

CURRENTS

Upper Susquehanna Synod News and Information

June 12, 2010

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ATTACHMENTS:

- None this month

CURRENTS is the e-newsletter of the Upper Susquehanna Synod. Please share this information with others! Edit, copy, and use this information in bulletins, newsletters, sermons, billboards, press releases, evangelism efforts, and/or spoken announcements where helpful. If you have information to include in future editions, please send an email to <news@uss-elca.org> with your name, congregation name, town, and the information.

The next edition of Currents is planned for July 5, 2010, with a publication deadline of July 1, 2010.

NEWS IN THIS ISSUE

Stream of Information on Pre-Assembly Highlights Available

Stream of Information is a formatted, occasional communication piece highlighting a specific topic of interest to members and leaders of the Upper Susquehanna Synod. A new *Stream of Information* is now available giving details about the upcoming 2010 Synod Assembly. Learn about what will be discussed and who will be honored at this annual event. To download, click here:

<http://www.uss-elca.org/wp-content/uploads/2009/03/Stream-of-Info.June.7.10.pdf>

Seminary Board Nominations Wanted

The Upper Susquehanna Synod Nominating Committee continues to look for names of people (lay males) within our Synod who are willing to be considered for the position of Member to the Board of Directors of Lutheran Theological Seminary at Gettysburg (term expires 2014). There is a lot of responsibility and time commitment associated with this position, as the attached “job description” indicates, and any names considered for nomination by the committee will be reviewed by the Seminary prior to being placed on the ballot. If you know of someone (lay male only) who would like to be considered for nomination, please have him read the expectations [posted here](#) and contact Rev. Richard Fangmann at 570-286-6459 (Zion Lutheran, Sunbury) or by e-mail at pastorrich@ptd.net. ASAP - in the next few days! Thank you for your help. We are working hard to have full representation for our Synod on the Board of Gettysburg Seminary in the years to come.

Kathryn’s Kloset Open House/Orientation Coming Soon

Diakon Lutheran Social Ministries is now operating “Kathryn’s Kloset,” a warehouse in Baltimore where they gather and house surplus items (except food) in large quantities. The items are available to non-profits who can pick up stuff in dock-height trucks. Many of the items must be received by the skid load. The next Open House/Orientation Meetings at Diakon Kathryn’s Kloset will be held on the following dates: Tuesday, May 18; Wednesday, June 23; and Tuesday, July 20, all at 10:00 a.m. at the warehouse, 1101 Desoto Road in Baltimore. The meetings will end no later than noon. If interested, please get in touch with Pastor Karl-John Stone at the synod office so he can alert Diakon so appropriate preparations can be made.

Camp Mount Luther Still Taking Registrations

Camp Mount Luther is gearing up for their summer camping season for 2010 and is still accepting registrations for all programs. They will start their 45th camping season on June 14, 2010, with week of Day Camp at their camp in rural Mifflinburg. The following week their resident camp season begins. There are still openings for many of this summer’s camp programs and registrations will be accepted until all programs are filled. Sessions start on June 14th and conclude on August 6th. This year’s theme at Mount Luther is “Keeping the Earth.” Through the camp’s daily morning “First Light” devotions, Bible Studies, and worships, campers will learn more about environmental stewardship. Mount Luther is also continuing their partnership with the Episcopal Diocese of Central Pennsylvania, offering a joint camping week for both denominations, called Brothers and Sisters in Christ Week. In addition to the traditional and specialized programs the camp offers, theme weeks for Color Games, Bring Your Own Adventure, Mount Luther Heritage, and Scooby Doo are being offered. New camps being offered include Blast Off; Pedal, Pack and Paddle; Day Camp at Night and SURE Wilderness Adventure. There are programs for all ages from Kindergarten to Senior High, Adults and Families. For more information on this summer’s programs, call the camp office at (570) 922-1587 or visit the camp’s website at <http://www.campmountluther.org>.

Camp Mount Luther Prayer Service on the Air this Summer

Camp Mount Luther, Mifflinburg, and WQSU Radio, Selinsgrove, are partnering this summer to provide a unique worship experience on the radio. Each Sunday morning at 11:00, WQSU will air the “Camp Mount Luther Prayer,” a service that reflects the singing and praying community of the camp. In over four decades of ministry to children and adults, Mount Luther has nurtured the singing and faith of their participants who serve God in the world.

The liturgy will air at the same time that Susquehanna University’s Weekly Chapel Service airs during the academic year on 88.9 FM. It features various Christian, camp, and gospel music as well as the liturgy written exclusively for the service. Chad Hershberger, executive director of the camp, and Rev. Gil Waldkoenig, professor at the Lutheran

Theological Seminary at Gettysburg, wrote the service for the camp in 2003. Hershberger serves as host of the radio version. WQSU also streams their live audio at <http://www.wqsu.com>.

Mount Luther recorded the service in 2006 and it is available for purchase through the camp. The audio recording is used for the broadcast version, as well as music from singers from Camp Mount Luther and two other Lutheran outdoor ministry sites.

WQSU-FM, The Pulse, is the radio voice of Susquehanna University. The 12,000-watt station, the third most powerful college station in Pennsylvania, is operated by students, faculty and staff as well as community volunteers. Camp Mount Luther, affiliated with the Upper Susquehanna Synod, runs year-round outdoor ministry programming, including an eight-week summer camp.

Reauthorization Information for Current USS Authorized Lay Leaders

Guidelines for authorized lay leaders (ALWLs) have been in place in the synod's LMI Handbook since early 2009. Authorized Lay Worship Leaders, Evangelists, and Catechists who wish to continue to serve in our synod as authorized leaders are now required to complete annual paperwork to be eligible for such "continued authorization." This requirement begins in 2010 with paperwork due by July 31, 2010, for continued authorization from through July 31, 2011. The required paperwork to submit to the synod office by July 31 includes:

- An annually updated [covenant agreement](#) with a Mentor Pastor of your choice (both ALL's and mentor's covenants).
- An annually signed copy of "[Statement of Commitment—Authorized Lay Leaders](#)".
- One signed copy of "[ELCA Standards Questionnaire—Authorized Lay Leader](#)" for the lay leader's file. (This form need not be completed annually, unless one's answers to it should change since
- For samples of the above items, click on each item. Please send completed paperwork to the synod office by July 31, 2010: Upper Susquehanna Synod, PO Box 36, Lewisburg, PA 17837. Confirmation of a leader's continued authorization will be sent to each lay leader (copied to their mentor) in August 2010.

Making Connections with Young Adults on Campus

The graduation parties are over, and many high school graduates will soon be packing for a move to college. Campus ministers are waiting to meet them! Help them connect with the young adults from your congregation. Email the synod office at office@uss-elca.org with a student's name, hometown, college/university, and email address (if known), and this information will get passed on to the campus minister at their school. Do it today, while you're thinking about it!

Youth Ministry Certification School --- Register Now!

YMCS is a fourteen-day intensive course for adults working with youth in a congregational ministry setting. Volunteers, professional youth workers and pastors have all taken advantage of this training that incorporates the best of the current practical, theological and theoretical research to help you design a ministry with children, youth, young adults and families in your congregation. The course is spread out over a nine-month period from August-April, meeting for a four-day weekend at Nawakwa in August and for five two-day events in October, November, February, March & April on the Gettysburg Seminary campus. Get more information, including an application, at <http://www.ltsg.edu/academic-programs/Certificate-Studies/Youth-Ministry>.

Leave a Legacy for Ministry and Mission

Make a gift of stock and receive fixed annuity payments at much higher rates than your current dividends. You receive an income tax deduction and the ministry of your choice receives a wonderful gift. For more information about how to make charitable gifts using a Charitable Gift Annuity or other ways to make charitable gifts call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the ELCA Foundation, 800-638-3522, ext. 2970 or visit our website at <http://www.elca.org/fo>.

Youth Director Wanted

The congregations of Trinity Lutheran Church and Lost Creek Presbyterian Church of McAlisterville, PA, are looking for a part-time youth director. The youth director will develop relationships with teens and children and help them to develop relationships with each other. He or she will engage the youth, guide them as they grow in faith, and provide opportunities for fellowship, worship, study and play. The position will be scheduled for 10-20 hours per week. The youth director will coordinate volunteers and be actively involved in Christian Education planning. He or she will

coordinate youth meetings, service projects and fund raisers. He or she will evangelize, teach, and communicate with local church and unchurched youth. For further information, or to submit a resume and statement of faith, please email tlchurch@tricity.net, call 717-463-3428 or fax: 717-463-3886.

Organist Needed

Holy Spirit Lutheran Church, on Route 44 between Turbotville and McEwensville, has an opening for a skilled and committed organist for our 9:15 a.m. Sunday worship and rehearsals with the choir on Wednesday evenings. The successful candidate will need to be able to start in August. Anyone interested in this position can contact Patty Hines, Choir Director, at 437-4329 for more details.

Become a Fan of the Upper Susquehanna Synod on Facebook!

The Upper Susquehanna Synod now has a "fan site" on Facebook. If you are part of the Facebook community, you can join at www.facebook.com/usselca. This site will replace our existing "Ning" site as Ning is phasing out free sites for non-profits and others. Become a fan of the USS and keep updated on the latest news and information from our synod.

UPCOMING EVENTS

Reimherr Memorial Service: June 20, 2010

The Reimherr Family wishes to announce a memorial service for **Rev. Otto and Beulah Reimherr**. The service is scheduled for Sunday, June 20, 2010, at 2:30 p.m. in Seibert Hall at Susquehanna University. A reception will follow. The service will be a "coming home" to the area and people they loved. Bishop Robert Driesen has agreed to participate in the service as well as Pastor Ricky Phillips.

Seminary Sampler for High School Youth: June and July 2010

Trinity Lutheran Seminary in Columbus, OH, invites high school youth who have completed sophomore, junior, or senior year to come to the seminary for three weeks in June or July to explore vocations, think theologically, participate in service projects, shadow mentors, and make friends with Jesus-loving youth from around the country. If you or someone you know would be interested in this unique experience, check out the <http://www.summersampler.com> website and watch a short video about the program. You'll be glad you did! For more information, contact Pastor Ruth Fortis, Director at rfortis@trinitylutheranseminary.edu

USSWO 23rd Annual Convention: July 24, 2010

The Upper Susquehanna Synodical Women's Organization Annual Convention will be held on Saturday, July 24, 2010, at the Evergreen Center at Camp Mount Luther, 355 Mt. Luther Lane, Mifflinburg. Registration is from 7:30-8:30 a.m. The theme is "Renew and Rejoice," focusing on the following scripture passages: Romans 5:1-5; 12:1-2 and Philippians 4:4-7. Bible Study Leader is Pastor Erin Bovendam and the presiding minister for Holy Communion will be Pastor Miriam Nicholson. Workshop presentations include yoga. Registration deadline is June 21, 2010. Nominations are needed for three board positions and three delegates to the 8th Triennial Convention on July 12-14, 2011, in Spokane, Washington.

Camp Evergreen: July 30-August 1, 2010

Diakon's Deb Best reports: Mark your calendars for Camp Evergreen, a Children's Bereavement Program, July 30-August 1, 2010. This special camp for children and teens that have experienced a death of a loved one is free of charge for all participants. The camp is an opportunity for youth ages 8-16 years to learn they are not alone in their feelings of confusion, loss, and grief. A staff of professional and trained volunteers fosters an atmosphere of fun and friendship. Registration deadline is July 9. There is a new site for Camp Evergreen 2010: the grounds of Valley Youth House-Camp Fowler, Orefield, PA. The site includes a therapeutic adventure course, heated pool, and beautiful wooded setting.

The 43-acre facility sits on the banks of the Jordan Creek, northwest of Allentown. Call 1-877-438-5311 for more information or registration materials.

German Partnership Picnic: August 1, 2010

The Ansbach-Wurzburg Partnership Committee is planning a picnic on August 1 at 3:00 p.m. at St. James Church Pavilion in Rauchtown. Pastor Lois D. Martin, chairperson, says Pastor Klaus Kuhn will be visiting our synod as the representative of Bishop Schmidt in Germany. We are inviting pastors and their families and interested lay persons to join us in welcoming him on August 1. This year we celebrate our Global Missions partnership with the Lutheran Church in Bavaria. We have many things in common with them, and there are some differences as well. Our continuing conversations lead us to new discoveries with each other, while celebrating our unity in Christ. As we continue our partnership, we hope to grow new links between churches and pastors. We look forward to celebrating the renewal of our partnership covenant next year in Rotenburg, Germany. You are invited to bring a covered dish for this event. It will be held rain or shine (the pavilion is covered). Beverages and hot dogs will be provided.

Rostered Leaders/Families Healing Service: August 31, 2010

A Healing Service with Holy Communion will be held at the synod office in Lewisburg on Tuesday, August 31, at 1:30 p.m. for rostered leaders and members of their families. The service is provided by the synod's Spirituality Task Force and is open to all.

MONTHLY FEATURES

(W)holy, (W)holy, (W)holy: Health, Healing and Wholeness Article for July 2010

"For we know that the law is spiritual; but I am of the flesh, sold into slavery under sin. I do not understand my own actions. For I do not do what I want, but I do the very thing I hate." (Romans: 7:14-15, NRSV)

We can empathize with Paul when he describes his struggle to overcome the negative desires that gripped him from within. To say that we need to live a certain way, and to actually do it are two entirely different things. This tension between doing what is right, and giving into our impulses is all a part of our human experience. We fail and make mistakes but God sees past our failings, including the emotional and spiritual "junk" we've accumulated. Instead, God sees the inner person, created good and in God's image.

If you watch TV, you may have noticed several reality-based shows that deal with the individuals who suffer from compulsive hoarding. We're not talking about someone who is a typical packrat or collector. The impulse to save "stuff" takes over as papers, garbage, junk mail, plastic grocery bags, and even animals are "collected" and begin to encroach upon the sufferer's life. This junk covers the counters, floors, tables, bathtub, and appliances; in fact, everywhere you can imagine and in some cases from floor to ceiling. It makes it impossible to eat, sleep, bathe, or have any semblance of a normal life. People who hoard often do not see their behavior as a problem. They succumb to an impulse that refuses to allow them to "let go" of items that have emotional significance or that might be useful "some day."

No one really knows what causes this behavior. Experts tell us that it can appear on its own, or can be in tandem with obsessive-compulsive personality disorder, psychosis, depression, or dementia. Clutter, and an inability to sort-through or discard items are usually the first signs of a problem. Risk factors and common features of hoarding include the following: (1) Age - it typically begins around the age of 12 or early adolescence and continues through adulthood; (2) Family history; (3) Having experienced a life stressor such as death of a loved one, divorce, eviction, or loss of possessions due to a fire or natural disaster. Social isolation becomes an issue as embarrassment prevents inviting others into the home, while simultaneously, the self-imposed isolation leads to further distress, loneliness and more hoarding behaviors. Experts also indicate that those who hoard are often perfectionists who cannot decide whether to keep or throw items away, thus increasing their distress, and successfully evading making any decision at all.

Cognitive [thinking] Behavioral therapy is typically the treatment of choice which, depending on individual circumstances and symptoms, might include the use of medication. Therapy sessions may include:

- Exploring the origins of the impulses for hoarding,
- Learning organizational and sorting skills,

- De-cluttering, with the assistance of the counselor or a professional organizer,
- Learning relaxation skills, and working at changing harmful beliefs about one's self,
- Family or group therapy.

Self-care tips include:

- Sticking with the treatment plan, and regularly attending appointments,
- Maintaining good personal hygiene, and getting proper nutrition,
- Reaching out to others - if friends and family can't come in, then get out to spend time with them,
- Taking small steps and focusing on each short-term goal, and, if hoarding includes pets,
- Doing what is right for their best care and health. If you are unable to provide for their proper nutrition, sanitation and veterinary care, they need to be turned over to others who can.
(www.mayoclinic.com/health/hoarding)

With patience, trust, and support, it is possible to change! Begin by reaching out to those who, like God, see beyond the accumulated stuff, to the person who was created in His image!

Summer blessings!

Debbie Best, Diakon Family Life Services

Nurse's Notes for July 2010

July 5

Guys! "The U.S. Preventive Services Task Force recommends, that if you are between the ages of 65 and 75 and have ever smoked (100 or more cigarettes during your lifetime), you need to be screened once for abdominal aortic aneurysm, which is an abnormally large or swollen blood vessel in your abdomen."

(<http://www.ahrq.gov/ppip/healthymen.htm>) As always, check with your doctor.

July 12

From the CDC: "Be water-savvy. In 2006, males were three times more likely than females to die from unintentional drowning in the United States. Alcohol use is involved in up to half of adolescent and adult deaths associated with water recreation." (<http://www.cdc.gov/men/summer/index.htm>)

July 19

Brides ... "Make healthy choices for your wedding, showers, parties, and new life together. Eat a variety of fruits and vegetables every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Include healthy meals and snacks for your guests. Add seasonal fruit or vegetables, low-fat snacks, and low-calorie drinks or desserts."

(<http://www.cdc.gov/family/wedding>)

July 26

"Family reunions are an opportunity to reconnect families, honor relatives, have fun, and share memories. Take steps to make healthy living a part of family activities for a lifetime. Eating and exchanging recipes is a big part of family reunions. Use this opportunity to adapt recipes, snacks, and beverages to incorporate healthier options low in saturated fat, salt, and calories. Also, consider relatives that may have high blood pressure, diabetes, obesity, or other conditions where special attention to foods and healthier options are needed."

(<http://www.cdc.gov/family/reunions/>)