



## *PASTOR JOHN'S JOTS*

### **Family Promise**

We at St. John's are considering a new ministry. It is one that responds to the call of our Lord to reach out to those who have no home. This is not for someplace in Africa or some inner city. It is a ministry for people here in our own community.

Family Promise (formerly Interfaith Hospitality Network) is a network that responds to the needs of homeless families in our community. Uniting hearts and hands, the ministry provides a way for homeless families to receive temporary shelter, meals and assistance while seeking their own independence.

Churches in the area of all denominations provide overnight shelter for one week four times a year. Referrals come from social service agencies, schools and clergy. Families arrive at 5:00 pm and leave by Family Promise van at 7:30 AM, to be transported to the day center in South Buffalo, where shower facilities are available. While at the day center each family is provided individualized case management.

The church council is considering this opportunity. It will mean that we pledge to provide a home for four weeks out of every year. During that week our volunteers or volunteers from other congregations will give an evening meal at St. John's. A volunteer couple will stay overnight at church with the guests.

Please speak to me with any questions you may have. Are you willing to serve as a member of a team to help facilitate this ministry at St. John's? If so, please let me know as we are in the process of exploring the support for such an opportunity.

Peace in Christ,

Pastor John

## **Annual Congregational Meeting**

The Annual Congregational Meeting will be held on August 16th at 10:30 am.

Following the meeting will be a sub sale by the Youth Group and a potluck for those who wish to participate. Please see the sub order form in this issue of the Crossbeam.

## ***Biblical Storytelling***

Everyone loves a story. With the tool of biblical storytelling, Pastor John attempts to let the word be heard and shared as a first hand experience as he tells the gospel text for worship. He is a member of the WNY Guild of Biblical Storytellers and the Network of Biblical Storytellers. If you would like to hear more about this way of sharing the word of God and hear and see what Biblical Storytelling is all about, consider attending the forum after worship on Sunday, July 12 at 10:30 am. Participants will watch a DVD on biblical storytelling and perhaps even try telling a story. Everyone is welcome.

## ***Summer Worship with the Band***



**The band will be leading  
worship on the following  
Sundays:**

**July 12  
July 26  
August 9  
August 23**

## **St. John's Web Store Now Available**

The St. John's web store is an affiliate of the well known Internet store Amazon.com. For every dollar you spend at the store, St. John's will receive a commission of 4-15%. This money will totally be used to support the building of our new Church building. Every one's support is needed to assure the debt which will be incurred for the financing of this project is paid off as soon as possible. You can help by using St. John's store for many of your regular day-to-day purchases. We need your support. If you have ever shopped at Amazon.com, you are already familiar with the wide range of products they offer. If you haven't, a small sample of the variety of products available is: books, movies, games, digital downloads, computers and office supplies, electronics, home and garden, groceries, toys, apparel, shoes, sports, outdoors, tools, and much more.

### **How to shop at the St. John's Web Store**

Existing customers of Amazon.com or any other web based store are already familiar with the on-line shopping experience. The next time you wish to make an on-line purchase, simply go to our store instead of Amazon.com or whatever other on-line store you usually use to make your purchases. All John's products are priced identical to the prices at Amazon.com, well known as offering some of the lowest prices that can be found on the Internet.

Never made an on-line purchase before? Give it a try. Purchasing on-line is safe and secure. The first thing you will see when you enter our store is a page of featured items. If you are interested in any of the items, simply click on the item and you will be taken to a page which gives complete details of the product. Each page in the store has a menu of all the categories of merchandise in the store. Clicking on a category will present you with a list of sub categories from which you can select a particular product. If you are searching for a particular product, there is a search box on every page that will take you immediately to the product detail page. Once there simply follow the prompts to complete your purchase.

**Visit the store today by going to <http://www.saintjohnsws.org/> and clicking on "St. John's Web Store".**

## Commitment Sunday

Thanks to all who returned an Estimate of Giving card for the Walk with Jesus Stewardship program this year. For those who have not completed a card, please consider doing so. Cards are available on the tables at the entrance to church or at the church office. Cards can be returned to the offering plate or the church office.

For those planning on changing their contribution, the fiscal year begins July 1st.

Submitted by the Stewardship Committee

### Items that the church no longer needs...

Old tables: \$5-\$20 each

All wooden chairs: \$1.00 each

Wood seat/metal frame chairs: \$2.00 each

Please contact Sandy Haase at 674-8109 if interested in purchasing any of the above items.



Due to our structural situation, St. John's will not be hosting a Vacation Bible School this year. Trinity Lutheran Church at 146 Reserve Rd. is hosting Vacation Bible School the week of July 13-17 at 8:45 am-12 noon. Come and join them for "Studio Go Game Show". For more information please contact Jenn Krygier at 989-7640.

**ATTENTION MARRIED COUPLES: What is the most important thing you can give your children? Your own loving relationship!** Lutheran Marriage Encounter has 2 fantastic opportunities for ALL MARRIED COUPLES this fall to take time off from daily pressures and responsibilities to search out and discover a warmer, closer, more joyful relationship with each other. This fall's weekends are scheduled for: **September 18-20 at the Lutheran Camp Sequanota motel-style retreat center** situated in 400 beautiful wooded acres in Jennerstown, PA, and **October 16-18 at the Radisson Hotel in Sharon, PA**, just an hour north of Pittsburgh, where each room has a king bed and its own hot tub. The weekends run from Friday night at 8 PM to Sunday at 5 PM, and all costs are covered by a \$45.00 per couple registration fee plus a confidential contribution of whatever amount you choose to make toward the end of the weekend. Registrations are limited, so sign up today to ensure that you can attend the weekend of your choice. Simply go to the website: [www.GodLovesMarriage.org](http://www.GodLovesMarriage.org) and register, or for questions or if you would like a brochure with registration form mailed to you, contact Western PA Directors of Lutheran Marriage Encounter, Fred & Julie Schamber at 724-325-3166 or email: [fjschamber@comcast.net](mailto:fjschamber@comcast.net).

***Campbell's Labels for Education***

***Preschool is collecting Campbell's Labels for Education to help fund their activities. A list of participating items is available in the parish hall foyer. The collection container is also located in the parish hall foyer.***



## ***Need a New Bible?***

Augsburg Fortress is pleased to announce the publication of the new Lutheran Study Bible. This exciting new Bible features the NRSV translation as well as introductions, notes, and articles written by over sixty Lutheran pastors and teaching theologians. This resource is designed to invite readers to experience the Bible and its message through solid background material, unique Lutheran insights, and opportunities for faith reflection. Reader-friendly, inviting, and engaging, this is the perfect study Bible for both youth and adults who want to encounter Scripture in a fresh and new way! Biblical text is 10 point font; study notes are 7 point font.

- \* Reader-friendly: With an attractive page layout and easy-to-read study notes, Lutheran Study Bible presents the biblical text in a fresh, approachable format. Plain-language notes assume little to no prior understanding of theological terminology, making it accessible to the youth and adults alike.

- \* Inviting: The rich study notes of the new Lutheran Study Bible invite discovery, providing helpful background information while actively encouraging the reader to directly engage the biblical text.

- \* Engaging: The combination of biblical text and study notes enable the reader to learn about the Bible's content and to hear God's Word as it was encountered by people in the Bible as well as how in now encounters us.

Study notes are grouped into four categories:

- \* The World of the Bible explores the historical, cultural, and geographic background of a particular passage.

- \* Biblical Concepts explain key words or themes in the context of other parts of Scripture.

- \* Lutheran Perspectives highlight Lutheran theological insights and catechetical connections drawn from particular passages.

- \* Faith Reflections provide commentary and questions that encourage life application.

**There will be a sign-up at church to order hard cover Lutheran Bibles. If we can place an order of 10 or more the cost is \$24.50 For less than 10 and the cost will be \$34.99.**

## **Festivals and Commemorations**

### **July**

- 1** Catherine Winkworth, 1878; John Mason Neale, 1866; hymn translators
- 3** Thomas, Apostle
- 6** Jan Hus, martyr, 1415
- 11** Benedict of Nursia, Abbot of Monte Cassino, c. 540
- 12** Nathan Soderblom, Bishop of Uppsala, 1931
- 17** Bartolome de Las Casas, missionary to the Indies, 1566
- 22** Mary Magdalene, Apostle
- 23** Birgitta of Sweden, renewer of the church, 1373
- 25** James, Apostle
- 28** Johann Sebastian Bach, 1750; Heinrich Schutz, 1672; George Frederick Handel, 1759; musicians
- 29** Mary, Martha, and Lazarus of Bethany; Olaf, King of Norway, martyr, 1030

### **August**

- 8** Dominic, founder of the Order of Preachers (Dominicans), 1221
- 10** Lawrence, deacon, martyr, 258
- 11** Clare, Abbess of San Damiano, 1253
- 13** Florence Nightingale, 1910; Clara Maass, 1901; renewers of society
- 14** Maximilian Kolbe, 1941; Kaj Munk, 1944; martyrs
- 15** Mary, Mother of our Lord
- 20** Bernard, Abbot of Clairvaux, 1153
- 24** Bartholomew, Apostle
- 28** Augustine, Bishop of Hippo, 430; Moses the Black, monk, martyr, c. 400

## TOUR de REVS

A Mission to Fight World Hunger  
St. John's to date: \$2,000 +



## Thank You!

**Tour de Revs** is a nationwide mission to encourage contributions to the ELCA World Hunger Appeal. **“Three guys, one bike, 100 days, 13,000 miles and 65 cities”** explains very cleverly and concisely the trip planned by three West Virginia pastors, riding a special bamboo bicycle built for three, touring the country to bring attention to and raise money for the plight of the world's hungry. Visit their website at [tourderevs.org](http://tourderevs.org),

St. John's has developed a tour de Revs plan. On Sunday, May 3<sup>rd</sup> our Sunday School children started this mission campaign with a walk to and around Burchfield Nature and Art Center. The walk represented day #1 (the kick off day of Wednesday, May 13<sup>th</sup>) of the Tour de Revs. The children were able to raise over \$300 for the ELCA World Hunger Appeal.

The goal is to have 65 volunteers representing each of the 65 cities/stops that the “Tour” will be making; 15 more are still needed. Please consider being a **volunteer**; one for each stop made by the Tour de Revs between May 13<sup>th</sup> and August 20<sup>th</sup>. For those not able to support a tour stop, day 100 has been designated as a day for anyone wishing to contribute to the tour/ELCA World Hunger Appeal. For additional information, to volunteer or contribute there is a tour de Revs table at the parking lot entrance to the church.

St. John's has a financial goal of \$6,000 and with your help and matching funds from Thrivent Financial Services for Lutherans, Chapter #30716, we hope to surpass that amount. Our giant map and the bicycle pump meter will highlight the progress of St. John's participation.

An important part of this project and something that anyone both young and old can do is to pray for the Pastors who are riding in the tour de revs...***safety and success.***

***Please join us as we work together to help stop World Hunger.***

## ***Thrivent Builds with Habitat for Humanity***

The Erie County NY Chapter is in need of volunteers to help build the Thrivent Habitat for Humanity House.

When - Now through the Fall

Time - Tuesday, Wednesday, Thursday and Saturdays

Place - Thrivent Builds with Habitat House is located at  
33 Guilford Street in Buffalo

Contacts -George Copeland at 716-480 2461 for Weekdays

Virginia Leigh-716-832-2534 for Saturdays

## **Food Barrel for WS Food Pantry**

**The West Seneca food pantry is temporarily closed. Please hold your donations until they reopen.**

## **LOST & FOUND**

Look for the salmon colored signs. The box is on the table next to the coat room in the Parish Hall.

**Currently there are two black, winter jackets, one with a leopard lining and one quilted, a black & gold head scarf and a glass dish in a basket holder left after the pot luck lunch on 5/7 waiting for pick up.**

Valuable items will be kept in the church office with a note put in the box so you know where to find them.

Any items left behind in our complex will be placed in the box (or next to it) for a reasonable length of time.

Unclaimed items will be donated to charities or thrown out.

## **Safe Play in God's Creation of Water**

*The disciples had rowed about three or four miles when they saw Jesus walking on the water, coming near the boat, and they were terrified. "Don't be afraid," Jesus told them. John 6:19 – 20*

Water plays an important role in Jesus' ministry. In the waters of the Jordan Jesus is baptized by John the Baptist. It is near the sea that he calls fishermen to be his disciples. He and his disciples often push off into the water in their boat to travel to the other side of a lake and to find peace from the crowds who came to hear him speak. On the hills overlooking the Sea of Galilee Jesus teaches thousands and then feeds them with the five loaves and two fishes brought by a boy. And it is on the water that Jesus comes to his disciples in a storm and calms their fears. It is through our own baptism with water that we come to God's family of believers.

Water is often a part of our summer activities and it is important that we take steps to maintain our safety and the safety of those we love before we head out in our boats or jump into the swimming pool. If you are planning a church youth activity near water, be sure that you have sufficient adult supervision. One of the best tips for staying safe around water is to learn to swim. Other important considerations when near water are:

- Swim in a supervised, marked area with a lifeguard present, and swim with others. Remember the buddy system and never swim alone.
- Enter the water feet first. Enter the water headfirst only when the area is clearly marked for diving and has no obstructions.
- Adults should never leave a child unobserved around water. Practice "reach supervision" by staying within an arm's length of young children and weak swimmers while they are in and around the pool, lake or ocean.
- Take frequent breaks (about once an hour) where everyone gets out of the water, drinks water, reapplies sunscreen (SPF 15 or higher) and rests.
- If you are caught in a rip current, swim parallel to the shore until you are out of the current. Once you are free, turn and swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.
- Watch out for the "dangerous too's - too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Post CPR instructions and directions to call 9-1-1 or your local emergency number in the pool area.
- Keep toys away from the pool when it is not in use. Toys can attract young children into the pool.
- If a child is missing, check the pool first. Go to the edge of the pool and scan the entire pool, bottom, and surface, as well as the surrounding pool area.

Remember that summer sun is hot – take along your sunscreen and use it liberally

Careful planning and safe water practices will help us to happily enjoy God's creation of water, whether swimming, fishing, boating or just enjoying some beach volleyball. Planning ahead can calm our fears and better prepare us to respond quickly should an emergency occur.

***In the event of an actual emergency, do not leave any person alone at the accident sight.***

***Call your local emergency authority or 911 immediately.***

## *Faith & Fitness*

Where does chocolate milk come from?? Brown cows??

Seems like a silly question for an adult to pose-but considering that many of our primary grade students ( even those who pass dairy farms on the way to school) answer - TOPS- How much do we adults know about the dairy products we serve to our families daily?

Does your milk contain antibiotics or growth hormones?

Are the cows allowed to graze in a pasture-or are they confined to the barn?

Where does New York place on the list of milk producing states?

Browse the Faith and Fitness bulletin board to get the answers to these questions and more information about milk.



### *Farm Fresh Eggs*

The Lang's chickens are now laying free range, organic eggs in sizes from medium to jumbo.

25¢ from each egg sale will go to the church.

Please see Brad or Jeanne before or after church or call 716-725-8199.

## ***Preparing to Build***

Many of you have been wondering what has been happening since the May vote when it was overwhelmingly decided to build a new church structure. Since that time we have been gathering existing information about our property needed for the new build. We have contacted the ELCA and have informed them of your vote. Jeff Spann, the building consultant, and Betsy Williams, the Staff Architect, will be coming for a visit to Saint John's at a near future date to help us with the process.

Two Executive Build committees have been approved by church council. The first is a Bricks and Mortar Committee who will be in charge of turning your suggestions, ministry goals and building requirements into reality. The Bricks and Mortar Committee is comprised of the following people:

Rick Lipka - Chairman/ Construction Contact  
Lowell Rothenberger  
Rick Blanch  
Carolly Huth  
Don Denzel  
Craig Vosseller  
Mark Stapell  
John Cronenberger  
Andy Shearer

The second committee is a Vision and Data Committee. This committee will have the task of identifying the needs of the church, the mission of Saint John's and how the new building may aid that mission, data collection, and pulling all the information together for sub-committees that you will have the opportunity to serve on. The Vision and Data Committee is comprised of the following people:

Sue Stapell- Chair  
Rick Lipka  
Harold VanGorder  
Nancy Kessler  
Tracy Reilly  
Connie Arnold  
Sue Koeppel  
Steve Grapp  
Jill Wolf

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## *Preparing to Build, continued*

The steps necessary for a successful project are as follows:

- Step 1: **Establishing the Building Committee**
- Step 2: **Identifying Program Goals**
- Step 3: **Determining Ministry Philosophies**
- Step 4: **Surveying Members**
- Step 5: **Budgeting & Funding Options for the Program**
- Step 6: **Planning Space**
- Step 7: **Selecting a Construction Delivery System**
- Step 9: **Master planning the Facilities**
- Step 11: **Completing Architectural Drawings**
- Step 12: **Build the Structure**

As the project moves forward I attend to keep the entire congregation up to date through Saint John's web site and mailings. I'm very excited and hope you are as well! I look forward to working with all of you on this project.

If you have a building talent, want to physically get involved, or join a sub-committee, please forward your request to my attention through the church office.

Please continue to pray, as the new church building will not be defined by our wishes but by what God has in store for us.

Yours in Christ,  
Rick Lipka, Building Chairman



## ***Self Employed Talents***

**WOODARDS INSTANT TAX SERVICE** – Personal and Small Business Tax Returns, Quickbooks accounting, estimated tax payments, checkbook reconciliation, budgeting, and payroll services. **675-2829**

**WOODARDS LANDSCAPING** – Outdoor landscaping design, installation and maintenance, plus lawncare, tree and shrub removal and gardening. Deck and fence staining/painting services as well. **684-6242**

Ronald Braun—**Chiropractor**  
Lancaster **706-0600**

### **Babysitters**

Allison Altman 16 years old **822-8417**

Amanda Altman 12 years old **822-8417**

Cindy Godus—**vocal work for weddings** or other events  
**677-6620**

**Sandy Huenniger**—sewing, housecleaning, laundry, personal care, grocery shopping and errands **668-5075**

Additions are always welcome. Please leave them in the Crossbeam mailbox or email to [skoepfel@roadrunner.com](mailto:skoepfel@roadrunner.com).

## **CEMETERY NOTES**

PLEASE NOTE! We are having a problem mowing because so many people are placing their flower pots in front of their grave markers instead of in line with them. To avoid damage to your pots, we will be moving them to the sides of the markers.

FLAGS: We placed flags on our Veterans' graves for Memorial Day and one of the local Veteran organizations, thinking they were theirs, removed them the following week. We have contacted them and the flags will be returned and put up for the rest of the summer. We do apologize for this error.

Submitted by Carolly Huth

***There are Large  
Print Hymnals and  
Hearing Devices  
available at all  
worship services.  
Please ask an  
usher for  
assistance.***



## ***Worship & Music***

**SUMMER SCHEDULE:** It's summer and we are now worshipping on Saturday at 5:00 p.m. and Sunday at 9:00 a.m. This schedule will run through Labor Day.

**NICK KEMPSKI:** It is with regrets that the Congregation Council accepted the resignation of our Director of Music effective 6/30/09. Nick will be moving on to St. John's Lutheran Church in Orchard Park. He has been with us almost nine years and we wish him all the best in his new position. He will be missed.

As Nick moves on, so does the music ministry of St. John's. The Worship and Music and Personnel Committees have interviewed two musicians. One was recommended by Nick Kempksi and the other is a member of St. John's. The Executive Committee of the Congregation Council has approved hiring these two musicians to cover our music ministry over the summer. Meanwhile, we will be advertising for an interim Director of Music. Anyone interested in applying for the position should send a resume to the church office by July 31<sup>st</sup>.

Nicholas Barnhart is a pianist and has been hired to play with the Band, for funerals and for some worship services. He has just graduated from high school and will be attending Duquesne University in the fall as a music major. Our own Bonnie Klatt trained as a concert organist and will be playing worship services during the summer alternating with the Band and Nick.

During the summer we usually have a hymn sing before worship and would like to continue this. As we don't want it to turn into "Stump the Organist/Pianist", we will have a sign up sheet in the narthex for you to list your favorite hymns and we will choose a few for each Sunday. This way, the musicians will be able to familiarize themselves with the music before playing it.

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## ***Worship & Music, continued***

**COMMUNION ELEMENTS:** We have had questions as to why the elements are carried forward. The Sacrament of Holy Communion came from God but, God's people grow the wheat which is made into bread by members of St. John's and grow the grapes to make the wine which the congregation purchases with our contributions. Therefore, we carry the elements forward as part of our offerings to God.

**ROSE BUDS ON THE ALTAR:** are available to the families of babies born into our congregation. Please contact Bernie, our church secretary, to place an order. Our Esther Altar Guild is happy to provide this honor for our new borns. If you would like to honor a new baby in your family who is not a member of St. John's, please consider placing a bouquet on the altar. The sign up sheet is on the bulletin board next to the Ladies Restroom in the narthex.

**QUIET CORNER:** can be found in the alcove on the left as you enter the Parish Hall from the parking lot. The couch, chairs and rocking chair are there for your convenience. Thanks to Sue Koeppel and Nancy Widebeck we now have a toy box with books and quiet toys for the little ones. The worship service is audible in this area so that if you aren't feeling well or the little ones become restless please feel free to make use of it.

**CARILLON:** has been repaired under warranty and is programmed to ring bells five minutes before the Saturday and Sunday services.

**WORSHIP & MUSIC COMMITTEE:** Our next meeting is August 5 at 7:30 p.m. We will be discussing worship settings, worship music and the bulletin. Our meetings are open to everyone. Please don't hesitate to join us for any, or all, of our meetings.

Enjoy your summer that God has provided.

Carolly Huth

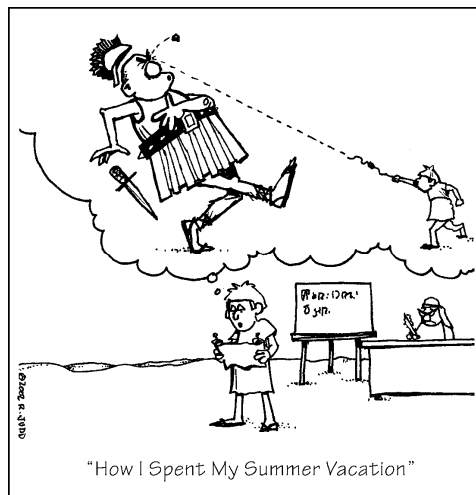


## ***Hand in Hand for Mission***

Containers will be available in the church lobby and in front of the Sunday School Office. Please fill the container with quarters for our ongoing Mission campaign to support the Tanzania Mission, ELCA World Hunger and Lutheran World Relief. Please print your name on the container and drop off in the church lobby or in front of the Sunday School Office when full.

50% of the funds collected will go to our missionaries and 50% for World Hunger/Lutheran World Relief.

**The total collected in 2009 was \$130.94.**



### ***Crossbeam Deadline***

Articles for the **September** issue of the Crossbeam are due by **August 9<sup>th</sup>**. Please e-mail your articles to Sue Koeppel ([skoeppel@roadrunner.com](mailto:skoeppel@roadrunner.com)) or leave them in the Crossbeam mailbox outside of the church office. Electronic articles are preferred, if at all possible.

## ***Women of the ELCA***

Our dinner out was delicious, the company good and the beauty of Lake Erie added to our evening last month. Thanks to those who could come for sharing your fellowship.

Our planning meeting will be held on Tuesday, August 4, at 7pm at Connie's. Please be thinking of some program ideas and bring them along.

Please remember to put forth the effort to reduce, reuse and recycle this summer and enjoy the wonders that surround us.

Submitted by Connie Arnold

Thought for the month: a poem from The Lutheran Digest

### Unlikely Messengers

Assuming we have no gifts to share,  
We often go our own way  
Missing opportunities before us  
To reach out to others.  
It's hard for us to believe  
God uses  
Unlikely messengers  
Like you and me  
To bring comfort and love  
To folks in need.

But it's true,  
It's a fact,  
We are God's hands.  
We are God's voice.  
It is through us He speaks.  
It is through us He reaches out.

So when you are tempted  
To feel that you are of little worth,  
Remember  
You are a messenger of God,  
A messenger of great worth.

-G. Phyllis McCulough

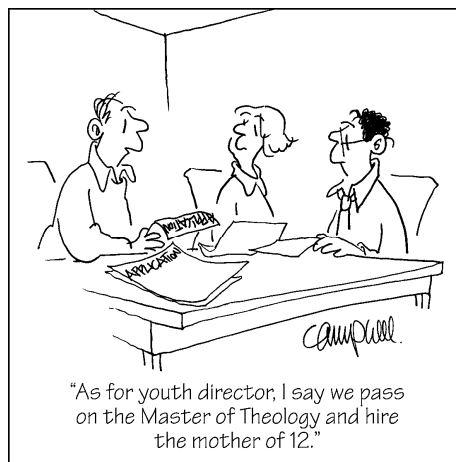


## ***Part-Time Staff Openings***

Director of Music – The letter of resignation from Nick Kempiski, our Director of Music, was accepted with regrets at the council meeting on June 11. Anyone interested in providing worship leadership on the organ/piano and/or with the adult choir please submit a resume to the church office by July 31.

Co-Director of Youth Ministries – St. John's is blessed to have the leadership of Tim Then in youth ministry. However, it has been a St. John's tradition to have a team ministry complimented with a leader of the opposite sex. Any female adult who may be interested to work with Tim is welcome to submit a resume by July 31.

Cemetery Lawn Care – There is an opening for a paid, seasonal, as needed helper in our Cemetery. The job consists of general maintenance of the cemetery from spring through fall, assisting at funerals, grave leveling, trimming, etc. If you are interested, please submit a resume by July 31.



## Gathering For Worship

The Christian Assembly gathers at the command of God. We remember the Sabbath day to keep it holy (Exodus 20:8). Christians gather on the “first day of the week” the day of the resurrection of Jesus, the day after the Sabbath day. Another way to understand our gathering is that it comes as the day of rest, the reminder of how God completed creation and then rested. God invites us and welcomes us to receive the nourishment of word and sacrament.

The purpose among Christians to come together is worship but the formation of community is essential. We come together in the presence of God and with each other. Both dynamics are important. In that regard, we can begin with confession and forgiveness, with a thanksgiving for baptism or simply with a hymn or psalm.

Confession and forgiveness reinforces our human condition of alienation from God and desire for divine mercy. Through our sinful condition we find our relationships broken and in need. Through the death and resurrection of Jesus we are forgiven and loved. It is a unique moment of truth telling about ourselves before God.

Thanksgiving for Baptism is a powerful reminder of our beginnings. It was in the waters of baptism that God claimed us daughters and sons. In that promise we acknowledge how God has joined us to Christ. “We have been buried with Christ through Baptism into death, so that as Christ was raised by the glory of the Father we too might have a new life.”

A simple beginning with a hymn or a psalm is a way to form community that reflects our rich heritage of music as an essential expression of praise. As we join our voices to sing or listen to a musical prelude we are sharing an experience of God’s creative and renewing presence.

How do Christians gather for worship? Our choices may be influenced by the season of the church year. We have many choices as we respond to God’s invitation in the midst of our shared community.

Submitted by Pastor John

## ***Parish Nurse***

### **CHEMICALS IN OUR HEALTH & BEAUTY PRODUCTS**

Did you know that your skin is the largest organ of your body, able to absorb most anything that is put on it? That's right. Your body absorbs whatever product you put on it: soap, shampoo, lotion, perfume/cologne, make-up, nail polish, hair care product (gels, mousse, dyes, perms, etc.), toothpaste, baby care products, etc.

Unfortunately, everyday millions of people unknowingly put chemicals on (and therefore in) their body just by using the common health and beauty products we have all grown up with. Many of these chemicals are known carcinogens (cancer causing). While other chemicals are not linked to cancer, they have been shown to contribute to hormonal disruptions, headaches, allergies, depression, chronic fatigue, learning disabilities, hyperactivity, and irritability.

The United Nations Environmental Program estimates that approximately 70,000 chemicals are in common use across the world with 1,000 new chemicals being introduced every year. Of all the chemicals used in cosmetics, the National Institute of Occupational Safety and Health has reported that nearly 900 are toxic - although other groups attack that figure as being far too conservative.

The Health and Beauty industry may claim to care about your skin, but since the industry is unregulated, it can make any claim it wants to. In 1938 the FDA granted the personal care industry the power to regulate itself. Therefore, products can be marketed without government approval of ingredients, regardless of what tests show. Many skin care companies use the term "Natural" when in reality many products contain less than 1% of a natural ingredient such as Aloe Vera, or other essential oils.

Just as it is important to read the ingredients list on any food item you would eat, you should also read the ingredients list on your health and beauty products. Following is a list of the more common dangerous ingredients found in the products we use every day.

Fragrances - Most fragrances are of synthetic origin. Fragrance on a label can indicate the presence of up to four thousand separate ingredients, many toxic or carcinogenic (causing or contributing to cancer). Manufacturers are not required to disclose the individual ingredients as they are considered "trade secrets." Don't be fooled. Just because it smells good, doesn't mean it is. Symptoms/reactions reported to the FDA include headaches, dizziness, allergic rashes, skin discoloration, violent coughing and vomiting, and skin irritation. Clinical observation proves fragrances can affect the central nervous system, causing depression, hyperactivity, irritability, inability to cope, and other behavioral changes.

FD&C Color Pigments - The only purpose color pigments serve is to make the product look attractive. These color pigments are actually synthetic colors made from coal tar, containing heavy metal salts that deposit toxins onto the skin, causing skin sensitivity and irritation. Animal studies have shown almost all of them to be carcinogenic. These are often labeled on a product with a number following, such as FD&C Blue No. 1.

Continued on page 23.

## ***Parish Nurse, continued***

Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES): You will find these ingredients in almost all cleansers that foam. Originally used as an industrial degreaser, these chemicals are also used in car washes, garage floor cleaners and engine degreasers. Research indicates that Sodium Lauryl Sulfate causes inflammation of the skin and can weaken the immune system. It is widely used in shampoos, bubble baths and other washing products that foam. This chemical can irritate eyes, skin and mouth. Young eyes may not develop properly if exposed to SLS because proteins are dissolved. Be especially alert for these ingredients in Baby Shampoo.

DEA (diethanolamine), MEA (monoethanolamine), & TEA (triethanolamine): These ingredients are again found in most products that foam. These hormone-disrupting chemicals are already restricted in Europe due to known carcinogenic effects. Research has shown that DEA greatly increases the risk of liver and kidney cancer.

Triclosan: The EPA registers Triclosan as a pesticide and is classified as a chlorophenol, a class of chemicals suspected of causing cancer in humans. Triclosan is so toxic it is measured in parts per trillion. To illustrate: one drop of Triclosan in 300 Olympic-sized swimming pools can cause hormonal disruption! This chemical is a synthetic "antibacterial" ingredient and is therefore found in most antibacterial soaps, lotions, and toothpaste. It may kill 'friendly bacteria' which help with digestion and protect the body from more serious infection. There is cause for concern that the overuse of anti-bacterial products inhibits the normal process of the immune system to ward off germs.

Propylene Glycol (PG) & Butylene Glycol: These are petroleum plastics that easily penetrate the skin and can weaken protein and cellular structure. PG is a solvent so powerful it dissolves through a stainless steel tank in 48 hours so it has to be stored in plastic drums. The EPA considers PG so toxic that it requires workers to wear protective gloves, clothing and goggles. However, Propylene Glycol is used in some products in concentrations of up to 20%. It is also the main ingredient in certain types of Antifreeze. How's that for good skin care?

Mineral Oil: A petroleum by-product that coats the skin like plastic, clogging the pores. It interferes with the skin's ability to eliminate toxins, promoting acne and other disorders. It slows down skin function and cell development. Note: Baby Oil is 100% Mineral Oil!

DMDM Hydantoin: Just one of the many preservatives that often release formaldehyde which may cause joint pain, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep.

Parabens: (eg: methylparaben (E218), ethylparaben (E214)) are used as preservatives in cosmetics, food and household products, they may mimic the female hormone, estrogen. Concerns focus on a possible link to breast cancer, when used in deodorants.

Continued on page 24.

## ***Parish Nurse, continued***

Aluminum salts: (eg: aluminum chlorohydrate) is used in antiperspirants and deodorants, they dissolve onto the skin to create a coating over sweat glands and so reduce the amount of sweat that is released. There have been concerns that this chemical may be related to breast cancer.

Phthalates: Used to make plastics flexible, they are found in shampoos, moisturizers, nail polishes and hair sprays. Animal studies have suggested links with abnormalities in offspring exposed to these chemicals in the womb. Phthalates like all chemically processed ingredients in cosmetics are absorbed through the skin or inhaled.

So what ingredients should we be looking for that are safe to use and also effective? When purchasing your next cosmetic or baby product read the label carefully. Select natural products made from botanicals and essential oils for the safest skin care products. Also, look for organic ingredients especially, since they won't have pesticides, herbicides, or any other farming chemicals dangerous to you, the environment and wildlife.

Here are just a few good, safe ingredients to look for:

Pure unrefined organic coconut oil - High in fats, which is extremely nourishing to skin. It's very smoothing and firming. It smells nice, too.

Liquid vitamin E - For nails and cuticles. It soaks into cells to strengthen nails as they grow, and help cuticles, too.

Witch hazel - An astringent that will tighten pores and remove oil. Great for acne, it also tones.

Kelp - This is the most common type of seaweed, and it's got minerals, vitamins and proteins to strengthen skin gently.

Aloe Vera - Most people already know about the rejuvenating properties this plant is famous for. Perfect for irritated skin (burnt, itchy, scraped, etc.).

To learn more about the safety of cosmetics and health & beauty products check out: [www.safecosmetics.org](http://www.safecosmetics.org).

Submitted by Bonnie Klatt

## *Sunday Church School*

We closed the Sunday School year on May 17 with an ice cream social for the children and staff. Due to the cool weather we weren't able to make use of the tent in the courtyard. However, everyone enjoyed the treat and we said farewell until next September.

Teachers and staff will receive notice for a meeting to be held before classes resume.

In last month's **Crossbeam**, we gave the incorrect starting date for Sunday School classes in the fall.

We'll start the 2009/2010 year with classes resuming at 9:45 am on September 7.

Again, we wish everyone a safe and fun summer.

Submitted by Danese Dick



Sunday School

## **Group Fellowship**

On July 11th we will visit the Naval and Servicemen's Park plus the new Buffalo Harbor. We will have dinner at the Pearl Street Brew Pub.

We will visit Niagara Falls on August 8th.

September 19th is a Potluck and Planning meeting.

Submitted by Sandy Huenniger

## News From the Pews

### ***In The Hospital***

Dickson Stover  
Geraldine Dick  
Florence Weixlmann  
Bob Johnson  
Betty Lou Lehsten



### ***Wedding***

5/29—Sherry Feyes to Joseph Calandra  
5/30—Elizabeth Wetzler to Craig Vosseller

### ***Baptisms***

5/31—Danielle Susan Odojewski, daughter of David and Jennifer Odojewski  
5/31—Evan Ryan Kozanecki, son of Ryan and Kristy Kozanecki

### ***Funeral/Memorial Service***

5/30—Kenneth J. Schmidt

## ***Heartfelt Thanks***



“Thank you Pastor Klatt and all at St. John's for your prayers, cards, calls and concerns, before, during and after my recent surgery. Your prayers really lifted me up. **Dick Stover**”

Best wishes and thank you to **Nick Kempski** for his 9 years with us as organist and Director of Music. Good luck in your new position at St. John's Orchard Park. You will be sorely missed by us all!

## ***Esther Altar Guild***

Did you know that if you come to church you can be on the Altar Guild committee! We are looking for helpers. Please join us! Talk to Connie Arnold, Nancy Weber or any Guild member.

Watch for the date, time and more information on our Fall Penny Sale.

Taking care of the altar in July is Jean Stover and Donna Heine and for August is Sandy Huenniger and Nancy Shearer.

Mark your calendars, the date of our next meeting is August 30th. Hostesses are Arline Semlitsch and Shirley Johnson.

Thanks to all who placed geraniums on the altar for Pentecost Sunday. They added to the beauty of the day and will help to make St John's yards beautiful too.

Thanks to the efforts of Jack Hartman who planted them and tends to the grounds.

Have a great, safe summer!

Submitted by Nancy Weber

### ***Welcome to our new Confirmands!***

**May 31, 2009**

*Justin Blanch  
Devan Brady  
Zachary Crooks  
Jeffrey Hejna  
Kristen Lew  
Andrew Lang  
Amanda Wolf*



## **Understanding our Giftedness**

### *From Ventures: Partners in Stewardship Growth*

*So I ask you to make full use of the gift that God gave you when I placed my hands on you. God's spirit doesn't make cowards out of us. The Spirit gives us power, love and self-control. – II Timothy 1:6 (CEV)*

**Ephesians 4:11-12** “The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ,…”

**I Corinthians 12:12-27** “For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one spirit. Indeed, the body does not consist of one member but of many. If the foot would say, ‘Because I am not a hand, I do not belong to the body,’ that would not make it any less a part of the body. And if the ear would say, ‘Because I am not an eye, I do not belong to the body,’ that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members of the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, ‘I have no need of you,’ nor again the head to the feet, ‘I have no need of you.’ On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honorable we clothe with greater honor, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honor to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honored, all members rejoice together with it. Now you are the body of Christ and individually members of it.”

**Psalms 139:13-16** “For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.”

**John 21:15-17** “When they had finished breakfast, Jesus said to Simon Peter, ‘Simon son of John, do you love me more than these?’ He said to him, ‘Yes, Lord; you know that I love you.’ Jesus said to him, ‘Feed my lambs.’ A second time he said to him, ‘Simon son of John, do you love me?’ He said to him, ‘Yes, Lord; you know that I love you.’ Jesus said to him, ‘Tend my sheep.’ He said to him the third time, ‘Simon son of John, do you love me?’ And he said to him, ‘Lord, you know everything; you know that I love you.’ Jesus said to him, ‘Feed my sheep.’”

**Luke 11:3-9** “Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial. And he said to them, ‘Suppose one of you has a friend, and you go to him at midnight and say to him, ‘Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him.’ And he answers from within, ‘Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.’ I tell you, even though he will not get up and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs. ‘So I say to you, Ask, and it will be given you; search, and you will find; knock, and the door will be opened to you.’”

## ***Ladies Aid***

It is really going to be a relaxing summer for us since there will be no church picnic to work. So enjoy this one because you never know what will happen next summer!

We will think about the possibility of having an Election Day Luncheon when we return for our September meeting.

Remember our shut ins and those in need of some extra prayers. Enjoy family, friends, worship, nature's beauty and your blessings this summer.

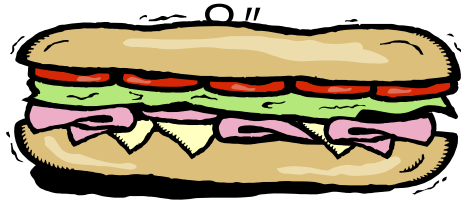
Submitted by Connie Arnold

## ***Youth Group News***

The youth group had a great year and we thank you for all your support, especially at our recent Chicken BBQ. Those who are going to New Orleans in July are busy getting prepared for that and are really excited about it. For the summer, not too much is going on with the youth group. We're going to be selling our Strawberry Jam again and we're in the process of working with St. Gabriel's R.C. church on a lock-in in July. We're also planning a trip to Kingdom Bound on August 3rd. We are also in the process of overhauling the youth room with new paint, new furniture, and new carpeting (hopefully). We are asking you, the congregation, if you have any **chairs, sofas, end tables, stereo system, bean bag chairs, ottomans**, or the like that you would like to donate to the youth group, please contact Tim at 440-7248 or SCVGMEN@msn.com to set up a time to either a) drop it off at church or b) have someone come pick it up, we would greatly appreciate it. Thanks again for all your support and we look forward to more involvement in the fall.

Submitted by Tim Then

# *SUB SALE*



TURKEY\_\_\_ HAM\_\_\_ SALAMI\_\_\_

Mayo / Oil / Dry

## Add-Ons

Lettuce Y/N

Tomatoes Y/N

Onions Y/N

Provolone Cheese Y/N

- ◇ Pick 1 sub
- ◇ Circle your options
- ◇ Give order to any Youth or leave in offering plate BY 8/9/09

Name: \_\_\_\_\_

(please print)

Sub can be picked up on 8/16/09 after 12 pm

### **Lutheran Campus Ministries' "Garage Sale"**

If you have a good item of value and no longer have a use for it, Lutheran Campus Ministries would be happy to have it for their September 26, 2009 "Garage Sale." No clothes, thank you. New and gently used items such as antiques, garden equipment, tools, small furniture, sports equipment, decor/paintings, and kitchen and household items are welcome. Please bring them to the Campus Ministry House at 4001 Main St. in Eggertsville or call Jeff at 833-6950 for information.

### **Local College Students**

Lutheran Campus Ministries is looking for a couple of college students to be "peer ministers." Peer ministers are paid a stipend in exchange for 6-8 hours of responsibility as the ambassadors of Lutheran Campus Ministry at UB (or possibly at other area college campuses). Contact Rev. Galen M. Purpura Jr. at Lutheran Campus Ministries, 833-6950 or email [office@lcmwny.org](mailto:office@lcmwny.org).

Our 2nd annual **Senior Fall Retreat at Lake Chautauqua Lutheran Center** is on Sept. 25-27, 2009. Friday evening through lunch on Sunday. If you are interested in attending this year call us or Sandy Huenniger. Reservations will be limited to rooms available. Make plans early. More details to follow.

Paul & Georgie Napier 667-3125  
St John's LCLC Ambassadors

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