

ST. ANDREW'S CROSS

Where All are Welcome. No Matter Where They Are on Life's Journey.

JULY AND AUGUST, 2024
VOLUME 69, ISSUE 7

Changes to the Nursery School Structure

A congregational meeting was held on Sunday, June 30th to inform church members of changes that are being made within the structure of St. Andrew's Nursery School.

The Congregation Council made the decision, after years of trying to resolve issues between the church and nursery school, to dissolve the existing Nursery School Board and replace it with a committee made up of active, worshipping members of our congregation (like all other ministries of the church). In addition, the administrative structure was changed to eliminate the Director/Lead Teacher position, as well as the Registrar position, and for those rolls to be replaced by a Director working out of Hope House. While we conduct interviews for that position, Elizabeth Campbell has agreed to take the position of Interim Director.

These changes have been implemented to create a new nursery school structure that will ensure a better working relationship between the church and school, as well as a healthier use of space for our children and the St. Andrew's worshipping community.

Our plan is to open the school, as scheduled, on Tuesday, September 3rd.



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**No, you didn't miss your copy of the July Cross.
This issue will cover both July and August events at St. Andrew's.
Monthly newsletters will return in September.**

NEW CHURCH EMAIL ADDRESSES

pastor@standrewspalmer.org
office@standrewspalmer.org
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ST. ANDREW'S CROSS

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Pastor's Pen

The 37th Annual Synod Assembly was held on June 8th. Atonement Lutheran Church hosted those who attended in person, otherwise the assembly could be attended via Zoom. Your Pastor attended via Zoom with his cup of coffee!

A major focal point of this assembly was our support of the World Hunger Appeal. This year marked 50 years the church has supported this feeding ministry.

During the Assembly we heard the necessary and required items...things like budget, approval of minutes, pastor's compensation.

We also heard from churches in the Reading area who are excited and embracing the Bishop's 6-2-6-1 concept. There was also voting for empty seats on Churchwide Assembly, Synod Council, and the like.

We also approved resolutions concerning our LGBTQIA+ Family, and Word and Service Ordination.

The Assembly closed as we celebrated the Ordination and Blessing of all church ministries.

This is a brief summary. Please feel free to ask if you are interested in further details.

- Pastor Neel



CONGREGATION COUNCIL



2024 COUNCIL MEMBERS

Laurie Roth, President: 610-252-7619
 Ed Schaeffer, Vice Pres.: 610-258-4280, *Mutual Ministry
 Diane Dutko, Exec. Secy: 610-428-5339, *Nursery School
 Teresa Diehl: 610-248-2421, *Community Care
 Deborah Ealer: 610-330-0209, *Finance
 Sue Himmelreich: 484-226-0165, *Congregation Care
 Diana Laustsen: 610-217-0448, *Community Care

Non-Council Appointed Officers:

Jonathan Bleice, Treasurer: 610-462-9488
 Elizabeth Campbell, Secretary: 610-252-2258

**Denotes Liaison to Committee*

Minutes from all Council Meeting are available by request in the church office.

Council meets the second Monday of each month on Zoom. Members of the congregation are invited to attend, but only Council members are given a vote. Links to the meeting can be found in the calendar on the church website.

General Fund Financial Position Summary for the month ending May 31, 2024

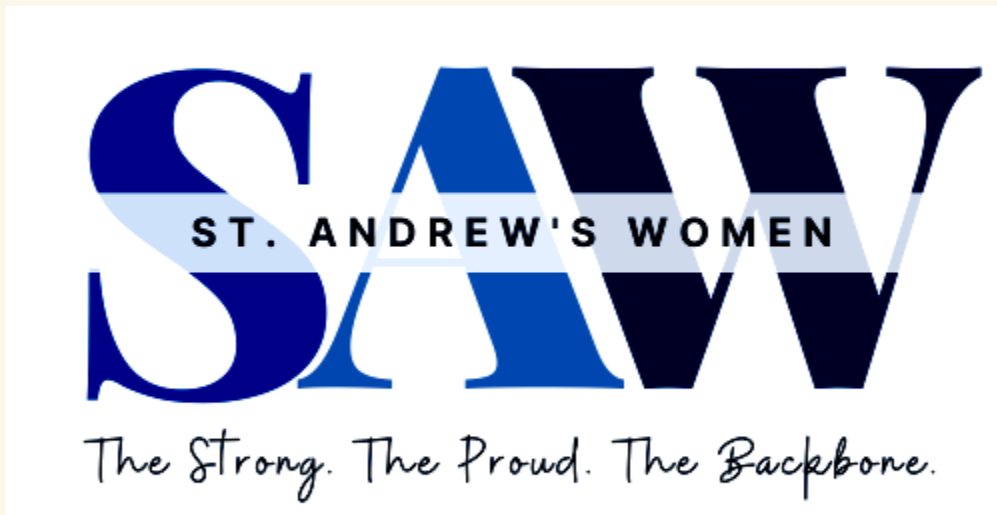
	<u>May</u>	<u>2024</u>
Offerings	\$13,354.15	\$81,943.05
Expenses	\$15,679.30	\$85,530.89
Surplus (Shortage)	(\$2,325.15)	(\$5,393.60)



Nursery care is available for our youngest children during worship in the large nursery school room.

Children can be dropped off prior to worship, or picked up by a nursery volunteer after the children's message.

Either way, please sign your child in before the start of worship.



St. Andrew's Women meets on the second Wednesday of each month, September through June. The next meeting will be September 11th at 10am in the Social Room.

SAW provides support not only to the church, but also to our community and other charitable organizations, through a number of unique and widely anticipated annual fundraising events. SAW is open to all women on a "come as you can" basis.

The Annual SAW Rummage Sale was held June 7 and 8. Thank you to all of the members of SAW, and everyone else who helped to make the sale so successful.

2024 Rummage Sale Proceeds: \$6872

Sale proceeds were distributed to the following:

Lutheran Seminary (Seminarian Tuition):	\$1,000
Bear Creek Camp:	\$500
Safe Harbor Shelter:	\$500
ProJeCt of Easton Food Bank:	\$950
Third Street Alliance:	\$500
Turning Point of the Lehigh Valley:	\$500
Miracle League of Northampton County:	\$500
United Fellowship Food Bank:	\$950
Retained for Christmas Gift Cards:	<u>\$1500</u>
Total Donations	\$6900*

**\$38 over rummage sale proceeds contributed out of SAW Treasury.*

Updates from the Spiritual Gifts Committee



Please Help St. Andrew's Close its Deficit.

St. Andrew's needs your help to strengthen our finances this summer. This year's offerings through 5/31/2024 were already down more than -\$7,200 from the same period in 2023. Pastor Neel, our staff, and Council are doing an excellent job cutting costs wherever possible. Even with all they are doing, St. Andrew's is showing a deficit of nearly -\$3,600 through 5/31/2024. This is not a positive trend and certainly one that we need to correct.

For 2024, our annual giving campaign is focusing on *Reimagining St. Andrew's Together*. The congregation provided some great ideas and recommendations on how our church could become an even more vibrant, supportive community for its members. Our combined talents and financial support can help make this happen. If you made a 2024 pledge, or make regular weekly offerings, please keep them up during the summer months. If you are able, please consider increasing your offerings to help get our budget back on track. Every contribution and increase make a positive difference.

Please help in *Reimagining St. Andrew's Together* and getting our finances back on track. Thank you for all you do for St. Andrew's!

Time and Talents Update

Thank you to all of the members who have completed and submitted a **Time and Talents** form. As of this writing, we have received about 20 forms. We appreciate your response to our request, and we hope you enjoyed the treats!

We are gathering all of the information on the forms and will forward your names and contact information to the appropriate committee chairs or activity coordinators. You will then be contacted as needed to help with the things for which you volunteered.

It is never too late to submit a **Time and Talents** form. They will be available on Sunday mornings, and you can put them into the collection plate. We will see that your information is added to our list.

Many thanks for all of the volunteering that takes place at St Andrew's. Some of it is very visible, and some of it is well hidden and behind the scenes. **ALL** of it is needed and appreciated.

See you in church!

Important Tips for Better Hydration

from your Parish Nurses

Staying hydrated means you are getting enough fluids, usually water, to keep your body working as it should. Hydration brings nutrients to our cells and plays an important role in our health. Did you know that water:

- ◆ Helps you keep a normal temperature
- ◆ Lubricates and cushions your joints
- ◆ Protects your spinal cord
- ◆ Helps get rid of wastes
- ◆ Can help mental health and cognitive function

Staying hydrated is always important, but especially so in hot, humid weather. As the temperature rises and we are outside for summer fun, it's important to drink our fluids. Additionally, older adults are more vulnerable to dehydration. Dehydration can result from decrease in total body water content due to fluid loss (as with illness, sweating too much, exercise, for example) or decreased fluid intake.

How much water should I drink each day?

For a long time the usual response has been to drink at least 8 glasses of water each day. That is a good goal for the average person to stay hydrated. However, there may be other things that influence how much water you need. Are you sweating due to work or exercise? If so, you may require extra water. Is it hot and humid where you live? You may require more fluids. Regardless, always follow instructions from your medical team regarding your individual fluid needs.

Tips to Stay Hydrated

Flavor water with fresh fruits or vegetables- lemon, mint, berries, or cucumber.

Keep a refillable water bottle with you at all times.

Don't wait until you are thirsty to drink.

Eat fruits and vegetables that contain a high water content such as watermelon, cucumbers, tomatoes, bell peppers, celery, lettuce, and spinach.

Popsicles, low or fat free milk, 100% fruit or vegetable juice are also good choices.

Keep in Mind

When choosing drinks, remember some are high in sugar and caffeine. Drinks such as soda, sport drinks, sweet tea or coffee may serve to keep you hydrated, but they can have negative impacts on your health. Sorry folks, but beer and other alcohol drinks are not a good choice when it comes to staying hydrated. Alcohol is dehydrating so it is important to drink at least one glass of water with every alcohol beverage you consume.

Signs of Dehydration in Adults, Children and Infants

- ◆ Extreme thirst, dry mouth and tongue
- ◆ Less frequent urination
- ◆ No tears when crying
- ◆ Dark-colored urine
- ◆ Peeing less or fewer wet diapers than usual
- ◆ Fatigue, sunken eyes, cheeks
- ◆ Dizziness
- ◆ Sunken soft spot on top of skull
- ◆ Confusion, irritability, listlessness

*** *If these symptoms occur, seek immediate medical attention.*



So, stay cool, drink water, eat fruits and vegetables, watch out for others, and be kind!

July and August Birthdays

07/02	Jodi Hess	08/16	Mark Brehm
07/02	Christopher Reese	08/16	James Pennoyer
07/07	Bill Richards	08/17	Nicole Merrick
07/08	Carol Ehler	08/21	Samantha Hajdu
07/09	Jeff Connlain	08/21	Alexander van Brett
07/09	Matthew Semanick	08/22	Tyler Gimbar
07/10	Chuck Tichy	08/22	Linda Massey
07/11	Linda Baskwell	08/25	Shawn Carr
07/11	Michele Ryan	08/25	Heather Chatenka
07/11	Kathryn White	08/25	Alexis Davis
07/17	Christopher Baskwell	08/27	Sheri Fucili
07/17	Matthew Baskwell	08/27	Robert Schneck
07/17	Terry Diehl	08/29	Elliot Baskwell
07/19	Jane Fraser	08/29	Autumn Hill
07/20	Sean Boylan	08/30	Ryan Forsythe
07/23	Anthony Rodriguez	08/30	David Merida
07/25	Christian Combi	08/30	Timothy Warrelmann
07/26	Felisha Warrelmann	08/31	Fran Rankin
07/27	Kevin Dotts		
07/28	Charlene Colon		
07/30	Nicholas Hill		
07/30	Liesl Metzger		
07/30	Nicole Ryan		
07/30	Don Sachs		
07/30	Melissa Steckert		
07/30	James Welsh		
07/31	Jerry Heebner		
07/31	Allyssa Ward		
08/01	Terri Schlater		
08/03	Sandy Allshouse		
08/03	Seth Phillips		
08/04	Andrew Bleice		
08/04	Abby Rinda		
08/05	Brian Hajdu		
08/06	Jonathan Bleice		
08/07	Wendy Corcoran		
08/08	Danny Brinker		
08/08	Byron Fimiano		
08/08	Amy Sales		
08/09	Zion Grand		
08/09	Lilian Merrick		
08/09	William Merrick		
08/11	Sean Costanzo		
08/11	Lorraine Merli		
08/12	Graham Peters		
08/12	Steven Steckel		
08/13	Kaylee McGowan		
08/14	Ryan Boylan		
08/14	Sean Ward		

In England, the practice of sending birthday cards started about 100 years ago; now, worldwide, millions of cards are sent each year to wish loved ones a happy birthday.

Birthday gifts were first offered by the ancient Romans, who believed that the celebrant was vulnerable to evil spirits. Thus, surrounding the honoree with gifts and loved ones was a way of offering protection.



AUGUST CALENDAR

Thursday, August 1

9:00am Safety Committee @ Hope House

Friday, August 2

7:30pm Crossroads AA

Sunday, August 4

9:30am "Now the Feast" Worship

Monday, August 5

7:00pm Nursery School Parents Meeting
7:00pm Parent Partnership Support Group

Wednesday, August 7

7:00pm Bible Study via Zoom

Friday, August 9

7:30pm Crossroads AA

Sunday, August 11

9:30am "Now the Feast" Worship

Monday, August 12

7:00pm Congregation Council via Zoom
7:00pm Parent Partnership Support Group

Wednesday, August 14

7:00pm Bible Study via Zoom

Thursday, August 15

7:00pm Spiritual Gifts via Zoom

Friday, August 16

7:30pm Crossroads AA

Sunday, August 18

9:30am "Now the Feast" Worship

Monday, August 19

7:00pm Parent Partnership Support Group

Thursday, August 22

7:00pm Community Care via Zoom

Friday, August 23

7:30pm Crossroads AA

Sunday, August 25

9:30am "Now the Feast" Worship

Monday, August 26

7:00pm Nursery School Cmte @ Hope House
7:00pm Parent Partnership Support Group

Thursday, August 29

10:00am SANS "Meet the Teachers"

Friday, August 30

7:30pm Crossroads AA

HAVE YOUR KIDS LEFT THE NEST?

A large percentage of our families still show adult children as living at home, although they have long moved out. If you are one of those families (you can see by looking at the Member Directory) that still show the adult children at your home address, please send updated contact information to the church office.

