communion Bread: Sue McCool
Counters: Ken Cromwell and Deb Frazier
Greeter (8am): Linda Decker-Reitz
Greeter (10:30am): Nancy Shunk
Lay Reader (8am): Kelly Moran
Lay Reader (10:30am): Ken Cromwell
Offering Usher (10:30am): Shawn Lehman
Worship Assistant (10:30am): Scott McAllister

March 9, 2025 – First Sunday in Lent

Altar Care: **Open**
Bell Ringer (10:30am): Jerry Homan
Communion Bread: **Open**
Counters: Sue Royer and Carol Sharpe
Greeter (8am): Gary Zellers
Greeter (10:30am): **Open**
Lay Reader (8am): Rick Homan
Lay Reader (10:30am): Jack Sharer
Offering Usher (10:30am): Scott McAllister
Worship Assistant (10:30am): Susan Stover

March 16, 2025 – Second Sunday in Lent

Altar Care: **Open**
Bell Ringer (10:30am): Shawn Lehman
Communion Bread: **Open**
Counters: Susan Stover and Deb Frazier
Greeter (8am): Linda Decker-Reitz
Greeter (10:30am): Patty Lehman
Lay Reader (8am): Kathy Long
Lay Reader (10:30am): Carol Sharpe
Offering Usher (10:30am): Larry Frazier
Worship Assistant (10:30am): Carol Sharpe

March 23, 2025 – Third Sunday in Lent

Altar Care: **Open**
Bell Ringer (10:30am): Walt Schluter
Communion Bread: **Open**
Counters: Shari Welch and Barb McAllister
Greeter (8am): Connie Zellers
Greeter (10:30am): Patty Lehman
Lay Reader (8am): Michele Shawver
Lay Reader (10:30am): Susan Stover
Offering Usher (10:30am): Ken Cromwell
Worship Assistant (10:30am): Shawn Lehman

March 30, 2025 – Fourth Sunday in Lent

Altar Care: **Open**
Bell Ringer (10:30am): Larry Frazier
Communion Bread: **Open**
Counters: Ken Cromwell and Lois Albright
Greeter (8am): Gary Zellers
Greeter (10:30am): Nancy Shunk
Lay Reader (8am): Kelly Moran
Lay Reader (10:30am): Barb McAllister
Offering Usher (10:30am): Walt Schluter
Worship Assistant (10:30am): Scott McAllister

April 6, 2025 – Fifth Sunday in Lent

Altar Care: **Open**
Bell Ringer (10:30am): Jerry Homan
Communion Bread: **Open**
Counters: Barb McAllister and Sue Royer
Greeter (8am): Connie Zellers
Greeter (10:30am): **Open**
Lay Reader (8am): Linda Decker-Reitz
Lay Reader (10:30am): Scott McAllister
Offering Usher (10:30am): Larry Frazier
Worship Assistant (10:30am): Susan Stover





MARCH

Anniversaries

Mar. 3 Donald and Margaret Fetterolf
21 Jerry and Judy Homan



MARCH

Birthdays

Mar. 1 Diane O'Hara
2 David Leedy
6 J.D. Kubalak
7 Joe Schluter
8 Abby Holsinger
Annette Fetterolf
Peter Horn
11 Cindy Kessinger
12 Martha Grove
Leah Johnson
13 Beth McAllister
Holli Kubalak
14 Nicki Shunk
Daniel Schluter
15 James Kerlin
Joshua Lieb
16 Melanie Phillips
17 Gene Bair
18 Michele Brown
Ryan Long
20 Steven Zellers
22 Jean Lohr
Sharon Luse
25 Jamie Seiler
26 Mason Lieb
27 Grace Wolfe
28 Tracy Noll
30 Matt Harter
31 Shelley Carper
Rev. Russell Sauerwein

To Our St. Luke Family,

I'm not sure how to begin this letter because a simple "Thanks" seems so inadequate. This morning Pastor handed us a card with your gift of financial support to help with the expenses we are incurring with Robert's care. Your prayers, kind words, and all manners of support has touched us deeply. Your gifts have enabled our family to be present with Robert as he continues on his journey to anew heart.

We have been blessed, and even though each day presents new challenges, God is present still. A church in the Hershey area has provided us with the use of a home who have love ones in the hospital long term and live over 50 miles away. We have a room in the house but share the general area's with others in the same position. We've met some wonderful people and the opportunity for sharing with others has helped lift our burdens. The staff at the hospital have been amazing! Top notch care and have become like family.

Dotti has become pretty good at group texting (a new talent) but those who followed Robert's journey can't imagine how supportive they were to him and the rest of the family. Robert has seen them all. Although through the many times the doctors didn't think Robert would survive, the teams met every morning and would come into the room and try come up with ideas to try next. It seems Robert has some "unique" issues.

The day we had to leave Hershey was a sad and happy day. Grateful to finally get to leave this hospital to start getting on to recovery. He is now at an acute care physical therapy hospital in Harrisburg. Hopefully within a couple of weeks he may be able to get closer to home. He has tough hurdles to face as he retrains his body too adjust to being lying flat in bed for three months.

Jesus said to bring our concerns to him in prayer and he will bless them. Thank you mostly for those prayers.

God's Blessings! Russ and Dotti



Church COUNCIL

The regular meetings are held 2nd Monday of the month at 7:00 pm. The next meeting is **March 10th** and Zoom is available. Council Executive Committee communicates by the 1st Thursday of the Month regarding agenda items and information as needed. Please contact the Council Executive Committee if you have questions, Scott McAllister (President), Rick Homan (Vice President), Carol Sharpe (Secretary), Jack Sharer (Treasurer) and Pr. Becky Horn. Council Officers remain the same in 2025.

Council Members for 2025: Scott McAllister (27), Rick Homan (27), Carol Sharpe (26), Jack Sharer, Gary Zellers (27), Lois Albright (25), Todd Fetterolf (25), Larry Frazier (25), **Open (25)**, Alice Cromwell (26), Evelyn Reeder (26), Susan Stover (26) and Jerry Homan (27)
***The numbers in parenthesis indicates the year their term is complete.**

Centre Hall Council of Churches –The next meeting is scheduled for **April 2nd at 11:15 am at Trinity UCC.**

St. Luke Cemetery Association Representatives—Michele Brown, Brian Long and Walt Schluter



Looking ahead...Please note that if you have news or articles for the **APRIL 2025** issue of the St. Luke Newsletter, please submit them to the church office **by Thursday, March 20, 2025.**

Church Office Hours—Patty is in the Church Office on Tuesdays and Thursdays from 10:00am to 2:00pm.











REMEMBER TO TURN YOU CLOCKS AHEAD 1 HOUR ON SUNDAY, MARCH 9TH!

St. Luke Contact Numbers:

Church Office	814-364-9154 or email at StLuke364@gmail.com
Pastor, Rev. Becky Horn	215-208-5535 or email StLuke364PastorBecky@gmail.com
Church Secretary, Patty Lehman	814-933-6296 or email: StLuke364@gmail.com
Council President, Scott McAllister	814-364-1285 (h); 814-280-7891(c) or email horsedr72@verizon.net
Treasurer, Jack Sharer	814-364-1658 of email: StLuke16828TreasurerJack@gmail.com
Music Director, Susan Stover	814-349-5173 or email: smsgmnastx48@aol.com
St. Luke Mailing Address	PO Box 331, Centre Hall, PA 16828
St. Luke Website	http://StLukeCentreHall.org

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<u>1</u>  AA Meeting 7pm
<u>2</u> Transfiguration Sunday Worship 8am & 10:30am Adult Sunday School 9:15 -10am in Fellowship Hall Boy Scout Troop Meeting 4:30-6pm	<u>3</u> 	<u>4</u> OFFICE HOURS 10am-2pm	<u>5</u> Ash Wednesday Wednesday Morning Prayer 10:30-11am  Ash Wednesday Worship Service at Trinity UCC 7:00pm	<u>6</u> OFFICE HOURS 10am-2pm Choir Rehearsal 7:00pm	<u>7</u> World Day of Prayer 	<u>8</u> AA Meeting 7pm
<u>9</u> 1st Sunday of Lent Worship 8am & 10:30am  Boy Scout Troop Meeting 4:30-6pm	<u>10</u> Council Meeting 7pm	<u>11</u> OFFICE HOURS 10am-2pm Sewing Group at Bonnie Brown's	<u>12</u> Wednesday Morning Prayer 10:30-11am Lenten Wednesday Worship Service at Trinity UCC 7:00pm	<u>13</u> OFFICE HOURS 10am-2pm Choir Rehearsal 7:00pm	<u>14</u> Cub Scout Den Meetings 6-8pm	<u>15</u> AA Meeting 7pm
<u>16</u> Worship 8am & 10:30am Adult Sunday School 9:15 -10am in Fellowship Hall Boy Scout Troop Meeting 4:30-6pm Cub Scout Committee Meeting 6:30-8pm	<u>17</u> 	<u>18</u> OFFICE HOURS 10am-2pm Food Pantry at Grace UMC Packing boxes begins at 8:00am and Distribution takes place from 1:30-3pm	<u>19</u> Wednesday Morning Prayer 10:30-11am Lenten Wednesday Worship Service at Trinity UCC 7:00pm	<u>20</u> First Day of Spring OFFICE HOURS 10am-2pm *April Newsletter Deadline  Choir Rehearsal 7:00pm	<u>21</u>	<u>22</u> AA Meeting 7pm
<u>23</u> Worship 8am & 10:30am Boy Scout Troop Meeting 4:30-6pm	<u>24</u>	<u>25</u> OFFICE HOURS 10am-2pm	<u>26</u> Wednesday Morning Prayer 10:30-11am Lenten Wednesday Worship Service at Trinity UCC 7:00pm	<u>27</u> OFFICE HOURS 10am-2pm Choir Rehearsal 7:00pm	<u>28</u> Cub Scout Den Meetings 6-8pm	<u>29</u> AA Meeting 7pm
<u>30</u> Worship 8am & 10:30am Boy Scout Troop Meeting 4:30-6pm	<u>31</u> 					

St. Luke Evangelical Lutheran Church
301 North Pennsylvania Ave.
P. O. Box 331
Centre Hall, PA 16828

Return Service Requested

The
St. Luke
Letter



Mission Statement: Inviting all into relationship with Christ, Church and Community

St. Luke Evangelical Lutheran Church

Centre Hall, Pennsylvania