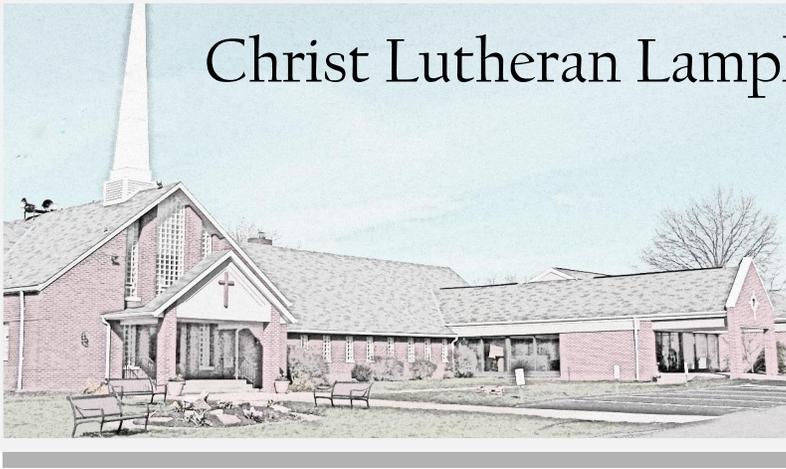


# Christ Lutheran Lamplighter



Christ Lutheran Church and School  
400 Barclay Avenue  
Forest Hills, Pennsylvania 15221

August 2015

## Improving Our Health

Millions of Americans want to lose weight and be healthier, so we hear a lot about how to be healthy. Commercials and TV shows frequently promote exercise equipment, low-fat and low-calorie foods, diet programs and recipes. More and more people are turning to gluten-free diets and the hard core are even embracing the vegan way of life.

Many Christians also want their churches to be healthy. That sentiment is expressed in statements like, "We need more young people in church," or, "We only have five children in Sunday school," or, "We used to have twice as many people in worship/ sixty men in men's club/ twenty people in choir/ two hundred children in VBS," or, "That church over there has a full parking lot every Sunday." Those statements are all desires for a healthier church.

Churches can get healthier. Since we do not think about congregations in the same way we do about physical health, it can be difficult to picture how a church can get healthy. There are countless home remedies, herbal formulas and extracts to which people turn to cure everything from the common cold to arthritis and even cancer. Most of them have not been proven to help. It is the same in the church. Oftentimes we hear or see something that is working well in another congregation and we think if we did that it would make our church better. It might. It might not. Good news has arrived: There is a clear path to a healthier church which involves no guesswork. To find out more, go inside this newsletter and see the pages on Natural Church Development.

In the peace of Christ,

Pastor Ron Breight

## Contact Information

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pastor@christlutheranfh.org

Principal / Director  
Donna Einspahr  
deinspahr@christlutheranfh.org

Operations Manager  
Melissa Elaschat  
office@christlutheranfh.org

Office Assistants  
Barb Mitchell  
assistant@christlutheranfh.org  
Sally Powell  
officeassist@christlutheranfh.org

## Officers and Committees

President (Acting) Cal Eggers

Secretary Barb Mitchell

Treasurer Steve Stern

Financial Secretary Dee Law

Elders Cal Eggers, Mark Einspahr,  
Glenn Filler, Al Dick, Bob Karpinsky

Trustees John Crawford, John  
Sourbeer, Frank Elaschat

Education Georgianne Shirley

Finance Cal Eggers

Outreach Charlene Schorr,  
Justin Polidora

Stewardship Stephanie Lydon,  
Gloria Stern

Planning Kathy Sourbeer,  
Diana Lydon, Nancy Johnson

School Board Jim Law, Susan Wagner,  
Russell Long, Pat Lehnhardt,  
Larry Kagemann

# Women's Service Guild

At the year end Women Service Guild's picnic on Tuesday, June 9, 2015 many of us (Kathy Sourbeer, Ruth Hirko, Karen Hoblak, Lorraine Giebel, Linda Bright, Alma Eggers, Barb Urban, Betty Borowski, Dee Law, Rosalie Filler, Bar Mitchell, Carl Sapanara, Carol Hubbard, Gloria Stern, and Joyce Purucker) had the opportunity go "getting to know, getting to know all about you." We enjoyed scrumptious, delicious, fantastic, tasty, mouth watering variety of food and desserts. The Women Service Guild thanks Linda and Pastor Bright letting us use the Parsonage. We enjoyed one another's company and great conversation.

**WOMEN SERVICE GUILD OFFICERS** - The following women were appointed:

President – Joyce Purucker	Vice President – Dee Law
Secretary – Rosalie Filler	Treasurer – Kathy Sourbeer
Christian Growth – Linda Bright	Altar Guild – Ruth Hirko
Helping Hands – Dee Law and Rosalie Filler	Quilting – Joyce Purucker
Stamps for Missions – Helen Mozei	Telephone Committee – Rosalie Filler and Barbara Mitchell
Shut-in Cards – Joyce Purucker	Bulletin Boards – Barbara Mitchell

## SONSHINE MINISTRIES

Sonshine Community Ministries is hosting a thank you "Volunteer Celebration" on Sunday, Aug. 9, 2015 from 3:00 to 6:00 p.m. picnic dinner at 4 p.m. at the White Oak Park Pavilion "Sumac" RSVP at 412-672-6711. There is a flyer posted on the bulletin board in the Fellowship Hall

## UPCOMING EVENTS AND ACTIVITIES

The next Women's Service Guild meeting will be sometime in September. Information will be in the Sunday bulletins.

The LWML Fall Retreat will be held Sept. 18-20, 2015 at Camp Pioneer and Retreat Center. Registration forms and information posted on the Fellowship Hall bulletin board.

The Women Service Guild will be serving at the Sonshine Kitchen on Monday, Sept. 21, 2015. More details will be in the Sunday bulletins.

The LWML Fall rally will be sometime in September. Information and date will be in the Sunday bulletins.

## OPPORTUNITIES TO SERVE:

Altar Guild – Contact Ruth Hirko if you would like to help on the Altar Guild.

Helping Hands/Sonshine Kitchen – Contact Dee Law about serving a dinner at the Sonshine Kitchen.

Quilting – Contact Joyce Purucker. You don't need to know how to sew. You just put the needle through 2 layers of material & batting, pull the yarn through and tie 2 knots. Quilting dates will be in the Sunday bulletins.

Telephone Committee – contact Rosalie Filler or Barbara Mitchell. If you know if someone moved or changed their phone number, contact the above people.

Shut-in Cards – Contact Joyce Purucker. Our church shut-in members enjoy getting mail from church members. If you would like to send cards, contact Joyce Purucker.

## SAVING AND COLLECTING ITEMS:

Stamps for Bibles – The Canadian Bible Society use the income from the cancelled postage stamps to publish Bibles for people around the world in their respective language. There is a bin in the library.

Funds for LWML Mites are generated by recycling ink cartridges, cell phones, pagers, PDAs, Video game and portable players, I-pods, digital cameras, etc. See the list on the box in the library. Through these collected items, the LWML was able to reach and go beyond their goal of \$1,830,000.00 to fund the various mission goals. The 2015-2017 Biennium Mission goals are \$2,000,000.00 (per LWML web site). There is a bin in the library with more information.

Prison Ministry – Portal of Prayers back issues are being collected for Muncy Prison. There is a bin in the library or contact Ruth Hirko for more information.

## SEMINARY STUDENT UPDATE

Keep Tim Wells and his family in prayers as he and his family will be doing their vicarage at Cross of Christ Lutheran Church in Aurora, Nebraska. The church's address is Cross of Christ Lutheran Church, 209 S16th Street, Aurora, NE.

A recent letter from Tim is posted on the bulletin board in the Fellowship Hall. He writes about his 3 year old daughter, Emily. How she is very inquisitive, very curious and passionate about her love for Jesus. Their new address is: Mr. & Mrs. Tim Wells, 1820 E. Condon Ave., Aurora, NE 68818.

# School & Early Learning Center News

## SUMMER TIME FUN

Our summer camp has been in full swing since June serving an estimated 45+ children each day. We have a total of 77 children enrolled. We've been using the fellowship hall as well as two more classrooms than last year.

Mondays are science and cooking days. The children have fun splashing, squirting, and playing in the water on Tuesdays and Thursdays (Toddlers do their water play on Fridays). Chapel is held on Wednesdays and then the children venture down to the park for some fun. Fridays are reserved for sharing day and all around end of the week fun.

Ms. P. (Peterson) and Ms. Paula are planning a fieldtrip for the children in August along with an end-of-summer event. Details will follow.

## ANNUAL CLEAN-UP DAY

Many hands make lite work. Please watch your Sunday bulletin for date and details.

## SCHOOL BEGINS WEDNESDAY, AUGUST 26

School will begin with its annual Chapel Day. What a wonderful way to begin a new year in Christ. Everyone is invited to join us for worship and celebration.

This year we welcome Mrs. Linda Breight to our staff. Mrs. Breight will be teaching 1-2 grade class. Our seasoned staff will be back: Mrs. Schorr – Kindergarten; Ms. Frerking – 3,4,5 and Ms. Kuehm – 6,7,8. Our special teachers include: Mr. Stern – Jr. High math; Mr. Jacob – computers; Ms. Griffin – Gym/5-6 History; Mr. Bush – Music; Art – TBA. Our Early Learning Center Staff includes: Ms. Rebecca & Mrs. Gail – infant room; Mrs. Susan, Ms. Dawn, Ms. Roryann, Ms. Juko, Miss Ali, Miss Jenna – toddler room; Ms. P (Peterson), Ms. Paula, Ms. Carla and Miss Bridget – preschool; After-school care Ms. Frerking, Miss Krissy, Mrs. Gina and various toddler/preschool staff.

## HELP WANTED:

### Friend of Education Fund

We want to thank those that responded to our July appeal letter to partner with us in filling 10 tuition buckets by donating to the Friend of Education Fund. If you haven't responded yet we are still accepting donations to help families meet their tuition costs of \$4,750. Families are wanting to "reach higher" for quality Lutheran education but need some assistance to make that a reality for their child. Our goal is to raise \$47,500 which equals full tuition cost of 10 students. If we do not meet our goal we may have to turn students away, or worse, we may have to close our school doors. Our students and community needs your help. Please invite a friend, or two, to help you fill a tuition bucket for a young child. If you have questions, please see Donna Einspahr, Principal or Melissa Elaschat, Operations Manager.

## WHAT IS PRAYER?

Key Verse: Don't worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7

Prayer is talking with God. When we have a good friend, we talk to that person about all sorts of things. That's part of being a friend. In the same way, we should talk to God about what is happening in our life. God wants us to share our life with him, to tell him about what makes us happy, sad, and afraid. He wants to know what we want and what we would like him to do, for us and for others. He also likes to hear our praise and appreciation for what He has done for us. Also, when we pray, we open ourselves up to God so that he can make good changes in us.

We are looking for prayer partners for this coming fall. The only thing that is expected of a prayer partner is that you pray for the teacher & students of a particular class and once in a while write them a note reminding them that you are praying for them and maybe ask for prayer requests. In return the class will keep you in their prayers as well. This is a wonderful way to partner with one another and share God's love and promises.

Accepting applications for part-time child care position & substitutes

Up-coming Events – Mark your calendars

PALS (Pittsburgh Area Lutheran Schools) will be hosting its first 5K Run/Walk for Education on Saturday, October 3 at 1:00p.m. at Saxony Farm in Saxonburg, PA. They are looking for volunteers to pass out race packets and t-shirts and other needed tasks that day; in addition, they are looking for runners and sponsors. The money raised goes towards scholarships between the area Lutheran schools. This year, we will receive about \$20,000 in scholarship dollars. We thank all those that support PALS and Lutheran education.



# News From the Flock

## NEW MEMBERS

We welcome into communicant membership Tammy Payne by profession of faith and Amanda Payne by confirmation. They were brought into membership on July 19 at the 11:00 service. Please introduce yourself to them.

## DEATHS

Our Christian sympathy goes to the following Christ Lutheran Families.

The family of Olen Simmons, the father of Cheri (Dave) Rockwell.

The family of Evelyn Lawley, the grandmother of Missy (Josh) Smith and Jannis Peterson.

The family of Robert O'Connor, the father of Joe (Tatia) and grandfather of Kyle.

The family of Dottie Getz, mother of Holly Holdren and Gary Getz. Dottie had been a member of Christ Lutheran since the early 1960's. The funeral service was held at Christ Lutheran with Pastor Bright officiating on July 16.

## NEWS

Pastor Bright was honored on July 5 with a reception in recognition of his 25<sup>th</sup> anniversary of his ordination.

Thank you to Lois Frerking and Susan Robatzen for their years of cleaning the church. They "retired" in June.

Audrey and Bob Karpinsky have a new address.

203 Stockton Ridge

Cranberry, PA 16066

Thank you to all those who helped with scheduling, the church directory photo sessions, and are continuing to get everything ready for publication.



# Natural Church Development (NCD)

5 Principles applied in 3 Areas for 1 Purpose:  
***Church Health***

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**NCD** is an approach to the Christian Church that combines fundamental biblical principles with insights that have been brought to light by comprehensive church growth research.

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*“This is what the Kingdom of God is like. A man scatters seeds on the ground. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. **All by itself** the soil produces grain.” Mark 4:26-28*

# Improving our Congregation's Health with Natural Church Development

Many members of Christ Lutheran want to see our church doing better than it is right now. Our church is facing challenges that most churches today are experiencing. The average age of our members is getting older. Some members have moved to different parts of the city. Other members have gone to churches of varying denominations. We don't have many younger families actively participating in church life. A few people are doing most of the work. Our sister churches around us have closed. What can we do to stop this trend?

In June, Christ Lutheran formed a **Church Health Team** (CHT). The mission of the CHT, as the name suggests, is to educate and facilitate the congregation toward church health using **Natural Church Development** (NCD). NCD is an approach to church health that uses a proven approach. NCD research has found eight quality characteristics that all healthy churches display. The higher a church scores in those eight areas, the healthier it is, and the healthier a church is, *the faster it will automatically grow*. The CHT will lead our congregation through the following four steps toward improved church health:

Step One is **Diagnosis**. At least thirty people will be invited to take a survey. This survey is a diagnostic tool that will give us our score in each of the eight quality characteristics. Once the surveys have been completed, they will be sent in to our church consultant. He will then send us back a report which will give us our scores. This part of the NCD process is completely *scientific* and *objective*. There is no speculation or opinion up to this point. The CHT will see from the consultant's report in which of the eight areas we score the lowest. This is known as our *minimum factor*. The CHT will let the congregation know what our minimum factor is and prepare for *Affinity Night*. Once we all know our minimum factor, we can begin to think, talk and pray about it. Then the time will come when the CHT will invite the congregation to a special meeting called Affinity Night. The purpose of Affinity Night is for us to determine, as a congregation, the three to five reasons why that particular area is our minimum factor. We will be able to come to a consensus, which will give us solidarity as we move forward to fix the problem.

Step Two is **Plan**. The results of Affinity Night will be communicated to the congregation. Again, we will have time to think, talk and pray about those reasons for a low score uncovered at Affinity Night. The CHT will invite the congregation to a brainstorming session to gather their ideas about how to fix those problems. The ideas will be pared down through special NCD filters and we will arrive at one or two actions to take. Appropriately-gifted members will be assembled into a team led by a leader/champion and the necessary resources will be put together and we will be ready for the next step.

Step Three is **Implement**. This is when improvement starts to happen. The team now works the plan that it has prepared according to a timeline established by the team. The congregation supports the team with its prayers. We will receive communications from the team about its progress until its work is complete.

Step Four is **Evaluate**. In this step, The CHT will meet to review the work done so far. The implementation process will be brought to a close. The CHT helps the congregation adjust to changes that have come about because of the implementation process. The survey is taken again and the results are reviewed to see if there has been improvement in church health. The cycle now begins again with communicating the new minimum factor and preparations for the next Affinity Night.

The lead member of the CHT is Mark Einspahr. The other members are Norman Johnson, Judy Chic, and Pastor Breight. If you are interested in working on the CHT, please speak with Mark Einspahr.

# Serving Christ in August

		Worship Assistant	Acolyte	Lector	Usher
August 2	8:15am	Glenn Filler	Madison Stephens	John Hoblak	John Hoblak
	11:00am	Mark Einspahr	Richard Lander	Mark Einspahr	Al Dick
August 9	8:15am	John HOblak	Timothy Bright	Barb Mitchell	Bob Brecht
	11:00am	Cal Eggers	Eric Einspahr	Georgi Shirley	Justin Polidora
August 16	8:15am	Mark Einspahr	Jordan Stephens	Mark Einspahr	Joe Dmochowski
	11:00am	Al Dick	Richard Lander	Kyle Hubbard	Bill Kolb
August 23	8:15am	John Hobllak	Timothy Bright	Lois Frerking	Bob Brecht
	11:00am	Mark Einspahr	Eric Einspahr	Gloria Stern	Miguel Bright
August 30	8:15am	Paul Simpson	Allison Stephens	Paul Simpson	John Hoblak
	11:00am	Steve Stern	Meghan Elaschat	Steve Stern	Frank Elaschat

## Addresses for our shut-ins

**Paul & Keretta Bruner**  
615 Horizon View Drive  
Penn Hills, PA 15235

**Helen Deschamps**  
522 Pacific Avenue  
Pittsburgh, PA 15221

**Louise Garofolo**  
Independence Court  
279 Center Road  
Room 204  
Monroeville, PA 15146

**Marty and Cindy Hornak**  
Seneca Place, Room 134  
5350 Saltsburg Road  
Verona, PA 15147



**Ruth Hudson**  
214 Orin Street  
Pittsburgh, PA 15235

**Charles Koenig**  
Concordia of Monroeville  
4363 Northern Pike, Room 126  
Monroeville, PA 15146

**Allan Lindblom**  
825 East End Avenue  
Pittsburgh, PA 15221

**Jean Tokar**  
6501 E. Mescal Street  
Scottsdale, AZ 85254-5058

**James & Ann Tubbs**  
41 Central Avenue  
N. Versailles, PA 15137-1101

**Pam Viher**  
406 Howard Street  
East Pittsburgh, PA 15112

**Tom Walton**  
7906 Riverview Avenue  
Pittsburgh, PA 15218

**Bob & Joan Yazvac**  
979 Wilkins Avenue  
Pittsburgh, PA 15221

**June Zeller**  
Evening Star  
200 Caldwell Avenue  
Wilmerding, PA 15148

**Olga Zinn**  
Buckingham South  
5450 Abercorn Street, Ste.405  
Savannah, GA 31405

O God of mercy, God of light, in love and mercy infinite, teach us, as ever in your sight, to live our lives in you. (Hymn 397, Lutheran Worship)

# Celebrating in August



## Birthdays

- 1 Lorraine Giebel
- Christie Waite
- 2 Carole Buzard
- Luke Matthews
- Barry Meyers
- 3 Laretta Critchlow
- 4 Donald Uram
- 5 Jacqueline Matey
- 5 Jayne Simpson
- 8 Richard Lander
- 9 Carol Hubbard
- 10 Zachary Matey
- 11 Charles Koenig
- 12 June Zeller
- 14 Kyle Glance
- 15 Samantha Meyers
- 16 Ruth Hudson



## Anniversaries

- 18 Joscelyn Lydon
- Olga Zinn
- 19 Carl Osterholm III
- 26 David Breight
- 27 Helen Deschamps
- Kalie James
- 29 William Marvenko
- Barry Schoenthal
- 6 John & Helen Crawford
- 14 Keith & Mary Ertman
- 16 Dean & Katherine Taylor
- 18 Barry & Barbara Schoenthal
- 29 Calvin & Alma Eggers



## Church Service Times

### Sunday

8:15am & 11:00am - Traditional services



## Bible Studies

### Saturday

7:45am Men's Bible Study

### Sunday

9:45am Sunday School ages 0-18  
(on summer break and will begin again after Labor Day)

Adult Bible Study Groups

### Wednesday

10:00am Women's Bible Study Group

Our full calendar is online at [www.christlutheranfh.org](http://www.christlutheranfh.org)