

The Messenger

May 2015



St. Timothy Lutheran Church

1051 Kempsville Rd.
Norfolk, VA 23502
757-461-3931

www.sttimothylca.com

The Rev. David Penman, Pastor
757-202-0105

Sunday School 9:00 a.m.
Worship Service 10:00 a.m.

Office Hours Monday - Friday
9:00 a.m. – 1:00 p.m.

FROM THE PASTOR'S DESK

Well here we are – the end of the Easter season and the beginning of the “Time after Pentecost.”

The “Time after Pentecost” is the long “green” season that runs from Spring through late Autumn, and runs through “Christ the King” Sunday in late November – just before Advent of next year!

As I sit here at my desk I wonder what these next months will entail. Weddings? Baptisms? Funerals? Potlucks? Vacation plans? Back to school preparations? The list is endless.

But what about our life in Christ? As we come off our Easter experience, we are reminded of the importance of “love” and our relationship with “God and one another.” Many of the texts we have heard during this season of Easter have pointed to the importance of love – both in our relationship with God and with one another.

This whole notion of “loving your neighbor as yourself” is really a difficult path to traverse. Because, at our roots,

we love ourselves more than we love anyone else. Now my guess is that most of us don’t think in terms of “loving one’s self” – however, that is what our egocentric being is all about. When push comes to shove, we’ll care for ourselves over the “other” most of the time. Yes, there are a number of you out there who can overcome this natural tendency, but if you are like me... you look after number one first!

So I am wondering, what might we do during this long season “After Pentecost” to engage the world in new and different ways? A community garden plot on the vacant lot next to the rental house? A face lift on our building that will make it more energy efficient and more “user friendly” to those who have special needs... The world of possibilities is open to us... I encourage all of you to be in prayer about what those possibilities might be!

Grace and Peace to you,

Pastor David

-- We are equipped by Christ to build and proclaim His Kingdom! --

Join the Fight Against Alzheimer's

On Sunday, June 21, St. Timothy's "The Longest Day" Team will be honoring the strength, passion and endurance for those facing Alzheimer's disease.

"The Longest Day" is a team event to raise funds and awareness for the Alzheimer's Association. Held annually on the summer solstice, the duration of this sunrise-to-sunset event symbolizes the challenging journey of those living with the disease and their caregivers.

Today, over 47 million people across the world are living with Alzheimer's, including more than 5 million Americans. In the United States alone, more than 15 million caregivers generously dedicate themselves to those with Alzheimer's and dementia. This number will only continue to rise unless we take action.

St. Timothy's team will be doing a number of different activities on June 21. One member will be preaching a sermon for an hour (Come on people, we need to shorten this preaching time). Another member might do a painting which we can sell. Vicki Urso has already completed a craft project which quickly sold. I hope to spend time with a person with Alzheimer's so the caregiver can take a break. We still have room on the team for more members. You can also support the team by making a donation to any of the team members; just look for a purple tee-shirt. The team's goal is to raise \$1,600 – one hundred dollars per hour – for the 16 hours of daylight. All money raised stays here in the Hampton Roads area and is used to provide care and support for those facing the disease.

Submitted by Jim Somerville

About Alzheimer's

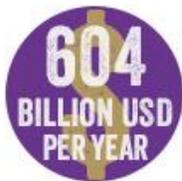
Alzheimer's disease is a global epidemic.



Worldwide, 47 people are living in the world with dementia.



More than 5 million Americans are living with the disease.



The annual global cost of dementia



Alzheimer's is the sixth leading cause of death in the U.S.



Someone in the U.S. develops Alzheimer's every 67 seconds.

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Celebrating Earth Day - Caring for Creation

On Sunday, April 19, about 35 members of St. Timothy enthusiastically participated in honoring our earth by caring for God's creation around the church. Groups planted flowers in the front of the church and around the church sign, cleaned up debris and leaves around the church and surrounding fences, and picked up trash on Kempsville Road (our "Adopt a Street"). All enjoyed a sloppy Joe lunch afterwards. Thanks to Stewardship Committee member Rob Cunningham for coordinating this event.

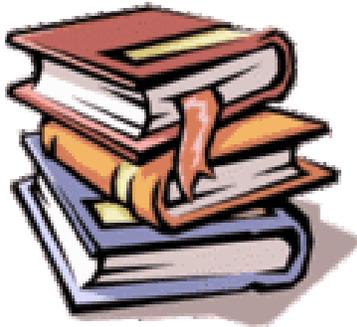


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St. Timothy Book Club

The Book Club meets regularly to discuss selected readings. We read and discuss books of many different genres. Members make suggestions of books for the next month or so, and the group as a whole determines which book will be the selection for a given month. Consideration is given to how easily available the selected book is at area libraries or how easily it can be purchased. Many of the books we select are available in E-reader format at the library or on Amazon.



The Book Club regulars include John and Diane Ayres, Sandi Baines, Jim and Laura Dombey, Dru Groce, and Gary and Sue Schafran. We generally meet at church at 5:00 p.m. on a selected Sunday, or on some occasions, we may meet right after worship service, or at the regular time but at the home of one of the members. Discussion of the book runs about an hour and then we

share a meal that has been prepared by the members who each bring a dish to share. We have some great cooks in the club!

We've read and discussed a variety of books. Last year we read and discussed [A Pirate's Journey – The Life Story of Major League Catcher Hank Foiles](#). Hank Foiles autographed our individual books and, in addition, he was our special guest for the book discussion. We had the unique opportunity to get to interact with Mr. Foiles and ask questions about his time in the major league. It was a great experience.

Our next meeting will be held on **June 7, 2015** at St. Timothy at 5:00 p.m. We will be discussing the novel [A Tree Grows in Brooklyn](#) by Betty Smith. If you like reading and would like to spend a couple of hours once a month with others who share a love of reading, then please consider joining us whenever it works for you. If you have any questions, any one of the Book Club regulars would be happy to provide answers.

Submitted by Sandi Baines

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Thrivent Financial for Lutherans Norfolk/Portsmouth Chapter #30974

Is sponsoring a fun night of fellowship with other Lutherans

Norfolk Tides vs. Lehigh Valley Ironpigs

Date: Saturday, June 13, 2015

Time: 7:05 p.m.

(plus fireworks after the game)

Place: Harbor Park

Cost: \$5.00 for a box seat ticket along first base

(Your Thrivent Chapter #30974 is picking up the rest)

Deadline to order & pay for tickets is May 31, 2015.

Any questions see Rick & Peachie Corless or Jim Somerville

Thrivent Ticket Coordinators

United Lutheran Appeal



On May 3, we will be given the opportunity to contribute to our Synod's **United Lutheran Appeal** campaign. This appeal, similar to the United Way campaign with which many of you are familiar, gives all of us a chance to fulfill our mission of caring for our neighbors. We do this by supporting 8 special "Partners in Mission":

- Caroline Furnace Lutheran Camp and Retreat Center
- Chaplain Service Prison Ministry (now Gracelnside)
- Hungry Mother Lutheran Retreat Center
- Lutheran Family Services of Virginia
- Lutheran Theological Southern Seminary
- National Lutheran Communities & Services
- Roanoke College
- Virginia Lutheran Homes

These Mission Partners, those we support through the United Lutheran Appeal, serve hundreds of people every day in ways that enrich their lives deeply and meaningfully. They care for the elderly, the frail, and the imprisoned. They find loving homes for children. They shelter those who suffer from mental illness and disabilities. They teach our children through camping and classroom experiences. They even educated and nurture our pastors.

If you did not have a chance to participate on May 3, you can still contribute by using a special ULA envelope in the Narthex and placing it in the offering plate, or donating online at www.vasynod.org/ula.

-- YOUTH CORNER --

Yard Sale results: The youth raised \$345.00 at their yard sale on Saturday, April 18. All items not sold were donated to the Children's Hospital of the King's Daughters.

May 9
(Sat)

Spaghetti Dinner. The group's last fundraiser will be on Saturday, May 9. A spaghetti dinner will be served, along with salad, bread and various drinks. A pie auction is also planned for the evening. The funds raised will be used to send 7 youth and three adults to the ELCA Youth Gathering in Detroit in July.



****Thanks to the ELCA for providing grant money to assist in funding this trip.****

June 5 – 7
(Fri-Sun)

Synod Youth Assembly at Roanoke College (in conjunction with the Virginia Synod Assembly)
The youth delegates are Emily Martinez and Abby Mantta.
Of special note: Maren Corliss will be ending her term as President of the Virginia Synod Lutheran Youth Board. She will give her farewell speech to the Virginia Synod Assembly.

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Faith Formation Opportunities for All Ages

We've all seen one or more of these events highlighted throughout the year, but how many of us understand the total picture of what the Synod sponsors to support faith formation for all ages – how it all fits together into a life-long ministry program? Below is just a summary of these events and ministries sponsored by the Synod:

For children (and their families) from birth through 5th Grade:

Roots & Wings

The ministry's goal is to strengthen the home as a place for faith formation. It is designed to help leaders, congregations, parents, guardians, grandparents, god parents – you name it – to share their faith with their children. This family ministry consists of four keys for Family Ministry:

- 1 – Caring Conversations
- 2 – Family Devotional Life
- 3 – Family Service
- 4 – Family Rituals and Traditions.

There are weekly bulletins and monthly newsletters/calendars that include daily readings, prayers, and activity ideas. This is a wonderful ministry for anyone involved with developing the faith life of children. http://www.vasynod.org/ministries/roots-and-wings/#rw_newsletter



For youth and young adults:

Lost and Found (November 2014). This event for 7th and 8th graders and their adult advisors at Eagle Eyrie Conference Center, Lynchburg, VA. Pastor David has been involved with this event for years.



Winter Celebration (January 2015). For 9th through 12th graders and adult advisors. Held at Eagle Eyrie Conference Center.



Seventh Day (March 2015). For 5th and 6th graders. Held at Eagle Eyrie Conference Center.

Bishop's Day (March 2015). A one-day event for those discerning a call to ministry and their pastors. Held at St. Mark Lutheran Church in Charlottesville.

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Youth Assembly (June 2015). For 7th through 12th graders. Held at Roanoke College in conjunction with the Virginia Synod Assembly.

Bishop's School (June 2015). For those who have completed 11th or 12th grade. Must be nominated by an ELCA home congregation. Held at Lutheran Theological Southern Seminary.

Kairos (June 2015). For rising 9th through 12th graders. Held at Roanoke College.



Launch (July 2015). For those who have just graduated from high school. Held at Roanoke College.



graduated from high school.

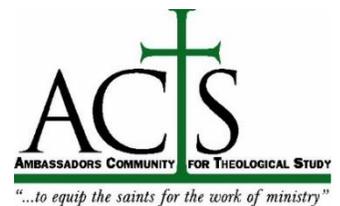
ELCA Churchwide Youth Gathering (July 15-19) in Detroit.

For adults:

The Ambassadors Community for Theological Study

The goals of the ACTS program are to:

- Increase in laity the ability to intentionally live and share the Christian faith.
- Develop in laity a fuller understanding of the Bible, the theology of our church, and the practice of ministry.
- Equip in laity leadership in special areas of ministry and service as ambassadors for Christ.
- Encourage large groups to enroll from one congregation or parish. A special rate is provided for 6 or more who enroll at the same time.



See Pastor David for further information on programs scheduled in the spring and fall.

For everyone who wishes to explore God's call to service:

July 9-11, 2015
Roanoke College, Salem, VA



This inspirational conference contains joyous worship, Bible study, keynote addresses, workshops, and fellowship. The goal is for everyone to find POWER IN THE SPIRIT nurturing and challenging as they consider their mission and ministry.

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What did they eat in biblical times?

Favorite foods from biblical times may sound like an abstract subject, but Ben Huddle, a semiretired chemistry professor at Roanoke College, Salem, held the interest of a full audience of seniors in a talk on this subject at Brandon Oaks Retirement Community in Roanoke last fall.

Showing slides to illustrate his descriptions, Huddle said his research told him that the people of the Bible “ate well and their diet was probably healthier than ours.”

Their main foods were vegetables, bread, fruits, fish dairy products and legumes.

Wine was a “routine and important drink.” Frequent references in the Bible 2,000 or more years ago speak of wine. They had a wide variety of spices. Richer people ate more variety and could afford more expensive foods. Their most important meats came from goats and sheep.

Scholars have different thoughts about manna. Huddle said that in some languages, manna may mean “What is it?” In Egyptian “*mennu*” means “food.” A reference in Numbers 11 said manna was like coriander seed (an aromatic Eurasian herb) and its color was like gum resin.

Bread, mentioned at least nine times in the Bible, is basic in the Last Supper, of course. Exodus 12 states that “the people took their dough before it was leavened, with their kneading bowls wrapped up in their cloaks on their shoulders.” New wine is not put into old wineskins, according to Matthew 9. Starting in Genesis 14, Melchizedek, a high priest, brought out bread and wine, long before the Last Supper.

And then there’s meat

Strict rules, observed to this day in synagogues, determine meats that may be eaten. According to

Deuteronomy 14: “Any animal that divides the hoof and has the hoof cleft in two, and chews the cud, among the animals, you may eat.” This refers to ox, sheep, goat, deer, gazelle, roebuck, wild goat, ibex, antelope and mountain sheep, Huddle said. Meats that may not be eaten are the camel, hare and rock badger because “they chew the cud but do not divide the hoof.” The pig is unclean because it has a divided hoof but doesn’t chew the cud.

That Deuteronomy passage also gave permission to eat “of all that live in water . . . whatever has fins and scales,” including mullet, sea bass, grouper, cod, sardines and mackerel. Those sea creatures that don’t have fins and scales, such as reptiles, amphibians, eels, catfish, sharks, rays, shrimp, lobsters and clams “you shall not eat” because they are unclean.

Clean birds were approved, but those “you shall not eat” were the eagle, vulture, osprey, buzzard, kite, raven, ostrich, nighthawk, seagull, hawk, little and great owl, water hen, desert owl, vulture, cormorant, stork, heron hoopoe and bat. Chickens aren’t mentioned in the Old Testament, nor as a food in the New Testament.

“Better is a dinner of vegetables where love is, than a fattened ox and hatred with it,” is reported in Proverbs 15. Among the vegetables mentioned are wheat, barley, beans, lentils, millet and spelt, cucumbers, melons, leeks, onions and garlic. In the Song of Solomon we read: “Sustain me with raisins, refresh me with apples for I am faint with love” (3:5). References to milk and cheese are in Proverbs and Job.

Certain insects, definitely unclean by 21st-century tastes, were permitted. Among them are the locust, cricket and grasshopper, “but all other winged insects that have four feet are detestable to you,” according to Leviticus 11.

Article submitted to *The Lutheran* by Charles Hays, retired physician/epidemiologist. Reprint permission was granted by *The Lutheran* magazine for this material as it first appeared in the April 2015 issue of *The Lutheran*.

All you need are 10 minutes + a stamp . . .



. . . to bring peace and joy to someone's day. Several of your fellow members have not been able to come to church for some time or are going through difficult times in their lives. If each member would just take a moment to say a little prayer for these folks or perhaps send them a card or short note letting them know they're being thought of, what a difference it would make in their lives – and yours.

Hal and Irene Bush
1045 Sunnyside Drive
Virginia Beach, VA 23464

Mike Lombardo
107 S. James Landing Court
Smithfield, VA 23430

Wally and Dottie Erb
150 Cayuga Road
Virginia Beach, VA 23462

Trish Pounds
1205 Brookside Landing
Chesapeake, VA 23320

Roy Fehmel
966 Kelso Court
Virginia Beach, VA 23464

Peggy Shelby
645 Minute Men Road
Virginia Beach, VA 23462

Louise Frizzell
1613 Springwater Court
Virginia Beach, VA 23456

Al Young
5345 Marian Lane, #101
Virginia Beach, VA 23462

There are many others who would appreciate your prayers of support or enjoy hearing from you. Check your bulletin each Sunday and take a moment to make their day joyful.



Marie Fehmel	May 02
Grace Weeks	May 04
Callie Weeks	May 04
Jenna Grey	May 07
Eva Urso	May 08
Daniel Curtis	May 08
Jonathan Shinabarger	May 16
Elinor Dove	May 18
Sandra Shinabarger	May 25



Robert & Linda Vogl	May 07
Dennis & Patricia Pounds	May 09, 1981
Les & Janice Swegan	May 10, 1997
Roy & Marie Fehmel	May 11, 1946
Gordon & Pam Riley-MacArthur	May 15, 1982
Doug & Theresa Fehmel	May 16, 1980
Nick & Sheela Lewis	May 19, 2007
Richard & Eunice Remington	May 28, 1991
Gus & Linda Obney	May 30, 1998
Hal & Irene Bush	May 30, 1965