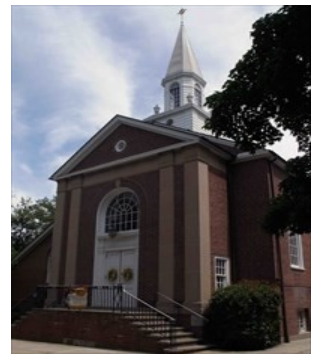




The Parish *Messenger*

FEBRUARY 2022 NEWSLETTER
THE EVANGELICAL LUTHERAN CHURCH OF OUR SAVIOR
HADDONFIELD, NJ



Souper Bowl Sunday Feb 13 to Benefit Peace Center Pantry at Bridge of Peace LC

Every year one of the fundraisers the Oasis Youth Group sponsor is Souper Bowl of Caring Sunday to help feed the hungry and homeless. In comparison to the smorgasbord of food some will have spread out on Super Bowl Sunday there are those in our county who would be thankful for a simple bowl of soup. You can help make that a reality in Camden.

Two soup kettles will be put out with the emblem of whoever wins the NFC and AFC Championships (which at this point is really up for grabs as at the time of this article the playoffs begin today) on their own kettle depending on who wins their respective conference title. Despite the outcome of the game later on those in worship can determine who “wins” the Souper Bowl by placing donations for one of the two teams in their respective kettle. The kettle with the most cash is the Souper Bowl winner.

Who’s playing in Super Bowl LV doesn’t really matter much when you’re hungry and on the street. Help those who are hungry this winter with your participation in the youth’s version of the Souper Bowl of Caring this year as you leave worship. Show your support for those for whom a bowl of soup means a lot more than a football game. In this bowl “game” the real winners are the hungry who are fed of our land.



Joint Oasis & Confirmation Super Bowl LV Party on Feb 13 @ 6:00 in Youth Room



Senior high and confirmation youth are invited to gather on Super Bowl Sunday, February 13 at 6:00 in the Youth Room for food, fun, and football. Youth are asked to bring a Superbowl worthy snack to share with those gathered (Girl Scout cookies are an excellent snack this time of year too). Pastor Wayne and Vicar Tom will provide the beverages. We’ll even have a little Superbowl “Pool” attendees can participate in to make it even more interesting with the proceeds being added to the donations provided earlier that day in the Souper Bowl of Caring collection after worship. There will be a winner after each quarter for bragging rights (but not too much bragging – we are Lutherans!).

The Evangelical Lutheran Church of Our Savior is a faith community that worships Jesus as our Lord, proclaims and shares God's Word, welcomes all people, serves human needs, and nurtures personal and spiritual growth through fellowship all to the glory of God.



“How Praying Can Transform Our Lives of Faith”

By Pastor Wayne Zschech

I really enjoy transformation shows. Maybe that’s because I also enjoy home improvement projects that transform rooms and spaces into something new and inspiring. We certainly did a lot of that at the parsonage in preparation for Brie’s wedding, both inside and out. At times I felt like George Banks in the movie *Father of the Bride*! Before and After photos of remodeling and redecorating projects inspire us to tackle one of our own. Before and After photos of people who’ve lost weight and/or been physically training for a more fit physique or an event can inspire us to enter a similar journey as well. Their transformation inspires us to seek one of our own.

While praying on the mountain Jesus is transformed as well. We hear this story on Transfiguration Sunday, the last Sunday before entering the time of Lent. When you pray, do you do so anticipating that you might be transformed by your prayers? Or is it God we are hoping to transform by our prayers; to change God’s mind to be in sync with our idea of what we need or want most in our lives and the lives of others. While Jesus was praying he was transfigured – transformed – into what he already was but the disciples could not recognize, the risen Son of God.

What if our prayers also have the power to transform us? Our clothes may not suddenly become lightning white, and our faces may not glow but is it possible that we might be transformed by our prayers? Soren Kierkegaard wondered if the function of prayer is not to change God but rather to change the one who prays. We pray for God to heal us or loved ones who are very sick, to help those suffering from addictions, to provide jobs to the unemployed and higher pay for those underemployed. In the last two years I don’t know anyone who hasn’t been praying for this pandemic to end, and end soon! Yet, it’s been two years and the infections are at an all-time high. How are such prayers changing me? How are they changing you?

Maybe our prayers have the power to transform us when we enter them with a willingness to be changed by the experience. Maybe we too can be transformed in the midst of prayer when we come before God sharing our pain and vulnerability, our joy and praise, without setting an expectation of how God is to respond. Maybe it is when our prayers are from a position of humility and openness to being changed by our trust and confidence in a God of transformation and new life that our faith and lives might be transformed as brilliantly as Jesus at the Transfiguration.

If you’re not sure how you might engage in such prayer I offer the acronym A.C.T.S. that I was taught in Sunday school on how our prayers might flow to God and leave space for God to transform our hearts and minds.

Adoration. How might you begin your prayer praising God and Christ?

Confession. What do you need to confess, not just focusing on sins, but what’s troubling your heart.

Thanksgiving. What are you thankful for in your life that God provides?

Supplication. Now ask God for what you think you need, while remaining open for God to act in ways you might not anticipate. My “go-to” ask is usually something like, “God, you know better than me what I need most, and I pray when it is provided I recognize it as your will as well.”

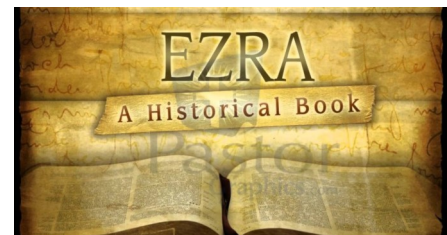
As we end our journey through the season after the Epiphany and prepare to enter our Lenten journey may our prayer life be an opportunity for our faith and lives to be transformed by the Holy Spirit in our prayer life. And if you build any dwellings after being transformed be sure to take some Before and After pictures. Luke 9: 33

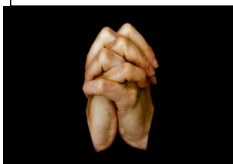
4-Week Bible Study of Ezra Begins Week of Feb 7/9 – NOW IN PERSON + ZOOM!

Why study Ezra, and then Nehemiah in March? For Christians today, these books teach us about the centrality of regular worship with the community of faith, the importance of the Bible for instructing us in our faith, and the necessity of living “holy” lives – *in* the world but not *of* the world. Ezra, the person could be called a “pastor of the priesthood of all believers.” He offers a model for those called to the ordained ministry: leader, priest, and teacher of the worshipping community. Ezra, and then Nehemiah, seem like good books for our Lenten Bible discussion.

Want to discover and discuss how this book still offers Christians examples of how to live out our calling to “hear God’s word and share in the Lord’s supper” as we promise we will do in our Affirmation of Baptism? Join the group **either in person in Conference Room 112 or by Zoom on Monday nights from 7:30-9:00 or Wednesday mornings from 9:30-11:00** using the links provided on the home page of Our Savior’s website (oursaviorhaddonfield.org). The dates and themes of our discussions are as follows.

Week of	Reading	Group Discussion Theme
Feb 7/9	Chapters 1-3	1:1-11/Returning Exiles
Feb 14/16	Chapters 4-6	4:6-24/Rebuilding Delayed
Feb 21/23	Chapters 7-9	9:1-15/Sin of Intermarriage
Feb 28/Mar 2	Chapter 10	10:1-17/Confession of Sin





Please keep the following people in your prayers:

John Drozdal, Clive Crosby, Yolanda Hales, Doris Rell, Arlene Stolarick, Dick Wilson, Randi Gordon, Shirley Stambaugh, Caryl

Wallace, Carmen Constantino, Suzanne Ferguson, Rich DeBella, Ralph Volpe, Charles Bakes, Samantha, Jack Kain, Rosemary Dougherty, Peggy Miller, Caren Kaufman, Colin Lawlor, Amelia Marchese, Albert Kern, Stephen Dempsey, Michelle Mavis, John Rell, Kim, Lynn Hoppe Kaminiski, Larry Thatcher, Scott Hansen, Abby Phelps, Bill Getty, Faith Marum DelPercio, Carmela Crawford, Jacob Berard, Keith Maull, Connie Verner, Judy Yerkes, Daniel Mandel, Susan Mazeika, Saunders Family, Ed Miller, Aasiyah Bey, Barbara Kerrane, Sandy Ferguson, Joanne Horn, Terry Mitchell, Ken Koehler, Bette Roncace, Nicholas Juele, Frank Marche, Beckham Williams, Ed Clark, Col. Fred C. Anderson, Fred Moffitt, Lily Gregorio, Julie Bartlett, Jimmy Lombardo, John Daggan, Betty Schurmann, Elva Mastrando, Ryan Roberts, Ann & Len Jones, Chuck Atkinson, Sophia Campos, William T family, David Wenck

Pantry

Our Pantry Families are still in need. **Please continue your generous monetary donations.** When you have the opportunity please continue to donate groceries to the grocery cart to help re-stock the Pantry.



- canned fruit
- cereal
- mac & cheese
- spaghetti sauce
- meals in a can



"Thank you so much for the Christmas goodies and Christmas Gift Card. They are very much appreciated. We feel very supported. Your efforts and generosity throughout the year I can't seem to find the words of thank you except to say "Thanks a million!", you make a such a difference in our lives. Stay safe."



COMING IN MARCH: Christ the King RCC Joins Our Savior for Lenten Midweek Discussion of *On Care of Our Common Home: Ladato Si'*

Mark your Wednesday nights in Lent, March 9 through April 6, to join our neighbors at Christ the King Roman Catholic Church and the community in a discussion of Pope Francis' encyclical *On Care of Our Common*

Home: Ladato Si'. The details for the discussion will be provided in the March newsletter as well as on our website as they are still being finalized. Invite your friends to join the discussion on care of creation and the issue of climate change/crisis.



Ash Wednesday Worship Mar 2 @ Noon & 7:30; Ash & Dash 7:00-8:30AM at Westmont PATCO Station

Ash Wednesday worship has long heralded the beginning of Lent. On **March 2** at both **Noon and 7:30PM** **The Lutheran Church of Our Savior** will **hold this worship service of confession, reflection, and the imposition of ashes to begin the Lenten journey** toward Holy Week and Easter. The evening service will also be available by livestream. Click on the **SPECIAL SERVICE** link from our website homepage.

This ancient ritual is filled with spiritual significance for Christians. Here are the main ones. "Remember you are dust, and to dust you shall return." These are the words spoken by the pastor as an ashen cross is smudged on one's brow. Like the words spoken at a funeral committal, ashes are a reminder of our mortality and finitude. They remind us we cannot escape death, no matter how hard we may try to keep it at arm's length or deny its reality in our lives.

Ashes remind us how at one time they were rubbed on one's skin to eliminate hard to remove dirt. Lent is also a time of cleansing and renewal. We pray along with the psalmist to "create in me a clean heart, O God, and renew a right spirit within me", and are reminded of God's cleansing Spirit of renewal in our lives.

Finally, because the smudged cross is made with ashes mixed with oil, we are reminded of the mark with oil placed on our brow at baptism. We remember the promise we were given, "Child of God, you have been sealed with the Holy Spirit, and marked with the cross of Christ forever." In the waters of baptism we have been joined to both the death and resurrection of Jesus Christ. And while the ashes remind us of our eventual death, the smudged cross reminds us death does not have the last word. As people "of the smudge" we are people who trust in the resurrection to new life it offers through faith in the risen Christ. In Lent we journey both toward the cross and the empty tomb. And this gives us hope.

In these days we need a reminder of hope as we rush from one place to the next. So **Pastor Wayne Zschech and any who choose to join him will be offering the imposition of ashes at the Westmont PATCO station for an "Ash & Dash Experience" from 7:00-8:30 am on March 2.** Contact Pastor Wayne if you want to join him on Ash Wednesday at the station.



New Year, New Plans

Some Musical Changes and Something New About Hymns!

If there's anything we've learned in the last two years, it's that we have to be flexible. My plans for the first two months of the year (both personal and for LCOS music) were interrupted by Omicron, as I am sure were yours. I hope as you are reading this newsletter, you are safe and healthy!

Although we did decide to postpone our vocal choirs until February due to the high COVID numbers, the music still goes on! On February 27th, we will be having a hymn festival for Transfiguration of Our Lord Sunday, where as we sing and pray, we will consider how we have been transfigured – both in the last couple of years as well as into God's image. As of now, we are still planning to have a spring concert in May, stay tuned for details!

As many resolve to learn something new as we begin a new year, I wanted to share something about hymn tunes with you, to help you learn something new about our hymnody! As you look at a hymn in our hymnal, you will notice that under each hymn, there is a name in all caps and some numbers. Let me tell you what they mean. The name in all caps is the hymn tune name. Often the name of the tune was chosen by the compiler of the hymnal or by the composer. Many names are connected to the composer, others are place names, such as ABERYSTWYTH (named after the university where the composer taught, this is the tune to which we sing "Jesus Lover Of My Soul") or DOWN AMPNEY (the melody of "Come Down, O Love Divine" and the birthplace of its composer). Sometimes it's the first line of the original text to the tune, often in its original language (such as O HAUPT VOLL BLUT UND WUNDEN for "O Sacred Head now Wounded").

Under the tune name you will usually see numbers, such as 7 8 7 8, or a few letter, such as CM. The numbers show the syllables in each phrase of the melody, also known as the meter of the text. Three of the most frequent meters are Short Meter (6 6 8 6 – as in "We Give Thee But Thine Own"), Common Meter (8 6 8 6 – think "Amazing Grace" or "O God Our Help In Ages Past"), and Long Meter (8 8 8 8 – "Praise God From Whom All Blessings Flow"). This is helpful when a tune is not familiar to the congregation and you want to substitute it for an easier one and why you often will hear me or Pastor Wayne say that we're singing a hymn to a different tune. If you want to try it on your own, try this (it will feel a little bit like trying to pat your head while rubbing your stomach!): sing the text of "Amazing Grace" to "In Christ There Is No East Nor West."

I hope this taught you something new about our hymnody, and if there is ever a hymn or hymn tune you want to hear, please let me know!

Pauline



COMING IN MARCH: First Holy Communion Instruction for 2nd & 3rd Graders

Parents of children in both the Second and Third Grade are encouraged to mark their calendars now for one of the two opportunities for their child(ren) to attend the First Holy Communion Preparation Class on either **Saturday, March 5, from 9:00-12:00** or **Sunday, March 13, from 12:00-3:00**. The class is held twice and on separate weekends to insure in a world with packed schedules one of the two dates will work. More details will be provided in the March issue of the Messenger for the class led by Pastor Wayne and Vicar Tom using the materials *A Place for You*.

Welcome Back Bonnie Richards as Interim Sunday School Superintendent! Welcome Nancy Dempsey and Susan Meyers as Two Teachers for Pre-K & K!

As the Personnel Committee continues the search process for our next Director of Youth and Family Ministry veteran Sunday School Superintendent, Bonnie Richards, will be filling in on an interim basis. Bonnie has taught and provided oversight for Our Savior's Sunday morning faith formation ministry for decades and we are appreciative for her accepting the responsibility during this time of transition and challenging attendance during the pandemic.

We also welcome back Nancy Dempsey and welcome Susan Meyers to be two of the teachers for our Pre-Kindergarten and Kindergarten children on Sunday mornings. We are still hoping to add a third teacher to enable teachers to fully worship on more Sundays in the month.





It is February, so that means Groundhog Day. Curiously, the origin of this day actually has its place in one of the most ancient feasts of the Church called The Feast of the Presentation or Candlemas. Candlemas is centered in Luke 2:22-40. It is a beautiful scene, in which Simeon expresses his joy upon the presentation of Jesus in the Temple. One can almost imagine the tears of joy and deep pride of Simeon, almost like a loving grandparent, observing the traditional practices with family. And yet, he was technically not kin at all! Rather, Simeon was inspired by the Holy Spirit to crash the ceremony and to witness that Jesus is Lord. It is said that Jesus' parents "marveled" at what Simeon had to say of their boy. One wonders if they were not also somewhat confused at this presentation-crasher!

Following this gospel passage, each February 2nd clergy would bless and present candles whose size accounted for the expected length of the winter season. It was German immigrants to Pennsylvania who begun having an animal predict the winter weather. Initially it was a hedgehog in Germany, and switched to a groundhog, which were more common in PA. An 1841 diary entry from James Morris, a storekeeper from Morgantown, PA, captures this burgeoning tradition: "Last Tuesday, the 2nd, was Candlemas day, the day on which, according to the Germans, the Groundhog peeps out of his winter quarters and if he sees his shadow he pops back for another six weeks nap, but if the day be cloudy he remains out, as the weather is to be moderate" (Pennsylvania Dutch Folklore Center at Franklin and Marshall College).

Surely the pandemic we are facing has felt like a Groundhog Day time-loop. We wake up and its February 2nd—or it may as well be. It has been hard, if not quite impossible, to predict how long this winter will go on. That sort of monotony and a sense of futility can easily lead to despair and cynicism. Bill Murray's character, Phil, in the film *Groundhog Day* embarks in all sorts of reckless and grim behavior because he finds the time-loop meaningless in its inescapability. The circumstances do not change, even though the day does. So he lives head-buried-in-the-sand—or really, true to PA, rocky soil—unwilling to pop his head out to the light of day.

Until, one day, he is willing—until the day the light breaks on his inability to see. Out of the hole of despair and cynicism, Phil uses his knowledge of the day's routine to help those who might otherwise suffer. He uses his time to learn new skills: piano-playing and ice-sculpting. And, suddenly, with this move toward the neighbor, no-way-out suddenly becomes the way, the repeated time-loop a lens through which to see how to move forward in love, in the light of a new day.

For us, it is the Lord Jesus, presented in the Temple, who lights our way. In our despair, cynicism, fear and exhaustion, our Jesus speaks to us words of peace and possibility and graces us with the ears to hear them. So that, with Simeon, we might also take Jesus into our arms and praise God, singing, "My eyes have seen your salvation, which you have prepared in the presence of all peoples". With the light of Christ before us, we can see the way. **Vicar Tom**



My Father's House

Volunteers are needed to prepare simple meals for the 16 women in MFH's substance abuse recovery program. Volunteers are asked to make or purchase a meal and take it to My Father's House at 14 N. King Street in Gloucester City. If you are unable to deliver your meal, we will arrange for a volunteer to deliver it to MFH for you. We're also looking for volunteers who can drive the meals to Gloucester City when the meal maker isn't able. Please contact Kathy and Amelia Wright at 856-325-0496 or kathyandgregwright@gmail.com for more information, or visit <https://www.signupgenius.com/go/70a0845a4af2ba31-myfathers> to sign up. Thank you!



Job Opening

Mustard Seed Community Childcare at Our Savior has an opening for a part-time Teacher Assistant. It is for Monday Through Friday 10:45am to 12:45pm. Duties include helping assist with accompanying the children on the bus for pick-up and drop-off at the Haddonfield Elementary School and assisting with lunch duty. For more information contact Donna Marie Clancy at 856-669-4491 or director@mustardseedccos.org.



Messenger/Annual Meeting, Constitution Mailing Helpers:

Thanks to: Janie Braccio, Millie King, David Foster, Betsy Kuehn, Eva Shaw, Linda Nelson, Deb MacBride, Nancy Dempsey and Karin Labarge for helping to assemble this very large mailing. We couldn't do it without you!

February 2022 Regular Events

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
8:00 & 10:30 AM Sanctuary Worship & 10:30 Facebook Live 9:15 AM Reflection Zoom & in-person 6:30 PM Confirmation & Oasis	5:30-8:00 PM Children Song - Sanctuary 6:30-8:30 PM Possibility Players - PH 7:30 PM – 9:00 PM Bible Discussion Zoom & in-person	10:30 AM Pastors' Pericope 2:30 PM Staff Meeting	9:30 AM – 11:00 AM Bible Discussion Zoom & in-person 3:00 PM Tai Chi 4:00-4:45 PM Children Choir 4:45-5:15 PM Children Bell Choir	9:00 AM Fix-It Team 6:45 PM Bell Choir 8:00 PM Adult Choir		

February 2022 Special Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
.		1 10:00 AM HGC 7:00 PM Toastmasters Sandy Vacation	2 <i>Groundhog Day</i> 7:00 Social Ministry Mtg.	3 9:30 AM Mission Quilts	4	5 8:00-11:00 AM ChildrenSong
6 No Confirmation 11:45 W&M Mtg	7	8 11:30 AM HGC 7:00 PM Church Council 7:00 PM Toastmasters	9	10 Messenger Deadline 9:30 AM Mission Quilts	11	12 <i>Lincoln's Birthday</i>
Sandy Vacation	Thru 2-13					
13	14 <i>Valentine's Day</i> No Possibility Players	15 7:00 PM Toastmasters	16	17 Messenger Mailing	18	19
20 Caverow Baptism No Confirmation	21 <i>President's Day</i> <i>Washington's</i> <i>Birthday</i> <i>Office Closed</i>	22 12:00 noon EPIC	23 10:00-12:00 AM Singing Angels- Sanctuary	24	25	26
Sandy	Vacation	2-20 to 2-26		Pastor Vacation	2-24 to 2-28	
27 Vicar Tom Leads Worship, No Communion Cabaret/Coffee House Music	28 6:30 Congregation Resources Mtg.					
Pastor	Vacation					

The monthly calendar is subject to change. Please check the weekly calendar posted in the Sunday bulletin.



Memorial Gifts Fund Corner

Memorial Gift Board approves financial support to the Congregational 2022 Budget (\$31,760) as a means to continue to support our ministry during the Covid-19 crisis. This support will help replace the PPE loan the church received last year from the government, which is no longer available this year even though the impact of the Coronavirus continues to impact our ability to operate as normal. In addition, Memorial Gift Board approved funding (additional \$15,000) to support our Intern in 2022, which would not be possible through the normal operating Budget of the church.

What makes this possible?

The Lou Dunkle Endowment Fund.

Since its establishment, the congregation has made numerous donations and memorials to support this Fund. The purpose of this fund is to provide a vehicle whereby persons may present gifts and be assured that these monies will assist in the future work of the church. In the establishment of the Endowment Fund, it is the intention of the congregation to provide a means, over and above provisions made in the general operating budget, of fostering local outreach, furthering denominational and ecumenical causes, and addressing special ministries and other purposes set forth herein. Such as: Capital expenditures, Grants, Scholarships, Mission development, Outreach and Special Needs.

The Endowment Fund has lived up to its purpose and the Memorial Gift Board again wants to highlight the opportunity to make gifts and memorials to this fund to provide a vehicle for continued growth of this fund thus providing Our Savior the ability to support numerous causes and outreach programs that wouldn't be possible without the Lou Dunkle Endowment Fund.

Beginning in January, the Memorial Gift Board approved a method of providing the opportunity for a weekly memorial to honor a loved one which will help fund the grow of the Endowment Fund. This memorial gift to the Endowment Fund (recommended contribution \$25) will work similar to how Altar Flowers are given. The individual honored will be printed in the weekly bulletin and recognized by a yellow rose on the altar. We hope you will find this opportunity worthwhile and take advantage of honoring a loved one in 2022 while helping to grow the Endowment Fund for future work of the church. A form for this purpose is below. Any questions or comments, feel free to reach out to any member of the board.

LOU DUNKLE ENDOWMENT FUND MEMORIAL GIFT

Date of Memorial _____ Amount given _____

Given by _____

In memory of _____

In honor of _____

Relationship of donor to Memorialized One(s) _____

Make check payable to "LCOS" and mark on the memo line "Endowment Fund"

RETURN FORM TO CHURCH OFFICE

Meet Our Newest Members



Ruth Fisher



Paula Horner

Welcome to the Lutheran Church of Our Savior's Family! We are so happy you have found a home with us and we look forward to getting you involved with our ministry.



Thank you to all who helped deliver poinsettias that decorated our altar on Christmas Eve:

Marianne Aponte-coordinator

Bob & Nancy Dempsey, Jeanne Grimes

Betsy Kuehn, Kathleen Simpkins

Eva & Stacey Shaw & Tracy Stiefel

Our members who received them are most appreciative!

LUTHERAN CHURCH OF OUR SAVIOR: 2021 YEAR END

2021 NARRATIVE

2021 was a very challenging year. Envelope Offerings were close to Plan, but Other Income was below Plan generating a \$6,245 shortfall in Revenue. As a result various expense items being kept below budget, Expenses were \$9,972 below Plan. Income for 2021 was \$3,727 based on the lower Revenue and Expense discussed above and will be rolled over into the 2022 Budget.

FINANCIAL SUMMARY

	<u>2021</u>	<u>2021</u>	<u>2021 DOLLAR</u>
	<u>BUDGET</u>	<u>YEAR END</u>	<u>VARIANCE</u>
REVENUE			
Envelopes	412,300	410,352	(1,948)
<u>Other Income</u>	<u>57,600</u>	<u>53,303</u>	<u>(4,297)</u>
Total Revenue	469,900	463,655	(6,245)
EXPENSE			
Salary & Benefits	310,091	304,582	(5,509)
Property	50,000	49,068	(932)
Administration	41,800	42,259	459
<u>Program Minis-</u>			
<u>tries</u>	<u>68,009</u>	<u>64,019</u>	<u>(3,990)</u>
Total Expense	469,900	459,928	(9,972)
INCOME	0	3,727	3,727



Life Line Screening, the nation's leading provider of preventive health screenings, will offer affordable, non-invasive and painless health screenings at Lutheran Church of Our Savior on Monday, March 7, 2022.

A package of five screenings to identify risk for stroke, heart disease and other chronic conditions will be offered:

Carotid Artery Screening (Plaque)

An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.

Peripheral Arterial Disease Screening

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.¹

Abdominal Aortic Aneurysm (AAA)

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a serious medical emergency.

Atrial Fibrillation

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.²

Osteoporosis Risk

An ultrasound is performed to measure the shin bone for abnormal bone mass density. This can help assess the risk of osteoporosis, a disease where bones become weak and brittle.

These 5 vital screenings are offered for only \$139 and take 60-90 minutes to complete.

Register by calling toll free 1-888-653-6441, text the word "circle" to 797979 or online at <https://llsa.social/HSC>



EPIC

The EPIC (Experienced Persons in Community) Group looks forward to seeing your smiling faces whenever you can join us; we gather again on Tuesday, Feb. 22 at noon for another enjoyable lunch and afternoon of cards, bingo, Mexican Train, and fellowship. Each month we will meet on the 4th Tuesday. Invite your friends of all ages to join us, the more the merrier!

The schedule for the rest of the year is: Feb. 22, March 22, April 26, May 24, June 28

It would be helpful for me if you would RSVP a week before the scheduled date so that I can purchase enough food and drinks for everyone. Peg Hartmann: 856-745-2459 -

mamahart16@comcast.net

We are asking each person to make a one-time donation for the year, up to June of 2022, which will help defray the costs of the lunches. Members of Our Savior are asked to pay \$25 and non-members \$35. This can be paid by a check made out to "LCOS" and marked EPIC Group and mailed to the above address or by bringing a check or cash (exact amount please) with you when you attend for the first time. We hope the cost will not be a burden to you but if it is please talk to me. We also hope you will continue to contribute to our Pantry which helps several families in need in our area. Our Book Cart will be available for you to peruse and if you have books to contribute, we will welcome them.

Please RSVP to Peggy Hartmann – 856-745-2459



Sisters in Spirit Collecting Food for the Bridge of Peace Pantry in February

Seems like some things never go away—taxes, traffic, COVID...and hunger. Fortunately, thanks to the generosity and steady giving of the LCOS community, the food pantry at Our Savior once again this winter is healthy. But at Bridge of Peace Community Church, our sister congregation in the Fairview section of Camden, the demand never stops. These continue to be dire times!

To help keep their pantry shelves full, this month Sisters in Spirit is sponsoring a food drive. **Food donations may be placed in the Bridge of Peace supermarket cart just inside the LCOS lower level sliding doors. (During February, please place any donations for**

LCOS in the Pantry bins across from the office.) You also may drop off or mail check donations to the church office or mail them to Connie Wolf at 310 Portsmouth Road, Cherry Hill, NJ 08034. VENMO money donations may be sent to Connie using @connie-wolf-1.

Especially needed by Bridge of Peace

Peanut butter - creamy

Shelf-stable milk - sold at Dollar Store in cartons

Soup -large cans of chicken, beef, or vegetable

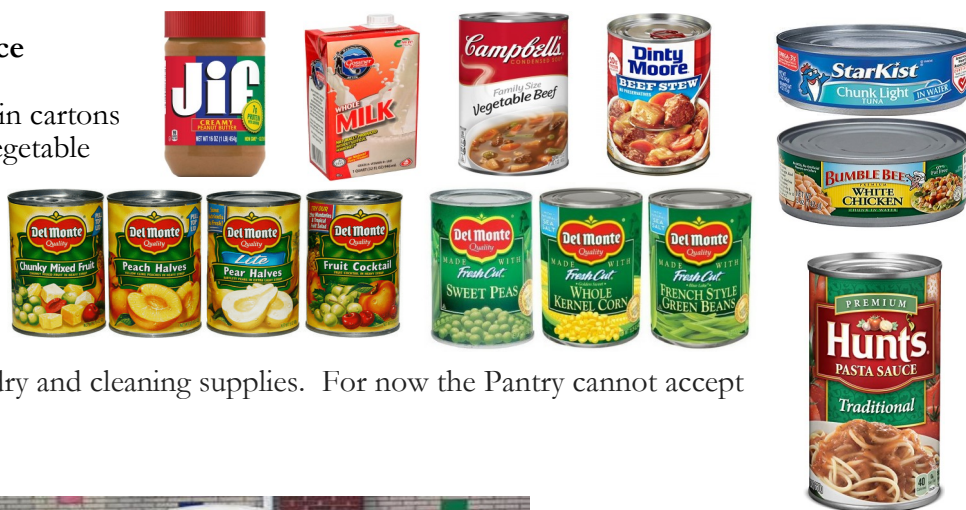
Fruit - cans, 20 oz. or less

Veggies - cans

Beef Stew - cans

Tuna or chicken – cans

Canned pasta sauce - no glass please



Also needed are paper goods and laundry and cleaning supplies. For now the Pantry cannot accept food in paper or cardboard packages.

THANKS FOR YOUR HELP!





The Spotlight is on You, Judy Caravelli!

Did you know that Judy Caravelli has been keeping us up to date with our white board in the Narthex doorway, the bulletin boards outside of room 112 and our shadow boxes in the nursery hallway for so long now we can't remember who did it before her? Check out her handiwork! Judy also hand delivered over **40** boxes of offering envelopes by herself and thus saved the church over \$200 in postage. While we are looking for an usher coordinator she has been finding ushers for the 8:00 worship and ushering herself. Judy is a counter, one of the library ladies, helps out with the EPIC Group and pitches in and helps whenever she is needed! We are so thankful for all the hard work you do for us, Judy!



By living according to His word, may you seek more knowledge to strengthen your faith.
You will find an abundance of books in our library to help you in your search.

Come in, come in and choose a book or more.

~ The Library Ladies



Congregational Support: January – December 2021

<u>Year</u>	<u>Average YTD Attendance</u>	<u>Total General Fund Offerings</u>
2019	171	\$ 455,046
2020	208	\$ 430,989
2021	168*	\$ 410,352

* Since March 2021, when church reopened, the in-person attendance at all services is added to the livestream Facebook numbers to get the total number in attendance for any given week. Livestream attendance is calculated using a formula provided by the ELCA: number of one-minute views on livestream multiplied by 2 to get the number of people worshipping by livestream.



Thank You for Being Stewards of God's Love

Thank you to all those who are mailing in their offering envelopes or giving electronically. In these difficult times, Our Savior's faithful givers are sharing their offerings so that others may know God's love. We may be socially distant, but our faith and commitment continue to be at work in the world.

Thank You to all who Pledged

As of January 16, 2022, 86 pledges totaling \$247,506 have been received.

Environmental Happenings



For God's People and God's Planet and God's Animals

Trees are "social creatures" that communicate with each other in cooperative ways that hold lessons for humans. Trees are linked to neighboring trees by an underground network of fungi that resembles the neural networks in the brain. You can watch as a Douglas fir that had been injured

by insects appeared to send chemical warning signals to a ponderosa pine growing nearby. The pine tree then produced defense enzymes to protect against the insects. In addition to warning each other of danger, trees have been known to share nutrients at critical times to keep each other healthy. Did you know that on the forest floor ... there's all kinds of bugs, but there's also lots of fungi. And the fungi are so colorful. There's yellow ones and purple ones and white ones and ... they grow right through the forest floor to the point where it kind of looks like gauze. And so if you find yellow fungus near seedlings, you may want to ask yourself why are the seedlings not doing well. And yet, when you pull up the seedlings that were not doing so well — they were yellow and dying — You could realize that their roots were kind of black and straight. What were they missing? Were they missing fungus? Was the fungus ... a pathogen or was it a helper fungus? And eventually I learned that these were a special kind of helper fungus called a mycorrhizal fungus. Why should tree communication hold lessons for humans? Human beings are a social species that relies on cooperation to survive and thrive

~ excerpts from the NPR – May 2021 article by Dave Davies

Be The CHANGE God's World Needs !!

The Evangelical Lutheran Church of Our Savior

204 Wayne Ave., Haddonfield, NJ 08033 (856)429-5122 (voice) (856)429-7245(fax) www.oursaviorhaddonfield.org

Worship 9:15 AM Zoom Reflections, & 10:30 AM Facebook Live

CHURCH COUNCIL

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Cathe Bare	Worship & Music	b45away@gmail.com	609-238-6527
Rachael Simpkins	Youth Representative	rachaelsimpkins1924@gmail.com	856-287-0525

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The Evangelical Lutheran Church of Our Savior
204 Wayne Avenue
Corner of Wood Lane and Wayne Avenue
Haddonfield, NJ 08033

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U.S. POSTAGE
PAID
Cherry Hill, NJ
Permit No. 164

February 2022 Messenger

Time Sensitive Material Enclosed Mailed January 18, 2021

Address Service Requested

Feb 1	Rita Lattanzi
Feb 2	Mary Pat Reiter
Feb 3	Curt Bogina
Feb 3	Paula Horner
Feb 4	Allison Baxter
Feb 5	Amal Spence
Feb 6	Donna Pfeffer
Feb 8	Marianne Aponte
Feb 8	James Evans
Feb 9	Dorothy Berrigan
Feb 9	Sherry Chmielinski
Feb 9	Gabrielle McKeever
Feb 9	Ava Poliafico
Feb 10	Jason Angelone
Feb 10	Daniel Parker
Feb 11	Joseph Ray
Feb 11	Charlotte Severino
Feb 12	Elizabeth Palmadessa
Feb 12	Bill Remphrey
Feb 12	Ed Smith
Feb 13	Luca Amato



Feb 13	Margaret Gensel
Feb 13	Deborah Roncace
Feb 15	Kris Pensabene
Feb 15	Christine Shah
Feb 16	Abigail Leverick
Feb 16	Lynnea Martinsen
Feb 16	Tanner Roncace
Feb 16	Samantha Stillwell
Feb 17	Susan Ainsworth
Feb 17	Fay Marciano

Feb 18	Paul Gronau
Feb 18	Gail Hoffman
Feb 19	Mary Welker
Feb 20	Tobitha Speas
Feb 21	Brian Poliafico
Feb 21	William Wilson
Feb 22	Caryl Wallace
Feb 22	Mila Parvati Williams
Feb 22	Rebecca Windle
Feb 23	Caryn Lynch
Feb 23	Margaret Riley
Feb 24	Paul Querns
Feb 25	Karan Kredatus
Feb 26	Alison McCartney
Feb 26	Sebastian Miller
Feb 27	Carrie Greene
Feb 27	Helen Waldner
Feb 28	Alison Bogina
Feb 28	Allison Gensel
Feb 28	John McKeever
Feb 29	Kathleen Ellis