

### February TABLETALK February 2019

#### Pastor:

The Rev. Dr. David G. Oravec 240-457-2043 - cell chapsdo@gmail.com

#### **Director of Music Ministry:**

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#### **Building Manager:**

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#### Chaplain:

Paula Thistle 410-703-2669 chaplainpaula@gmail.com

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#### Church Secretary:

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### Day School Principal:

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### **Director of Admissions:**

Kelly Peenstra 410-263-8016

#### **Church Council**

President: Larry Laubscher Vice President: Deb Mangin Worship & Music: Marianne Drumm Fellowship: Debbie Livingston Christian Education: Linda Wetz Financial Secretary: Glenn Hollenbeck Church Treasurer: Mick Thistle Finance Chairperson: Tom Freeman Social Ministry: Sara Wetz **Stewardship:** Allison Poltorak

Scott Schrier

Evangelism: Jonathan Aseltine Memorials: Mick Thistle Property: Tim Doyle

Chair, School Board: Molly Michaelson President Emeritus: Heather Tuckfield

Deadline for February Tabletalk Articles 1/18

### Pastor's Corner

### A NOTE FROM PASTOR BILL:

On February 3, 2019, Pastor Dave and I will be leading worship together as we share in a kind of "hail and farewell" type of scenario. Since last summer, when Pastor Dave first learned he was going to be called to active duty and deployed overseas for an extended period of time, he and I have been trying our best to prepare for the lifestyle changes we both knew we would be experiencing. We have met frequently to discuss our respective responsibilities throughout the months ahead, and the time has now arrived for us to assume those new responsibilities to which God has called us.

As one who served for 26 years as a Navy reserve chaplain, I understand what Pastor Dave is going through. Leaving Sandy, his home, and all of you will not be easy for him. So, I will keep him in my prayers as I know you will as well. Although he has been deployed in the past, each deployment is a new experience and a new challenge. But, Pastor Dave is not only a great pastor for all of you, but he is also a great and proven Navy chaplain whose ministry to those he now goes to serve will surely be a blessing for them. They will truly benefit from his loving kindness, comforting presence, and strong faith, and through him God will be able to touch the lives of a great many people in a different part of the world.

On the home front, I will do my best to care for you in his absence, and to preach the word, administer the sacraments, and, hopefully, help St. Martin's to continue to grow as together we eagerly await Pastor Dave's return to us. I look forward to getting to know you better, and to sharing more in the life and ministry of St. Martin's.

So, please do me a favor and introduce yourselves to me, if we have not yet met, and together let us pledge ourselves to serve and worship our Lord faithfully in this place, as Pastor Dave will be serving Him and worshipping Him in a different place for a while.

May God continue to bless us all in this time of change, and make this a special time for you, and me, and, especially, Pastor Dave.

In His Peace,

### From Pastor Dave

As I head out for USN service I want to relay my deep thanks to all of you! The last month has been extra special with so many kindnesses extended to Sandy and me. We feel your prayers, love, and support and thank God for all of you. I'll try to share details about my journey, as I'm able—and look forward to hearing good news about the things the Spirit will bring at St. Martin's in the next 10 months.

Some folks have asked about writing. My info is:

**David Oravec** 

**CJTF HOA Religious Affairs** 

PSC 831, Box 0015

FPO AE, 09363

(please do not use my military rank in addressing correspondence)

### **Flying Quilters**

The Flying Quilters will meet again on February 11 and 25 in Fellowship Rooms A/B from 10 am – 2 pm. New quilters are always welcome –no experience required.

### **Outie Lunch Group**

"Outie" Lunch Group - Tuesday, Feb. 12 at 1 pm Squisito (Riva Road near CVS). 6 Hope you can be there. Contact Carole Komenda 410-266-7132.

### **JOYFUL HEARTS**

### **February Joyful Hearts**

At our February meeting, we will celebrate our birthday, have our Secret Sister reveal, and celebrate bold women! Please join us for our celebrations on February 8 at 10:00am in the Fellowship wing.

Also, mark your calendars for our March meeting (March 8) when we will be engaged in a prayer walk around our property (inside and out). We have much to pray for here at St. Martin's. All ladies are welcome!

## COMPOSTING: A MEANINGFUL NEW YEAR'S RESOLUTION

Composting is good stewardship of the earth and is an important step beyond recycling. Plastics, which are recyclable, never disappear from the earth. Compostable materials renew the earth. Think about that difference.

For over a year, we've been composting at St. Martin's. **Look for** dark gray bins in the narthex for compostable materials and place the following in them:

- \*Our compostable specially ordered paper cups, plates, napkins, spoons and forks.
- \* Tops of pizza boxes.
- \* Food remains, including cheese, fruit, cake, cookies, crackers, and coffee grounds.
- \* Anything made of cotton.
- \* Wilted flowers

No plastic, styrofoam, or aluminum go into compost bins.

Plastic and aluminum belong in the blue recycle bins. All other materials are trash (e.g., styrofoam)

January is our "composting education month." Help St. Martin's care for the earth and protect God's creation. Annapolis Compost picks up all the deposited materials on a regular basis. In return, St. Martin's receives occasional compost for our gardens. This is a win-win ministry.



### **Travel Size Toiletries**

Many of our congregation members have shared that they save their toiletries from when they travel. With this in mind, we will begin a collection of un-opened travel size toiletries that can be shared with organizations such as the Light House Shelter. There will be a box in the Narthex where people can drop off un-opened travel size toiletries at any time and we will get these distributed. Thank you in advance for your support.

# St. Martin's Dedications Flowers, Bulletin, Candle



St. Martin's offers its members several opportunities to make dedications in honor or memory of loved ones, special events, such as weddings, baptisms, first communions or confirmations, or just to the Glory of God! These include flowers on Sundays to enhance the beauty of the

sanctuary, the sanctuary candle (the large seven-day candle), and bulletins.

Flower arrangements are ordered from Gateway Florist for a cost of fifty dollars. Many of our members have preferred to make their own arrangements from flowers they purchase themselves or from flowers from their yards. Several vases that can be used are available in the sacristy or, if you choose to use your own vase, it will be returned to you. Please make sure you indicate on the dedication form if you would like to have flowers delivered from Gateway Florist or if you will be providing your own flowers.

The cost of the bulletin dedication is fifteen dollars; and the candle dedication is twelve dollars. Each Sunday, the bulletin announces the dedications that have been requested, be it flowers, bulletin or candle. The announcement includes the dedication provided by the giver and the giver's name, if desired.

Do you have a special event coming up for yourself or for a loved one or friend? Consider celebrating it with a Sunday dedication! You can find the Dedication Envelopes for flowers, bulletin and candle on the bulletin board across from the Library Lounge. Instructions for dedications and payments are on the envelope.



### First Communion

Is there a child in your life who is interested in receiving their first holy communion? If so,

please know that classes will be held on February 3, 10, and 17 after the late worship service. March 6h (Transfiguration Sunday) is when the children will then receive their first holy communion. If you'd like to sign up or if you have questions, please contact Chaplain Paula at 410-703-2669 or chaplainpaula@gmail.com.

### **New/Used Eyeglasses Needed**

In an effort to assist people around the world who need corrective lenses to assist them with their sight, we will be collecting eyeglasses (new and/or used) for distribution to those in need. The glasses can be placed in the collection box in the narthex.

# See Illuminated Manuscripts in Annapolis: February 6.

On **February 6 at 2:00 pm**, enjoy a guided visit to see the new exhibit at Mitchell Gallery, St. John's College called "Painted Pages: Illuminated Manuscripts, 13<sup>th</sup>-18<sup>th</sup> Centuries." See what it was like before the invention of the printing press in 1454 when all books were handwritten and decorated. We will see medieval Bibles, prayer books and other texts from Europe and the Middle East. An 18<sup>th</sup> century Hebrew scroll from the Book of Esther is also on view. Lucinda Edinberg, arts educator at Mitchell Gallery, will be our guide. Please sign up or RSVP to Betty Knupp (410-956-4881 Knuppster@aol.com) if you plan to go. We will carpool from St. Martin's, departing at 1:30pm or you can meet us there.





### Behind the Scenes at the Light House

You know that the annual Pumpkin Patch proceeds all go to the Light House, and that St. Martin's members provide dinners at the Light House at least one evening a month, twelve months of the year. Do you also know that the Light House provides housing solutions, and employment and support services aimed at ending the cycle of homelessness and helping individuals and families achieve self-sufficiency? On January 24th, twelve interested members from St. Martin's took advantage of an offer to take a tour behind the scenes at the Annapolis Light House at 10 Hudson Street. We learned so much more from Executive Director Jo Ann Mattson and Volunteer Programs Manager Kait Dawson about the diverse programs offered and multiple opportunities to volunteer at the Light House. For example, the Safe Harbour Resource Center offers a chance to get food, clothing, take showers, do laundry, spend some time at computer stations to access job announcements and community support services, or connect those at risk of becoming homeless with a specialist. A new and exciting volunteer opportunity is the "Open Table" that offers small group mentoring for newly independent families and individuals to help them stay on track with their self-sufficiency goals.

Our thanks for organizing this evening also go to St. Martin's Kelly Shenk and Mark Sindt, current and former members of the Light House Board of Directors.

You can visit the Light House website at <a href="www.annapolislighthouse.org">www.annapolislighthouse.org</a> to find out more about the Center and its programs, and the many volunteer opportunities that are available. There are even ways for students and families to help. For more information about Light House volunteer programs contact Kait Dawson at <a href="kdawson@annapolislighthouse.org">kdawson@annapolislighthouse.org</a>, (443) 569-4211. Or, why not find out more from St. Martin's own Light House experts, Kelly and Mark.

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### The Chaplain's Corner

a note from your Chaplain

For now we see in a mirror, dimly, but then we will see face to face. 1 Corinthians 13:12

It's February, a cold month in the season of winter and the shortest month in our calendar. Yet in February we are blessed with God's ever-present guidance and grace. This year we :see dimly" as we look forward. Many have questions about Pr. Dave's deployment. We don't have all the answers, so we see dimly – the "here and now" and not the long term.

In our gospels during February we see people of Jesus' day also looking to the immediate events - healing and miracles - rather than to the larger picture of the power and scope of God's love. The disciples, themselves, questioned Jesus' actions and their worthiness to be with Him.

Throughout the month Jesus will lift us as he speaks of the blessings (for the poor and sorrowful) and woes (of those who rejoice in earthly things). We will see Jesus' teaching is about doing good for the sake of good alone, and not because we expect good in return – not because we expect to be praised.

I think these lessons fit well with the "love" theme that is always February. We celebrate Valentine's Day and rejoice in those we love. We give thanks for father, mother, spouse, siblings, children, friends. We share our wishes of love for them.

Within these lessons I have found the message of reaching out to others – reaching out to those we do not know – reaching out to the unlovable. Throughout His ministry Jesus set for us the example of faithfulness to God's Word and God's love. He reached to the forgotten, to the sinners, to those "not like Him." I've reflected on these thoughts now, especially in light of our sending Pr. Dave to a place far, far away for a while. We are sending him with our love to be God's love, God's compassion, God's Word to people far away, some of whom we might consider unlovable. For him and his swift, safe return we pray.

In the months ahead let us reach out to those we meet with hearts full of faith and full of love. Let us have the Valentine's Day message for all we meet. We are, children of God, tasked with following Jesus' example of spreading God's love to all we meet.

Dear Lord, help us to aspire not for perfection but for faithfulness.

From His fullness we have all received, grace upon grace. John 1:16

Chaplain Paula

# St. Martin's Youth Newsletter

Volume 3 | Issue 25

### February 2019



Laura Albanese

**Director of Youth Ministry** 

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Email:

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Celebrating God's seasons with ice skating and fellowship!

### **February Fellowship and Service Events**

**Sunday, February 3<sup>rd</sup>- 11:30am- Hail and Farewell Luncheon-** Youth are invited to attend the congregational lunch to wish Pastor Dave well before he leaves for his deployment and to welcome interim Pastor Bill Gilroy.

**Sunday, February 10<sup>th</sup> 11:15am-1:30pmish- Lunch and Service-** Join us after the late service for an afternoon of BAKING! We'll be making cookies to be delivered to the Seafarers for Valentine's Day and some of our homebound members. Bring an apron if you have one and if you have a favorite cookies recipe send it to me by Feb 3<sup>rd</sup>. Lunch will be provided. Need at least one adult leader.

**Sunday, February 24<sup>th</sup> 11:15-1:45pm–Bowling and Lunch!** It's time to break out your bowling shoes! Join us for an afternoon of fellowship and good times as we grab lunch after the second service and head to Annapolis Bowling for some fun. Cost is \$5 to bowl and money for a quick lunch (\$5-10). Please sign up by Thursday, February 21st. Drivers and Adult Leaders needed.

### Senior High Sunday Mornings at 9am

All senior high youth, friends and middle school friends already confirmed are invited to join us Sunday mornings.

- o Sunday, February 3<sup>rd</sup>- FISH- Farewell to Pastor Dave
- Sunday, February 10<sup>th</sup>- Youth Support Ministry Meeting- youth room
- o Sunday, February 17- FISH
- Sunday, February 24<sup>th</sup>- Free Breakfast at Main and Market. Meet in the youth ministry office by 8:45am and we'll head over to grab some breakfast. RSVP by 2/23.

### **Confirmation Students**

- Reminder- Please turn in your Service Hours and Worship Reflections!
- Worship Reflection requirements have changed- please turn in <u>12</u>
   worship reflections instead of 15. We have a few students almost done
   with this requirement. Remember you can check by visiting
   <a href="https://docs.google.com/spreadsheets/d/1qEDhp7xV5pfhbbwDMiesqo7t">https://docs.google.com/spreadsheets/d/1qEDhp7xV5pfhbbwDMiesqo7t</a>
   2NJWIL 4zwgdTspxaEE/edit?usp=sharing.
- Confirmation Make-Up Wednesday will be Wednesday, February 27th at 7pm in the library lounge. Please RSVP to Laura by 2/26.
- 8<sup>th</sup> grade Confirmation students and parents- mark your calendars as we will be celebrating the *rite of Confirmation on Sunday, June 2<sup>nd</sup>*. Please be on the lookout for email with a meeting date to discuss Confirmation requirements and expectations of Confirmation Day with Pastor Bill. Any questions in the meantime feel free to contact me.

### **February Lessons**

- February 3<sup>rd</sup>- FISH-farewell to Pastor Dave
- February 10th- Feeding of the 5000
- February 17<sup>th</sup>- Sending the 70
- February 24<sup>th</sup>- Healing ministry of Jesus

### **Youth Support Ministry Meeting**

**Sunday, February 10<sup>th</sup> 9am in the youth room-** Youth, Parents, and any adult wishing to help in our youth ministry program, join us in the youth room as we

vision and plan for the spring and winter. We'll also discuss our summer service camp.

### Mark Your Calendars Now!!

Lenten Bible Studies- Days and Time TBA in Feb- During Lent many of our youth give up something for six weeks (sweets, social media, coffee from their favorite coffee shop, etc...) as a way of drawing closer to God. This Lent we are encouraging youth to TAKE ON something too. Join us once a week for five weeks as we explore the Gospels to grow closer to God. We'll meet in the youth room and maybe even a few coffee shops. More details to follow in February.

Monday, July 29-Friday, August 2<sup>nd</sup>- St. Martin's Service Camp- It's our first service week camp at St. Martin's. Join us for a fun week of interactive service projects, Bible lessons and fellowship events. Each day we will participate in a meaningful service project (Operation Homecoming, Packaging 10,000 meals and more) and then cut loose for some fun fellowship events. Can't join us for the whole week- no worries 2 day and 3 days are available too. Registration forms will be available in March. Space is limited.



Thank you Enid Roemer for the beautiful ice skating pictures!

# ME? SING? YES! It's time for you to join a choir!

Handbell Choir -

Chancel Choir -Wednesday's @ 7:30 - Music Room

Wednesday's @ 6:30 - Music Room

Children's Choir (ages 5+) -1st, 3rd, and 5th Tuesdays @ 4:30 - Music Room

Compline Choir -As Scheduled - Music Room/Sanctuary



# WHAT AM I GETTING OUT OF IT?

It's a proven fact that singing a chorus is more fun when we are surrounded by friends, belting it out at the top of our lungs. Maybe that doesn't seem like a proven fact, but according to recent research -- it actually is. Humans are wired for rhythmic togetherness; from choral singers, musicians, dancers, to rowers, the science is coming in that we bond best when we are making music with each other. Studies show that choral singing improves our mood, with a decrease in stress, depression and anxiety. These effects are often attributed to the deeper breathing associated with singing, that is also used in meditation. Thes benefits are enhanced in a group setting, compared to singing alone. Singing in a group offers us a sense of belonging to something bigger than ourselves. It helps us feel that we are needed by the larger community. In that light, choral singing programs are beginning to make big strides at senior centers, as a way to improve the quality of life for the older members of our society. Beyond these psychological effects, our physical health is also impacted for the better: lower blood pressure, increased blood oxygen saturation, elevated immunity, higher pain threshold, stronger respiratory muscles, and less stuttering. Music making produces measurable changes in the brain! These changes positively impact our ability to heal after strokes by assisting the formation of <u>alternative</u> pathways around damaged brain tissue. All of these factors can lead to a deeper sense of well-being and overall happiness. Another notion is that the experience of making music together provides a sense of awe not just for the observers, but for the participants, as well. If one voice, instrument, or dancer alone is amazing, a group of performers is more so. What does that awe lead to? Research shows that this emotion engenders an enhanced sense of altruism. It seems to shift our focus from our own narrow view to that of our common humanity. Those who report more awe in their lives have been shown to be more generous, more ethical, and more helpful towards others. Perhaps as we join with others to create an experience of great beauty, we diminish any sense of scarcity, while aygmenting our connection to all in a way which is paradoxically self-affirming. We feel more comfortable and happier in our own skin. The statistics are in. In 2017, only 33% of Americans described themselves as happy. A full 40% said "they rarely engage in hobbies and pastimes they enjoy." It is time to turn that around.

https://artistworks.com/blog/surprising-health-benefits-singing-choir

### **Birthdays and Wedding Anniversaries**

If your birthday or anniversary is not listed here, please provide the church office with the information so you can be included next time!

### **Birthdays**

2/2	Shelley O'Neill
2/3	Jake Donnay
	Carole Komenda
	Katy Pacher
2/5	Joan Daniels
2/6	Bob Bartel
	Nathan Dunahoo
2/7	Holly Wolfe
2/8	John Livingston
2/9	Bev Fossum
2/11	Eric Roberts
2/12	Mike Wagner
2/14	Carolyn Anzalone
2/15	Sandra Burch
2/16	Matt Freeman
2/19	Kyle Kolakoski
2/20	Janet Lehr
	Paula Thistle
2/22	Greg Benedict
2/26	David Moday
2/27	Greg Roemer



### **Anniversaries**

2/28 Barb Freeman

2/21 Clarence & Juliette Kragh

Sun Mon Tue Wed Thu Fri Sat

Calendar Rev. 2/2/19
Please continue to
check our website's
News & Events tab
for any new updates.

Class; Youth Bowling/Lunch

# February 2019

f pm School Italian
Night (Fellowship)

3 4 5 6 8 9 8 am Worship (S); 6 pm Pickleball 4:30 pm Kids Choir 7 am Men's Bible 11:30 am Mid-Day 10 am Joyful Hearts **New Members** (Gym) Rehearsal (Music Study **Bible Study (Doube** (A, B) – T Diner) 7 pm Adult Bible 8:40 School Chapel 9:15 am Choir Rehearsal (S) Study (B) 6 pm Pickleball 10 am Staff Mtg (Gym) 9:40 am Kids Choir 2 pm Illum. Rehearsal (S) Manuscripts (St. 10 am Worship (S); John's College) **New Members** 6 pm Bell Choir (S) 11:30 am Hail & 7 pm Choir Farewell Lunch Rehearsal (S) (Fellowship); 1st **Communion Class** (L) 12 15 16 10 11 13 14 8 am Worship (S) 10 am Flying 1 pm Outie Lunch 7 am Men's Bible 11:30 am Mid-Day \*School Closed\* Quilters (A,B) (Squisitos, Riva Rd) Study **Bible Study (Doube** 9:15 am Choir – T Diner) Rehearsal (S) 5 pm Light House 6 pm Pickleball 8:40 School Chapel Dinner (Gym) 10 am Worship (S) 10 am Staff Mtg 6 pm Pickleball 11:30 am 1st 6 pm Bell Choir (S) (Gvm) **Communion Class** 7 pm Choir (Library) Youth 7 pm Adult Bible Rehearsal (S) **Baking Cookies** Study (B) 22 **17** 18 19 21 23 20 8 am Worship (S) **Presidents Day** 4:30 pm Kids Choir 7 am Men's Bible 11:30 am Mid-Day Rehearsal (Music **Bible Study (Doube** Study 9 15 am Choir \*School & Church - T Diner) Rehearsal (S) Office Closed\* 10 am Staff Mtg 6 pm Pickleball 12 pm W & M 6 pm Bell Choir (S) 10 am Worship (S) (Gym) Meeting (Library) 7 pm Choir 11:30 am 1st 7 pm Church **Communion Class** Rehearsal (S) Council (Library) 25 26 28 24 27 8 am Worship (S) 10 am Flying 6 pm Pickleball 7 am Men's Bible 11:30 am Mid-Day Quilters (A,B) **Bible Study (Doube** (Gym) Study 9 15 am Choir - T Diner) 6 pm Pickleball Rehearsal (S) 8:40 School Chapel (Gym) 9 am Ed. Hour/ 10 am Staff Mtg 7 pm Bible Study (B) Confirmation 6 pm Bell Choir (S) 10 am Worship (S) 7 pm Choir 11:30 1st Com. Rehearsal (S)

### St. Martin's Evangelical Lutheran Church

1120 Spa Road, Annapolis, Maryland 21403 410-263-4723

E-mail: Church@StMartinsOnline.org
Web site: StMartinsAnnapolis.org
The Rev. Dr. David G. Oravec, Pastor
chapsdo@gmail.com
Sunday Worship: 8:00 am, 10:00 a.m.
Sunday School: 9:00 a.m.

### St. Martin's Lutheran School

Pre K 3's through Grade 8 410-263-8016 or 410-269-1955 Mr. James D. Moorhead, Principal