

## **A Word from the Pastor for the beginning of the Pentecost season...**

I have an assignment for you this summer. As we have just celebrated Pentecost and are now entering the "growth" season the church, following is a list of "Awesome tips" for life. I found them on some social media page, and was saddened to think of just how many I need to work on. Pay special attention to numbers 3, 9, 10, 17, 23 and 24, and I did highlight them so they would grab your attention.

### **25 AWESOME TIPS FOR A BEAUTIFUL LIFE**

1. Take a 10-30 minute walk every day. & while you walk, SMILE. It is the ultimate antidepressant.
2. Sit in silence for at least 10 minutes each day.
- 3. When you wake up in the morning, Pray to ask God's guidance for your purpose, today.**
4. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
5. Drink green tea and plenty of water. Eat blueberries, broccoli, and almonds.
6. Try to make at least three people smile each day.
7. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
8. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
- 9. Life isn't fair, but it's still good.**
- 10. Life is too short to waste time hating anyone. Forgive them for everything!**
11. Don't take yourself so seriously. No one else does.
12. You don't have to win every argument. Agree to disagree.
13. Make peace with your past so it won't spoil the present.

Continued on page 2.

## **A Word from the Pastor for the beginning of the Pentecost season, con't...**

14. Don't compare your life to others. You have no idea what their journey is all about.
15. No one is in charge of your happiness except you.
16. Frame every so-called disaster with these words: 'In five years, will this matter?'
17. **Help the needy, Be generous ! Be a 'Giver' not a 'Taker'**
18. What other people think of you is none of your business.
19. Time heals everything.
20. However good or bad a situation is, it will change.
21. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
22. Envy is a waste of time. You already have all you need.
23. **Each night before you go to bed, Pray to God and Be thankful for what you'll accomplish, today !**
24. **Remember that you are too blessed to be stressed.**
25. Share this to everyone on your list to help them lead a happier life...!!!!

Pentecost is a season of growing, for the church and for us in our own individual spiritual life. As followers of Jesus, we have been given the greatest gift...forgiveness of sins, the promise of resurrection that begins in the here and now, every day. Because of that, we need not fear of what we have or do not have; we need not fear at all! So, enjoy the summer at work, at home, on vacation, and with St. John's for worship.

**Pastor V.**

We're so excited to share that West Seneca has yet another Little Free Library! Check out this brand-new, beautiful library at 81 Carla Lane (Ashley and Rob Coder)! Snoopy's LFL was the first residential LFL in West Seneca just under two years ago. Today, there are four that I know about in a three mile radius of us! Wouldn't it be fun to take the kids on a library roll and check out all of them?! Head over to 715 Main Street, 22 Treehaven, 56 West Birchwood, and 81 Carla Lane for some of the best books in town!

### Coffee Hour Help

We are looking to make teams for a more steady supply of healthy goodies, starting in the fall. If you are willing to join we hope to make a 6 week or 2 month rotation.

This is easy way to get involved, some team members need only to bring a simple snack by 10 o'clock.

For details ask Beth Hintzman ( [bah4949@yahoo.com](mailto:bah4949@yahoo.com))  
668-0833

Diane Molnar ( [yodamolnar@gmail.com](mailto:yodamolnar@gmail.com))  
675-2481



Chicken BBQ on 9/8/19 after the Rally Day events. It will run from noon - 3pm and it benefits the next NATIONAL Youth Gathering. Dine in & take out available.

Sunday school youth can each get "1" \$5.00 discount.  
Please see Pastor Roger for discount slips.

The normal price is \$10 advance sale (until 9/1/19)  
and \$12 at the door.

## PICTORIAL DIRECTORY UPDATE

An updated version of St. John's Pictorial Directory is scheduled for fall 2019. This is an opportunity for individuals and families who have not had photos taken January 2017 or January 2018 to participate in this very important communication tool.

**DATES:** Friday, September 6<sup>th</sup> and  
Saturday September 7<sup>th</sup>

**TIMES:** Friday 2:00 pm - 9:00 pm  
Saturday 10:00 am - 5:00 pm

**WHO:** Those who were part of the last directory  
Those who would like an updated picture  
Those who would like an intergenerational photo  
New members (and prospective new members)  
New staff members

**HOW:** Call the church office at 716-668-2153 and speak with Amy to schedule a photography session appointment. Online scheduling will soon be available on the St. John's website.

[www.saintjohnsws.org](http://www.saintjohnsws.org)

**WHY:** It makes learning about our church family easier for all. It is especially important that the contact information in the second section of the directory be accurate. Please check the current directory and call the church office (716-668-2152) if you notice an error in spelling, address, phone numbers or email addresses.

**BENEFITS:** A professional photography session, with no session fees. You (your family) will receive an 8X10 standard print photo from the proof of your choice and a 2019 Pictorial Directory.

**QUESTIONS:** Please call the church office at 716-866-2152 and speak with Amy or contact Nancy Kessler at 716-997-6012.

## **Women of the ELCA**

What another fun gathering of ladies we had at The North Star Tavern. The food was tasty, service very good and the conversation was enjoyable. We even had a new friend join us who attends the monthly dinners here. She seemed to have had a good time also.

I hope you were able to attend worship on Pentecost to hear our confirmation class give the sermon. Those who were able to be there experienced their views on Grace in their lives. They did an excellent job and ,I personally think, left us with good thoughts of this generation. They and their families and their teacher should be very proud, Thank you for a good memory of that day.

We are off for the summer but not only is there a lot of grace to think about but also a great time to get out, appreciate others, care for others, smile and leave good feeling with someone where ever you may be.

Thought for the summer:

If you want to touch the past, touch a rock.  
If you want to touch the present, touch a flower.  
If you want to touch the future, touch a life.

Submitted by Connie Arnold

## Community Nights!

St. John's is proud to present our new monthly Community Nights. These nights will be filled with family friendly events that seek to foster a deeper sense of community within St. John's. All of the events are after our monthly Community Dinners unless otherwise noted. So come on out eat some good food and then stay for a fun time!

Below is a list of the upcoming Community Nights along with their tentative dates. As we get closer to each event more information will become available.

Jul (TBA)- BISON'S GAME

Submitted by: Megan Marrano  
(marrano92@gmail.com)



This is the QR code for the St John's website. If you're not familiar, a QR code will take a mobile device directly to our web site, just by taking a picture of it.

## WHAT IS A THRIVENT ACTION TEAM?

**Thrivent Action** Teams are groups of volunteers who donate time and effort to help a charitable cause of their choice. As a **Thrivent** Financial benefit or associate member, **Thrivent** Financial will arm you with \$250 of seed money for your project.

If you want to learn more you can contact your Thrivent representative (Brian Makey) or talk to Mark Koepfel or Nancy Kessler.

The funds can be used to help pay for a Community dinner, a Youth event, an Outreach program and more.

You can learn more by checking out the web site below.

[https://www.thrivent.com/making-a-difference/files/CA\\_Conversation\\_Guide.pdf](https://www.thrivent.com/making-a-difference/files/CA_Conversation_Guide.pdf)

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

Needed for Summer are toilet paper and paper towels.



## HAPPY JULY BIRTHDAY TO:

7/2 Karen Maier  
7/3 Erica Molnar  
7/5 Michael Perillo  
7/5 Stacey Poole  
7/6 Joe Angelo  
7/9 Bill Marzahn  
7/10 Judy Panko  
7/12 Andrea Mudd  
7/13 Richard Fischer  
7/13 Craig Vosseler  
7/14 Sawyer Dunphy  
7/14 Diane Molnar  
7/21 Scott Hintzman  
7/22 Megan Marrano  
7/24 Norm Merckel  
7/24 Pearl Wachadlo- 94!  
7/27 Jonathan Molnar  
7/30 Diana Kalinowski



## HAPPY JULY ANNIVERSARY TO:

7/5/1958 Norm and Ruth Merckel  
7/5 Pastor Jack and Mary Printzenhoff  
7/6 Joe and Betty Angelo  
7/7/1996 Pastor Valerie (22nd Ordination year)  
7/18/1970 Thomas and Diana Kalinowski  
7/22/1978 Bob and Rhonda Drezek  
7/22/1961 Roger and Judy McGill  
7/30/1957 Richard and Edythe Fischer



**HAPPY AUGUST BIRTHDAY TO:**

8/4 Nadine Brown  
8/9 Connie Arnold  
8/12 Joe Molnar  
8/17 Melissa Mudd  
8/17 Brandon Noyes  
8/19 Tim Corless  
8/19 Ryan Kozanecki  
8/21 Summer Lumb  
8/23 Harris Wienke  
8/25 Ron Wirth  
8/26 Allison Altman  
8/26 Michelle Czachorowski  
8/27 Daniel Schindler  
8/28 Danielle Corless  
8/29 Haley Gordon  
8/30 Jill Wolf



**HAPPY AUGUST ANNIVERSARY TO:**

8/6 Russ and Rene Then  
8/15 Ruth and Bruce Mussehl  
8/18 Harris and Victoria Wienke  
8/21 Jonathan and Erica Molnar  
8/31 Donna and Paul Heine  
8/31/2018 Lori and Kevin Helmbrecht

## Assisting Minister Schedule

	10 am
July 7	Karen Rothenberger
July 14	Jim Steiner
July 21	Adam Wolff
July 28	Caroline Rackl
August 4	Pat Lipka
August 11	Evelyn Hicks
August 18	Dawn Corless
August 25	Nancy Kessler

## News from the Pews

### THANK YOU!

From Rose Doster to Everyone who stopped by, called, sent cards and their well wishes and prayers.

Please update your directory with Rose new address and #:

55 Lexington Ave  
Hamburg, NY 14075  
716-646-1694

Congratulations to our Confirmands!

Mr. Nathan Setlock  
Ms. Bella Marrano  
Ms. Haley Gordon  
Ms. Ava Brown

### Spring Fling results 2019

3,582 lbs soft goods  
+418 lbs hard goods

4,000 lbs total = \$758 from Savers  
+\$584 from Yard Sale of  
hard goods  
**\$1,342 Total monies**

Well done, Thank You to All who participated

Bethann Hintzman

## Fund Raising Committee

Since 2010 our very busy committee has sponsored a variety of events to raise money to help pay for the demolishing of the old church and to build our new church building.

We had fun planning tool raffles, garage sales, Christmas car magnets, chicken & fish dinners, hot dog sales, Market in the Square gift cards but the most popular and longest running event is the "monthly mystery gift" Marie Ramey, every Sunday, from September thru the end of May, waits in the Parish Hall for friends to buy raffle tickets—3 for \$1.00. After 4 weeks of sales, we draw the lucky ticket and then watch the lucky winner unwrap the gift.

We just finished with gift #57 and Ruth Merckel was the lucky winner.

We would love to continue this fun dilled monthly event—but as of this writing, Marie & I have no more wrapped surprises to restart September 2019.

If you would like to donate a wrapped surprise gift, speak to Marie or me.

According to my basic accounting of this event the last 30 mystery gifts have raised \$3,347 and the Market in the Square gift cards raised \$300. All monies are gifted to the Building Fund.

Another on-going collection is the "Pennies from Heaven" large jar on the kitchen counter—I collect the coins but don't really know how much money is passed on to the Building Fund—but it usually is \$50 +++ each month.

Also, please note that according to Mike Woodard's Financial Reports Fund Raising Activities Income is \$56,909.57.

So with the completion of my report—I send my SINCERE THANK YOU TO EVERYONE WHO HELPED RAISE THIS FANTASTIC AMOUNT FOR THE BUILDING FUND.

Submitted by Sandy Haase and Marie Ramey

# ST. JOHN'S DINING OUT CLUB

We invite all who are interested to join us:

**WHEN:** THURSDAY, JULY 25 - 6:00 p.m.

**WHERE:** DANDELIONS RESTAURANT

**MENU:** \$ 12.99 & up entrees + appetizers, soups, salads, pizza, fajitas. Dress - business casual.

**DIRECTIONS:** 1340 No. French Rd., Williamsville, Rte. 277 (Union Rd.) north to No. Forest Rd. Restaurant is on the left after crossing Maple Rd.

**AND:**

**WHEN:** THURSDAY, AUGUST 29 - 6:00 p.m.

**WHERE:** ROMAN CAFE

**MENU:** \$ 12.75 & up entrees + appetizers, soups, salads, pizza, subs, wings, fingers

**DIRECTIONS:** 797 Payne Ave., No. Tonawanda - I-90 east to I-290 to right on Rte. 425N to left on E. Robinson St. to right on Payne Ave. Restaurant is on the right past Walck Rd.

**PLEASE CAR POOL AND MEET AT THE RESTAURANTS.**

**RESERVATIONS MUST BE MADE DUE TO THE SIZE OF OUR GROUP. PLEASE SIGN UP ON THE SHEET ON THE COUNTER IN THE FOYER.**

**INDICATING IF YOU ARE WILLING TO DRIVE, MEETING US AT THE RESTAURANT OR RIDING WITH SOMEONE ELSE.**

**RESTAURANT REVIEW:**

**Fieldstone Country Inn:** 17 of us dined in this favorite restaurant. Beef Stroganoff was popular as was the chicken chowder. Our choices were as varied as their menu. We all passed on desserts but they sure looked good!

How do we choose the next restaurant? A list of restaurants is passed around and everyone places an X below their choice. The one with the most Xs is where we go next. Please call Carolly Huth, 826-0506

with questions or for more information.

## Hands and Hearts Ministry

The members of the Hands and Hearts Knitting Ministry of St. John's Lutheran Church would like to extend an invitation to everyone to join our small but dedicated group. We knit and crochet Prayer Shawls for those in need of healing warmth and christening caps to welcome newly baptized infant members. Throughout the year we also make items of outerwear for donation to groups in the community that pass them along to their clients.

We welcome everyone from those wishing to learn the craft to the expert. The first Wednesday of every month at 7:00 PM in the Fellowship Room is our new meeting time. We have a small stock of tools to get new members started and look forward to welcoming you with a quiet evening of companionable conversation and needlework.

If interested please contact Linda Wetzler (716)512-8106. Thank you.

### Monthly Community Dinner

Dinner is served 4pm—6:30pm or until we run out, whichever comes first.

We will offer drinks and dessert with the meal.

**July 26th:** Pulled Roast Beef Sandwiches with Potato salad,

Fresh cut fruit & desserts

**August 30th:** Italian Sausage patties with peppers and onions along with sides and dessert

The meal is provided for ANYONE in need of food, fellowship or fun... As always, the food, the seat and the smiles are FREE but good will offerings are always accepted.

## Altar Guild

There is nothing new or special to report at this time, just wishing everyone a wonderful, relaxing, enjoyable summer. Take time to enjoy our big, beautiful world and enjoy some warmth and sunshine!!

Caring for the Altar in July will be various guild members. Please check-in after church and give a hand. August duties will be taken care of by Nancy and Andy Shearer.

If you wonder what God's will is for you, look around. Most often, His answer lies not in the distant place, but right where you're standing. You probably won't be required to give up all your goods and possessions to follow Him this day, but only to help a child learn a task.....call a lonely or sick friend.....show a stranger kindness..... Take on your work with joy and gratitude. Look around and discover His good will for you!!!

We wish to THANK Bengert's Greenhouses for making the geraniums so affordable for our purchasing for Pentecost. We had a terrific response!!! THANK YOU ALL!!!

Submitted by Nancy Weber

Just a reminder that the recycling "rules" have changed a bit in West Seneca. Recycling will now be picked up every other week and while most everything we have previously recycled is the same, please note that ONLY NUMBERS 1 and 2 plastics can be recycled. Please make every effort to do this along with only other items that can be recycled since our containers fill up rapidly some weeks and having items in there that do not belong takes away from what we can properly recycle.

Items that can be recycled include: newspaper, office paper, phone books, paper bags, and junk mail. Also, paperboard, magazines and catalogs, cardboard and pizza boxes, jugs and bottles with small top openings( #1 and #2) only along with clear bottles and jars, aluminum cans, metal cookware and steel and tin cans.

Check out the list by the recycling bin in the kitchen for the list of what cannot be recycled. Thanks for doing your share to help out!

Fellowship Hour needs your help. It is so good to have so many share the time between worship services in the parish hall. This has posed a good problem to have. In order for the coffee hour clean up people to get to church on time, we need you to clean up your table space. Wipes are available or even your napkin will do as long as the table is cleaned up and ready for the next week.



Your Vision for Mission team has begun work on a Human Sexuality course planned for this fall. Did you know 2019 marks the 10th anniversary of the adoption of the 2009 Statement of Human Sexuality by ELCA? We are planning on celebrating the anniversary with this course and more activities in the future. If you have ideas for your VFM (long range planning) team, please let us know. We focus on the future - 2-5 years out. Have a great summer!

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Hello All... The chili dinner is still 6 months away (11/10/19) BUT we are doing a \$2500 TRAVEL RAFFLE drawing that day as well. The prize is a \$2000 AAA travel credit AND a \$500 Southwest gift card. Tickets are \$15 each and can be purchased from Mark Koepfel. Tickets are limited so please don't wait. He can be reached at (716)440-8173...

## Parish Social Life

Join us! Our Church Picnic is out at the Erie County Fair on August 11th! You can still sign up, please fill out a form (narthex), attach payment and slide under the church office door or give to Kathy Moody. All reservations must be in July 14th, to give accurate counts to the fair and Weidner's. #best12daysofsummer

Lutheran Day at the ballpark will take place in July - Watch for updates on the date from Ron Wirth.

Submitted by Kathy Moody

**WANTED:** coupons from The Buffalo News Sunday paper. These coupons are mailed to Fort Bragg where our military personnel and their families can use them at their PX up to six months after the expiration date. Just drop them in the box on the counter in the Narthex and Sandy Stango will take it from there. Another way to support our troops and their families. Thanks, Sandy Stango

## Annual Congregational Meeting

This year's annual meeting will be held on Sunday, August 18th, immediately following the 10 am service.

### ***Crossbeam Deadline***

Articles for the **September** issue of the Crossbeam are due by **August 11<sup>th</sup>**. Please e-mail your articles to Sue Koeppel ([sekoeppe@gmail.com](mailto:sekoeppe@gmail.com)) or leave them in the Crossbeam mailbox outside of the church office. Electronic articles are preferred, if at all possible.

# INDEX

Assisting Ministers	10
Altar Guild	15
A Word from Pastor Valerie	1-2
Birthdays & Anniversaries	8-9
Community Dinner	14
Dining Out Club	13
Food Pantry	7
Fundraising	12
Greeters	See insert
News from the Pews	11
Pastor Roger's Report	See insert
Parish Social Life	18
Ushers	See insert
Vision for Mission	17
WELCA	5