“THE WITNESS”

NEWSLETTER OF
MESSIAH (FISHERVILLE) & ST. PETER (FETTERHOFF’S)
LUTHERAN CHURCHES OF HALIFAX, PA

MARCH AND APRIL 2023

Rev. Nancy Brody, Pastor
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Dear Congregational Family and Friends,

This question was posed by Bishop Dunlop to all Ministers of Word and Sacrament: “In these changing times, how have you seen God active and what has brought you joy in your life and ministry?” My answer was, “I have held the philosophical notion that “God is actively at work in everyone’s life at the same time,” for numerous years.

I remember adopting this “new” way of seeing while serving as a hospital chaplain to counter my previous observation: God must alternate answering people’s prayers since many people pray for opposing outcomes. Otherwise, it would be impossible for every prayer to be answered in the affirmative, simultaneously. But God IS active simultaneously in EVERY life.

Using the analogy of all burners on a stove being actively lit describes how I see God’s activity. Some pots boil, some pans gradually heat. People are made of various materials: heavy cast iron, aluminum, combined metals coated in teflon, solid stainless steel, copper or copper bottomed, and enamel. Like electric skillets, crock pots, air fryers and inst-pots, God knows what method produces what results. As such, some are left to simmer, others are set to medium heat. None are left unattended.

In fact, differences between recipes requires God’s full attention all at once. God knows who needs a lid and whose sauce needs reduction, who needs stirring and who will only brown if left undisturbed.

Serving in one call for 3 years has allowed me to observe God actively at work in every family. This evidence brings joy to my life and ministry, convincing me that what I believe is true. Sharing that viewpoint helps others gather proof for themselves of God being actively at work in everyone’s life at the same time.

Helping others to see God’s love attention as grace and not merit-based also brings my life and ministry joy. Trusting in what God has done/does and who God is and not whether humans measure up is such good news. (End of answer.)

That being said, I liken the forty days of Lent to the preferred method of cooking with dried beans. Pre-soaking is preferred. Overnight preparation softens and tenderizes naturally. Beans are given time to absorb gradually. Gas forms and is released. Bubbles can be poured off rather than become part of the finished product.

Beans and Christians have much in common. They are seeds to be sown or used otherwise. They’re

versatile, valuable sources of energy and goodness for the world available in great variety.

What kind of bean (or cookware) might you be and for what type of recipe are you suitable? As I picture members and friends of Messiah and St. Peter, I cherish the wonderful variety and colorful mix. Your flavors blend nicely when combined, and I enjoy all that you have to offer. In each of you simultaneously, I see God active. Know that each and every one of you brings joy to my life and ministry. Thanks.

Your Loving Pastor,

Pastor Nancy Brody

LET US PRAY

Please Note: The names of people who may have previously been in crisis, but are now stable have been removed. The names of those in recovery, in long term care, living with chronic/severe/terminal conditions or in acute crisis remain. Please contact Pastor Brody with corrections/ amendments.

MARCH UPCOMING SCRIPTURES

3/05 – 2nd Sunday in Lent
1st Reading – Genesis 12:1-4a
Psalmody – Psalm 121
2nd Reading – Romans 4:1-5, 13-17
Gospel – John 3:1-17

3/12 – 3rd Sunday in Lent
1st Reading – Exodus 17:1-7
Psalmody – Psalm 95
2nd Reading – Romans 5:1-11
Gospel – John 4:5-42

3/19– 4th Sunday in Lent
1st Reading- 1 Samuel 16:1-13
Psalmody–Psalm 23
2nd Reading– Ephesians 5:8-14
Gospel– John 9:1-41

3/26–5th Sunday in Lent
1st Reading– Ezekiel 37:1-14
Psalmody–Psalm 130
2nd Reading – Romans 8:6-11
Gospel – John 11:1-45

APRIL UPCOMING SCRIPTURE

4/02 Palm Sunday
1st Reading – Isaiah 50:4-9a
Psalmody – Psalm 31:9-16
2nd Reading – Philippians 2:5-11
Gospel – Matthew 26:14–27:66

4/6 Maundy Thursday
1st Reading–Exodus 12:1-4 [5-10] 11-14
Psalmody–Psalm 116:1-2, 12-19
2nd Reading –1 Corinthians 11:23-26
Gospel –John 13:1-17, 31b-35

4/7 Good Friday
1st Reading– Isaiah 52:13–53:12
Psalmody–Psalm 22
2nd Reading –Hebrew 10:16-25
Gospel –John 18:1—19:42

4/9 Easter Sunday
1st Reading – Acts 10:34-43
Psalmody – Psalm 118:1-2, 14-24
2nd Reading – Colossians 3:1-4
Gospel – Matthew 28:1-10

4/16 Second Sunday of Easter
1st Reading– Acts 2:14a, 22-32
Psalmody–Psalm16
2nd Reading – 1 Peter 1:3-9
Gospel – John 20:19-31

4/23 Third Sunday of Easter
1st Reading– Acts 2:14a, 36-41
Psalmody– Psalm 116:1-4, 12-19
2nd Reading – 1 Peter 1:17-23
Gospel – Luke 24:13-35

4/30 Fourth Sunday of Easter
1st Reading– Acts 2:42-47
Psalmody– Psalm 23
2nd Reading – 1 Peter 2:19-25
Gospel – John 10:1-10

40 DAYS of GIVING

The world provides enough food for all, but as many as 811 million people around the world are undernourished. This Lent, as in the past, we're invited to work to end hunger during ELCA's World Hunger's **40 Days of Giving.** Each Sunday we will have a Noisy Offering collection. (If you'd rather write a check just earmark it for 40 Days of Giving.) Buck-A-Chick will be available for children to purchase and color for display in the hallways ($1—the cost of a chick). We are invited to study, pray, be challenged and give during 40 Days of Caring-–for the good of our families, our neighbors and communities around the world.

MEMBERS OF MESSIAH AND ST. PETER HONORED FOR DISTINGUISHED SERVICE

On February 12, 2023, during the worship service, Diane Keister and Ray Rummel of St. Peter, and Susan Decker of Messiah were recognized and honored for distinguished service to their churches. Names were added to their congregation's Memorial Plaque for Distinguished Service.

We give thanks to God for Diane, Sue and Ray for life-long dedication and outstanding service to their church, and to everyone else who faithfully gives time and talents, treasure and support to the ministry and mission of our churches.

MARCH

LENTEN SERVICES the BEATITUDES

March 1st- Valleys' Evangelical Covenant Church
March 8th- Zion Stone (*@Halifax Youth Center)*
March 15th- Faith UMC
March 22nd- Messiah Lutheran
March 29th- Halifax UMC
Sunday, April 9th 6:30 am service @ Camp Hebron…Breakfast to follow.
The Halifax Ministerium is excited to welcome you to our community Lenten services.
The host church will be serving a light lunch starting at 11:30am.
Wednesday weekday services start at 12:15pm.
Come and fellowship at the table.
If you are joining us over your lunch break it's our goal that you can return to work by 1:00pm.
All offerings received support the Release Time ministry.

DRIVE FOR CLEANING SUPPLIES AND CANNED FOODS FOR LOCAL FOOD BANKS

During the **month of March**, Messiah's Health Ministry Team is asking for your help in collecting two items: **cleaning supplies and canned food items.** The products will be given to the food banks at Upper Dauphin Human Services, Northern Dauphin Human Services Center and Halifax. There is a need for dishwashing liquid, laundry detergent, toilet paper, paper towels, cleaning products and toiletries. Any canned food items would be appreciated.

In March, two boxes will be placed inside the side door at Messiah for donations—one will be for the cleaning products and one will be for the canned food items. Thank you for your support!

TIME TO SPRING FORWARD

Daylight Savings Time begins on **Sunday, March 12th at 2 AM.** Remember to set your clocks ahead one hour before going to bed on Saturday, March 11th. Also, replace the batteries in your home smoke detectors when you change your clocks. A fresh battery can save your life!

FAMILY GAME NIGHT

Messiah's Family Game Night will be held on Saturday, **March 25th at 5 PM** in the church basement. Finger foods to share are much appreciated. Games will include: The "Not-so" Newlywed Game, Trivia Game (kids vs adults, kids between the ages of 5 and 13 are invited to participate), Family Feud (adults and kids), and Liar's Club.

Anyone who has questions about the event or is interested in participating in any of these games should contact Roz Ogden at 717-497-1936.

APRIL "SOUP AND SUCH"

In April, "Soup and Such" has a menu which includes Ham and Bean Soup – $7/quart, mini-loaf French bread – $1.50, and Pineapple Upside Down Cake – $1.50/slice. **Orders are due by Sunday, March 26 and pick-up is from 4 to 6 P.M. on Thursday, April 6, 2023, at Messiah.** For more information, please contact Dianna Reed at 717-692-5317. Order forms and upcoming menus are available at Messiah.

APRIL

READING WITH THE RABBITS

Ladies Aid will have an Easter event this year on **April 1 @ 10:00 am** at Messiah. Bring the children out to see real bunnies and read a story with them. Children will see, touch and pet real rabbits. There will be games to play. Children up to 5th grade receive a goodie bag.

SUBS & SANDWICHES FOR SALE

St. Peter's is taking orders for sub and pretzel roll sandwiches made by R&K Subs of Palmyra, PA. Orders due on April 16 2023. Delivery date is Thursday April 27 after 3 PM at St. Peter's Sunday school room. The following 12" subs are being offered for $7 each: Italian, ham, turkey, roast beef, and American. Each can be ordered with or without onions. The Italian sub can also be ordered with onions and peppers. Two subs are also available on a whole wheat roll: turkey with onions and cheese with onions.

The following pretzel sandwiches are being offered for $6 each: Italian, ham & cheese, ham & Swiss, turkey & cheese, roast beef & cheese, sweet Lebanon bologna & cheese, all cheese, chicken salad, egg salad, and tuna salad. A condiment package comes with each sandwich.

Subs and sandwiches may be picked up at St. Peter's after 3 PM on April 28 at the St Peter's upstairs Sunday School room. For more information or to place an order, please call Diane Keister at 717-896-3842.

WELCA SPRING DAY of RENEWAL

The WELCA Spring Day of Renewal will be held **April 29** at St. Bartholomew Lutheran Church, Hanover, PA. 9 am to 2:30 pm. The Theme is *Women who know and understand the ways of God.* Cost is $25.00. Deadline for registration is April 10.There will be registration forms at Messiah & St. Peter. Please contact Sandy Dreibelbis for further information.

MAY

FISHERVILLE DAY – 2023

Fisherville Day will be held **May 13, 2023.** Lots of fun activities and events are being planned for this special community day. If you would like to be part of the planning committee, please contact Dianna Reed at 717-692-5317. Please know that your help is needed and much appreciated!

HALIFAX COMMUNITIES THAT CARE 4TH ANNUAL DAY of CARING

On **May 20, 2023**, Halifax Communities That Care will hold their 4th Annual Day of Caring Event in memory of Mike Bower. In addition, they are hosting a free Community Day that evening, after not having it for 3 years due to the pandemic. On this day they are asking community members and students to give back to their community through helping to clean and beautify our small town and assist local organizations on projects. They are asking for the community to come together that evening for relaxation and fun.

To make this all possible, support from our Halifax Community is essential. Volunteers (or teams of volunteers) ensure this event runs smoothly and they can complete all requests.

The church has financially sponsored this event for 2 years and hopes more volunteers will participate in the Annual Day of Caring this year.

HEALTH BENEFITS of DRIED APRICOTS

Opinions are divided about the origins of the apricot fruit. However, there are absolutely no doubts that it's one of nature's most amazing fruits. This stone fruit, which looks like a peach but actually tastes like purple plums, is some-times referred to as Armenian fruit. Apricot fruit usually weighs around 35 grams and can grow to be about 4-5cm in diameter. It has a single pit located in the middle, which is surrounded by its edible flesh that has a crunchy taste and aromatic smell. Inside the stony shell, lie encased Apricot seeds, which have their own powerful presence.

Apricots are packed with life-giving nutrients, including Vitamin C, Vitamin A, Potassium, among many other amazing nutrients. They provide an excellent source of dietary fiber and a number of health-promoting phytochemicals and minerals. They are a low calorie-comprising food; containing 48 calories for every 100 grams.

Fruits vs. Dried Fruit

Fresh fruits have some pluses and minuses when you compare them to dried fruit. The first and perhaps most distinct advantage is that drying apricots provides an extended shelf life to the fruit. There are two methods used to dry fruits, and each of them has its pros and cons. Of course, the percentage of water, minerals, and vitamins will vary from one fruit to another. However, in terms of differences, drying the fruit concentrates the nutrients as well as the calories. Let's consider the type of nutrition you can expect from dried apricots, for instance: Of course, the percentage of water, minerals, and vitamins will vary from one fruit to another. However, in terms of differences, drying the fruit concentrates the nutrients as well as the calories. Let's consider the type of nutrition you can expect from dried apricots, for instance:

- One cup of fresh apricots, sliced into halves, contains about 86 percent water and 74 calories.
- A similar cup of dried apricots, on the other hand, contains significantly less water and around 212 calories.
- Fresh apricots contain roughly 3.1 grams of fiber, while dried ones contain about 9 grams of fiber.

Therefore, dried apricots can provide a higher concentration of nutrients per fruit when compared to the original undried form. If you are exercising or undertaking a physical activity such as hiking, dried apricots would be a plus because they are energy-dense.
However, having more calorie concentration could provide a stumbling block if you are trying to lose weight. The heat from the drying process could also affect heat-sensitive nutrients like Vitamin C by decreasing the amount present in the dried fruit version of apricots.

8 Surprising Benefits of Dried Apricots

1. Increased Concentration of Nutrients
The vitamins, minerals, and dietary fiber present in apricots become significantly concentrated when they are dried.

2. Promoting Eye Health
Dried apricots are a natural source of Vitamin E and Vitamin A, both of which have numerous amazing health benefits. Apricots contain Beta-Carotene, which the body breaks down into the active form. Growing evidence suggests that Vitamins A and E, and Beta-Carotene may play an important role in preventing or mitigating age-related eye disorders. By highlighting their key nutrients, other studies validate the potential benefits of dried apricots on eye health. Carotenoids, which are found within apricots, may help reduce oxidative stress on the retinas and lenses of our eyes. This may help promote excellent eye health even as we age.

3. Improving Bone Mineral Density
Post-menopausal women and many aging adults in general experience bone density loss. It's actually

one of the most common causes of many bone disorders, such as osteoarthritis, osteoporosis, and other similar disorders.

Dried apricots contain Boron, a natural mineral with amazing health benefits. Research studies have shown that Boron may play diverse and essential roles in the functional properties of bone health. Evidence displays that Boron may help with overall bone health, bone healing, and bone metabolism. Therefore, Boron may have a profound effect on your bone health, and allow for support in the composition, structure, and overall strength of your bones. It may also prevent or mitigate bone disorders such as osteoporosis.

4. Skin Damage and The Effects of Aging

Vitamins and dietary carotenoids have been known to play a vital role in overall skin health and appearance. In fact, many nutricosmetic products contain vital vitamins and natural carotenoids that may promote skin health.

Evidence now points to the fact that proper nutrition is critical for skin health and appearance. Dried Apricots contain many of these vital nutrients. They contain beta-carotene for instance, which your body converts into Vitamin A (retinol). There's strong evidence that it may offer extra protection against sunburns and the more permanent dangers of UV rays.

5. Treatment of Anemia

Pregnant and menstruating women often face a great risk of anemia. This is a condition in which your blood doesn't have enough healthy red blood cells to transport sufficient oxygen to the body's tissues. Anemia may be a temporary or long-term condition, both of which result from a deficiency of iron. Eating iron-rich foods is the best way to prevent and treat anemia. You can get about 3.5 milligrams of iron from a cup of dried apricot (halves). While they may not meet your daily nutritional requirements for iron, apricots have the added benefit of vitamin C. Several research studies show that vitamin C may enhance the absorption of iron in our bodies.

6. May Help Reduce Blood Pressure

Dried apricots are a rich source of Potassium, a mineral linked with promoting healthy blood pressure. You can expect to consume around 259mg of potassium for every 3.5 ounces of apricots (approximately half a cup of fruits). A research study conducted in 2013 showed high-quality evidence that consuming potassium may reduce high blood pressure in individuals suffering from hypertension. The study further suggested that a higher intake of potassium was linked to a 24 percent reduction in the risk of stroke. Potassium is also an electrolyte that works closely with other minerals such as sodium to provide fluid balance to your body. It may help with regulating nerve signals and muscle contractions in the body.

7. Promoting Gut Health

Dried apricots contain about 2 grams of dietary fiber for every 100 grams or 1/2 cup of fruit. Dietary fiber has been shown to delay the movement of food as it goes through your digestive tract. Therefore, it feeds the good gut bacteria in your intestines, which may lead to a much healthier gut. Trillions of bacteria live in your body, mostly in your intestines. They are incredibly important for your health, and the foods you eat determine the type of bacteria that get to live in your body. Research studies show that a healthier gut microbiome may lower the risk of obesity.

Dried apricots contain both soluble and insoluble dietary fiber. Emerging research studies show that dietary fiber may provide additional health benefits such as maintaining healthy blood sugar levels as well as cholesterol levels.

8. Rich in Antioxidants

Apricots contain many antioxidants, which include beta carotene and other vitamins with antioxidant properties. Apricots also contain flavonoids, which is a group of antioxidants potentially linked with positive effects on illnesses such as heart diseases and diabetes.

Flavonoids work by neutralizing free radicals in our bodies, which are responsible for causing oxidative stress and damaging our cells. Additionally, consuming flavonoids may help lower inflammation. A 2015 study found growing evidence that flavonoids may have an anti-inflammatory effect in relation to certain chronic diseases. The addition of dried apricots to our daily diets may help provide a healthy, natural supply of these vital compounds.

What's the Recommended Intake of Dried Apricots?

There isn't any specific information about the right dosage of dried apricots. However, when it comes to fruit intake, the general rule of thumb is that a half cup of dried fruit is considered a full cup of fresh fruit. While dried apricots are packed with nutrients and vital compounds, they are also calorie-dense. So you may want to limit your portion sizes and start with one-half to one cup of dried apricots per day.
Submitted by Messiah Health Ministry: https//www.apricotpower.com/logback/surprising benefits of dried apricots.

CALENDAR OF EVENTS FOR MARCH

5 2nd Sunday in Lent
8:30 AM Holy Communion @t St. Peter
10 AM Holy Communion @ Messiah
11AM Adult Choir @ Messiah
Candy Orders Due

8 11:30AM lunch
12:15PM Mid-Week Lenten service
Zion Stone @ Halifax Youth Center

9 1:00pm St Peter Council meeting @ St Peter
7PM Bell Choir

12 3rd Sunday in Lent
8:30 AM Worship @ St. Peter
10 AM Worship @ Messiah
11:15am JOINT COUNCIL MEETING @ St Peter. Followed by Messiah Council meeting.
DAYLIGHT SAVINGS TIME BEGINS

15 11:30AM lunch
12:15PM Mid-Week Lenten service
@ Faith UMC Church
6:30 PM Ladies Aid Meeting @ Messiah

16 7PM Bell Choir

19 4th Sunday in Lent
8:30 AM Worship @ St. Peter
10 AM Worship @ Messiah

20 7:00pm Upper Dauphin Conference Spring Assembly @ St Peter

22 11:30AM lunch
12:15PM Mid-Week Lenten service
@ Messiah Lutheran

23 7PM Bell Choir

25 5PM Family Game Night
@ MESSIAH

26 5th Sunday in Lent
8:30 AM Worship @ St. Peter
10 AM Worship @ Messiah
Orders due for April Soup and Such

29 11:30AM lunch
12:15PM Mid-Week Lenten service
@ Halifax UMC

30 7PM Bell Choir

CALENDAR OF EVENTS FOR APRIL

1 Reading with the Rabbits
10:00am @ Messiah
Candy pick up12:00 noon

2 Palm Sunday with Distribution of Palms
8:30 AM Holy Communion @ St. Peter

10 AM Holy Communion @ Messiah

6 Soup pick-up 4 to 6 pm @ Messiah
7:00PM Maundy Thursday
Service @ St Peter

7 7:00pm Good Friday
Service @ Messiah

9 Easter Sunday
6:30 am service @ Camp Hebron
Breakfast to follow.
8:30 AM Holy Communion @ St. Peter
10 AM Holy Communion @ Messiah

13 7PM Bell Choir

16 Second Sunday of Easter
8:30 AM @ St. Peter
10 AM @ Messiah
Sub and Sandwich orders due
DEADLINE FOR MAY/JUNE NEWSLETTER

19 LADIES AID 6:30PM @ MESSIAH

20 7PM Bell Choir

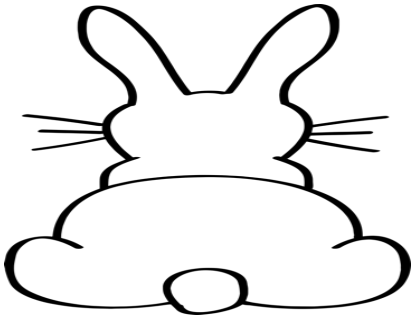
23 Third Sunday of Easter
8:30 AM @ St. Peter
10 AM @ Messiah

27 3:00PM Pick up sub and sandwiches @ St Peter
7PM Bell Choir

29 WELCA Spring Day of Renewal
9am - 2:30pm @ St Bartholomew Lutheran Church in Hanover, PA

30 Fourth Sunday of Easter
10:00AM JOINT SERVICE @ ST PETER

YOUTUBE: Halifax Messiah
MESSIAH'S WEBSITE: Halifaxmessiah.church
FACEBOOK PAGES:
"Messiah Lutheran Church, Halifax, Pa, USA"
"St. Peter – Fetterhoff's Lutheran Church



THE END



CHURCH WEBSITE RELOADED WITH NEW CONTENT

Check out weekly updates and archived materials on ***MESSIAH'S WEBSITE****: Halifaxmessiah.church You'll find bulletins with hymn lyrics and articles, descriptions of various programs and ministries, newsletters, recorded services, text versions of sermons, a monthly calendar, and way to give online. Our 10am (and joint church services) are available every week as a livestreamed event via Facebook and available later in the day on YouTube. We'd love to see you in person, but if that's not possible, please let us know if you watch online. Thanks, and blessings. Pastor Nancy Brody.*