



Glad Tidings



Vol. 35, Iss. 4

Prince of Peace Lutheran Church, Gaithersburg, MD

May 2016

POP Yard Sale!



With Spring making its appearance it is time to start thinking of cleaning out our garages, attics, basements and getting ready for our annual Yard Sale that will be held on **Saturday, June 4th from 7am - 2pm!**

We will be accepting donations for our Yard Sale starting **Sunday, May 29 from Noon - 9pm thru Thursday, June 2.**

This is our opportunity to provide low cost goods to people in our community who are in need; to recycle and re-use as part of our commitment to good environmental stewardship and to give proceeds and donated items to organizations in our community that help others who are struggling in these economic times.

Look for signup sheets for the various departments in the narthex. We look forward to everyone in the congregation being able to assist in some way in making the yard sale a success.

If you are interested in any further information please contact Elizabeth Cockerham (cockerham_e@yahoo.com).

Let the purging begin!

Come to the Baby Shower!

The Women's Book Group and Fellowship committee are hosting a Baby Shower for Pastor Christine on **Sunday, May 22 from 1:30-3:30 pm.** If you would like to help plan the shower, please email Deborah Dixon (deborahdixon1108@gmail.com) or sign up in the narthex. We will hold a planning meeting in early May. Also, if you plan to attend the Shower, please sign up in the narthex or RSVP to Deborah by Friday, May 6. We look forward to a fun celebration with Pastor Christine!



Pentecost

On May 14 & 15, we will read the Pentecost story in a variety of languages to celebrate the wide reach of the Spirit's power. If you speak another language, please sign up in the narthex or contact the office to read the gospel in that language at one or more services.



Summer Worship

Worshipping together over the summer! This summer, from Memorial Day Weekend (5/29) through Labor Day Weekend (9/4), we'll have **ONE SUNDAY SERVICE at 9:30 am**, followed by fellowship! The Saturday 5 pm service will also continue each weekend.

Sunday School Recognition

Be sure to join us on **May 22** as we wrap up Sunday School for the summer and recognize our wonderful Sunday School volunteers!

Racial Justice Team Shows Selma

The Racial Justice Team will be presenting a showing of the movie 'Selma' on **May 13th** in the Sanctuary. The issue of race relations, legislation, and the response of the church is critical in today's societal climate. We have invited other congregations in the area to join us to broaden our discussion and understanding. Please make plans to join us. Teenage youth are especially encouraged to attend. Pizza dinner **6pm**; movie showing **6:30pm** with discussion following. Childcare will be provided. Questions? See Pastor Christine.

Vacation Bible School

Mark your calendars and tell your friends, Prince of Peace Vacation Bible School 2016 is scheduled for July 25th - 29th. See page 5 for more information.



From Pastor Christine...

(pastorchristine@poplutheran.org;
301-869-3666)

Not long ago we hosted a women's retreat at Prince of Peace. We had a fabulous day of laughing, learning, and reflecting. Much of our retreat was based on a book called, "Wearing God," by Laura Winner. I recommended this book and a few other books to the group of women who gathered. Afterwards someone commented to me that they'd like a peak at my 'reading list'.

I am certainly not the 'best read' person around, but I do read a fair amount and try to read broadly, especially on the subject of Christianity. I also know that summer is upon us and many of us will be reaching for our beach novel to read while soaking in the sun.

I am a fan of ingesting some brain carbs (what I call fashion magazines and romance novels), but I wanted to offer some brain protein too - a few suggestions of books that should be on everyone's reading list (which differ from the Top 10 list you'll find suggested at Barnes and Nobel). Pick up one or two of these to add to your summer reading list.

- 1.) [Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](#) by Brené Brown. This is an amazing book on taking risk and living life fully engaged. Read anything she's ever written - seriously.
- 2.) [A Thousand Mornings](#) by Mary Oliver. Poetry which will transform your soul through its simplicity, beauty, and honesty.
- 3.) [How Jesus Became God: The exaltation of a Jewish Preacher from Galilee](#) by Bart D. Ehrman. Only read this if you're willing to have your head hurt and your mind expanded on Christology and how Christians and non-Christians view Jesus.
- 4.) [Velvet Elvis: Repainting the Christian Faith](#) by Rob Bell. Rob Bell has created a name for himself in the past few years, however I read this book at a point in my life when I really needed a fresh take on

Christianity. This book was it! While it is a simple book, his humor draws the reader in and makes one think.

- 5.) [Why Christian?](#) By Douglas John Hall. Written in a question and answer format this book is designed for those questioning Christianity, faith, and the church.
- 6.) [Tiny Beautiful Things: Advice on Love and Life from Dear Sugar](#) by Cheryl Strayed. This is an entirely different suggestion. I just recently read this book and it made me laugh and cry. It may be a bit more of 'girl suggestion' because of the format of the book (much of it is taken from a gossip/advice column) however its honesty about life and its challenges are refreshing and validating. Word of warning: strong language.
- 7.) [Secret Garden](#) by Frances Hodgson Burnett. If you have a girl in your life between the ages of 10 and 110 who has not read this book, give it to her as a gift. This is the one book I read over and over again from my childhood and just nostalgically read it again during this past winter's giant snowstorm. It captures the imagination and won't disappoint.
- 8.) [Tears of Sorrow, Seeds of Hope: A Jewish Spiritual Companion for Infertility and Pregnancy Loss](#) by Nina Beth Cardin. This is not a book for everyone, but it was the book for me. It is written from a Jewish perspective, however only from the sense that the author uses women from the Old Testament to normalize and empathize with the struggles many women (and men) face when embarking on parenthood. It is a beautiful book and I recommend reading it if it pertains to you or gifting it to someone you may know needs it.
- 9.) [Guns, Germs, and Steel: The Fates of Human Societies](#) by Jared Diamond. This is another brain twister, but worth it! This was suggested to me by a running buddy one early morning after I had returned from Central America and was lamenting the lack of awareness of our interconnectedness and actions upon one

another and the earth. It's a fascinating read.

- 10.) [An Altar in the World](#) by Barbara Brown Taylor. The focus of this book is finding sacred spaces and experiences in everyday. This is one of my 'go-to' books when I need to remember the grandeur of God and the graces of life. Lovely language makes this book engaging and poignant.

There are more... but this is a good start. If you pick any of these up and want to talk about them, let me know. Happy reading!



May Highlights

Every Sunday

- 8:30 am Worship with piano and guitar*
- 9:45 am Sunday School
- 11:00 am Worship with organ and piano*
- 1:00 pm Youth Handbells

A Supervised nursery is available during all Services

*One Sunday service at 9:30 am starting May 29.

Every Tuesday

- 10:00 am Quilters
- 12:30 pm Women's Bible Study

Every Wednesday

- 7:30 pm Adult Choir

Every Thursday

- 6:30 pm Body & Soul Group Exercise
- 7:30 pm Grace Notes

Every Saturday

- 7:45 am Men's Group
- 5:00 pm Saturday Evening Worship

COMING UP...

May

- 1 Mar-Lu-Ridge speaker (pg 5)
- 1 First Communion Class
- 7 First Communion Class
- 7 Saturday Dinner Out at Moby Dick's (pg 7)
- 7-8 First Communion
- 8 Mother's Day
- 8 PoP Playgroup (pg 8)
- 10 Church Council Meeting
- 12 Women's Book Group (pp 7, 8)
- 13 Selma Showing & Discussion (pg 1)
- 14-15 Pentecost (pg 1)
- 15 Bible Art Journaling
- 15 Confirmation Theme Event
- 19 Faith-Full Families (pg 6)
- 19 Books and Beer (Men's Book Club) (pg 7)
- 21 Habitat for Humanity work day (pg 5)
- 22 Recognition of Sunday School Teachers
- 22 Bake Sale/Summer Pckt Notebooks (pp 4, 5)
- 22 Pr Christine's Baby Shower (pg 1)
- 22 Confirmation Theme Event
- 29 One service - 9:30 am (Mem'l Day Weekend)
- 29 Yard Sale Begins w/drop-offs (pg 1)
- 30 Memorial Day
- 30-31 Yard Sale Prep (pg 1)

June

- 1-3 Yard Sale Prep (pg 1)
- 4 YARD SALE! (pg 1)
- 5 One service - 9:30 am (Summer Sched/pg 1)
- 8 Racial Justice discussion
- 9 Women's Book Group (pp 7, 8)
- 11 Derek Sheely LEAD THE WAY Run (pp 8,9)
- 12 Recognition of Graduates (pg 5)
- 12 Confirmation Family Finale
- 14 Church Council Meeting
- 16 Books and Beer (Men's Book Club) (pg 7)

July

- 4 Independence Day
- 4 Church Office Closed
- 12 Church Council Meeting
- 14 Women's Book Group (pp 7,8)
- 25-29 Vacation Bible School (pp 1, 5)

For a current calendar, see:

http://poplutheran.org/Media/calendars/pop_calendar.pdf

SPECIAL PRAYERS

. . . My need was met because someone came and communicated . . . in words I could not express. . . .

Pastor John B. McGarvey



PoP Members

Eardie Baka, Carol Barotti, Madelyn Berkeley, Elizabeth Langum Chung, David family, Goodwin family, Laura Hampe, Steven Hill, Jessica Jeffery, Roy Johnson, Pat Juhrs, Greta Kunkle, Mike Langum, Remi Langum, Kaitlyn McGurgan & her family, Sandy Moore, Heather Robinson, David Rogers, James Rogers, Martha Rogers, Julie Stokes, Nancy Swanson, Laura Wilson.

Sympathy

Family of John Bokor (grandfather of Michelle Cockerham)

Family of Danny DeFrank (cousin of Joan Beeler)

Family of Evan Ziemniak (friends of Terry & Debbie Forish)

Thanksgiving

Baptism of Eric & Kevin Ely (sons of Clara & Ron Ely)

Baptism of Rosemarie Parris (daughter of Valerie & Brett Parris)

The complete Prayer List is available from the credenza in the narthex and in the Weekly Email sent on Thursdays.

SPOTLIGHT

SPOTLIGHT is a column which focusses on a group in or resource provided by PoP. This month we are looking at Lost & Found.



It's time to clean out the Lost & Found box!

Please review the list below and claim any items NOW! On **Tuesday, May 31st** everything goes into the Yard Sale.

-Travel mugs/cups: purple Starbucks; red Savor; brown Aladdin; silver Georgetown U; and in the frig: brown burlap Starbucks; blue Brita water bottle

-Fleece/knit hats: camouflage kids; black Parks Half-Marathon; black snowflakes; black knit; brown knit

-Gloves: small brown leather pair; Humane Society pair; one black with fur trim

-Clothing: black toddler sweater; navy blue Lands End jacket; black Larry Levine suit jacket; Ian Run red Tshirt

-Reusable bags: big Sam's Club black & white animal print; big black & white chair print; blue Aerotek

-Umbrellas: 3 black; 1 green

-Eyeglasses: many; one in an Armani case with a Samsung earpiece

-Blue & white striped burp pad

-Variegated blue headband; barrette with spots

-Ice Pop plastic mold

In the Youth Center: red toddler fleece vest; black Tek Gear jacket; blue Body Tech blender bottle

Pick up your items from the Lost & Found box in the coat closet. And let's all label our stuff!

FRUITFUL FIELDS



Growing your own food is the ultimate in eating locally. Have you been wanting to try your hand at growing some of your own food but aren't sure how to

get started? Join other Prince of Peace members and friends in Fruitful Fields, the Prince of Peace community garden. There are 3 fenced areas behind the Youth Center; each has a large center plot where we grow food to donate to local charities. Individual plots surround the center plots, and are available for you to grow your own vegetables, herbs and flowers. We will have a schedule for those who are able to periodically help water the plots as well as pick and deliver donated produce. For more info on how to participate, contact Marybeth Stockman (mb_stockman@hotmail.com) or sign up in the narthex. You can also check out the Fruitful Fields page on Facebook.

UPCOMING EVENTS

Summer Packet Donations Needed

The 4th-6th graders will be putting together Summer Packets for the same children we support during Christmas with the Giving Tree. The Summer Packet will include at least one book, a composition notebook and a pencil. The kids will be collecting gently used children's books (preschool - middle school age). We need your help! Please consider donating composition

notebooks to include with the Summer Packets. Donations can be placed in the boxes in the Narthex. If you have any questions, contact Bertha Carreras (bgcarreras@gmail.com).

Vacation Bible School

Mark your calendars and tell your friends, Prince of Peace Vacation Bible School 2016 is scheduled for July 25th - 29th (9am-12pm). This year's theme is "Cave Quest - Following Jesus the Light of the World". VBS is for



children ages 3 (potty trained) through entering 5th grade. Registration forms will be available on the Prince of Peace website as well as at the church starting in May. Registration fee is \$50 per participant with a max of \$150 per family. Each family will receive a CD of the VBS music and a T-shirt for each child. Need based scholarships are available.

So gear up and come enjoy an over-the-top underground adventure! If you have any questions please contact Lori Kohne (lorikohne@hotmail.com).

Learning, Serving, and Giving Opportunities in May

Learning...

On May 1st at 10:00 am, we will have Karl Muhlbach, the Associate Director of Mar-Lu-Ridge come speak to the congregation between the services in the sanctuary. Mar-Lu-Ridge is a Summer Camp and Education and Conference Center that serves as an outdoor ministry site of the Evangelical Lutheran Church of America. Come and learn more about what they do, who they serve, and how we may get more involved in their ministries!

Serving...

Our next Habitat for Humanity Work Day is Saturday, May 21. Sign up in the narthex or email Chris Michel (michel_christian@yahoo.com) if interested. Location and specifics coming soon!

Giving...

During the entire month of May we will be hosting a drive for Gaithersburg HELP, collecting what they need most: canned fruit and tuna! Please be sure to pick up a can or two when you go to the store to help keep the pantry in constant supply this summer. Donations can be dropped off in the foyer.

Recognition of Graduates

Celebrating a Graduation this year? We are having a special Recognition of Graduates on Sunday, June 12th. If you or someone in your household is graduating, please email a brief bio to office@poplutheran.org by Monday, June 1 including: Name, School, Degree (include any honors), and Post-graduation plans. Thanks!

Interfaith 5K Run

Our Interfaith 5K Run planned for May 1 is being rescheduled for later in the year. Stay tuned for the new date. If you are interested in participating in the planning, please contact [Pastor Christine](mailto:pastorchristine@poplutheran.org) (pastorchristine@poplutheran.org).

YOUTH MINISTRY

Sunday School

\$402 Raised to Help Syrian Refugees

Elementary and Middle School classes made 201 pinwheels to bring some hope to Syrian refugee school children. By participating in the Students Rebuild Syria Challenge, they learned about the difficulties Syrian refugee children are facing and then took action by making pinwheels. Each of those pinwheels generates a \$2 donation by the Bezos Family Foundation to a program called *Healing Classrooms*. Teachers will be trained in techniques to help conflict-afflicted children today and to lead them to become the next generation of peacemakers.

Middle School's assembly-line approach resulted in high output! Thanks to our many dedicated learners who took this project so seriously!



Preschool/Kindergarten

For the story of Doubting Thomas, the preK/K class learned that, just like the disciples, we don't have any reason to be afraid when God is with us. We made yarn-wrapped crosses to celebrate Jesus' resurrection and power over death. For our classes on the Easter story, the children enjoyed snacks of muffins and grapes together, when we talked about the Last Supper

and how Jesus and his disciples enjoyed a special meal together - a special meal that we continue to celebrate together every church service!



Faith-Full Families

Faith-Full Families' Pentecost event will be held **Thursday, May 19th from 6-7:30pm** in the Fellowship hall. Families with pre-school - elementary age children, and their siblings, are invited for dinner, crafts, a Bible story and fellowship. Sign up in the narthex, email Judy Bruening, or just come! We will provide a main dish. If you would like to bring a side dish/salad or a dessert sign up in the narthex or let Judy know. If you just have younger children you are welcome to join us for fellowship, too. Questions? Contact [Judy Bruening](mailto:Judy.bruening53@gmail.com) (Judy.bruening53@gmail.com)

ADULT EDUCATION

Pop Women's Bible Study

Women's Bible Study continues our study on the book Accidental Saints by Nadia Bolz-Weber. We meet **Tuesdays at 12:30 pm**. This is a great time to join the group! You do not need to attend every week. If you have any questions, please contact Pastor Christine (pastorchristine@poplutheran.org).



SOCIAL MINISTRIES

Back Door Ministries

Campbell Soup Labels

Sadly, the Campbell Soup Label program is being discontinued on July 31. Please turn in all labels to the basket in the foyer by **June 12th** so we can get them to the Navajo Lutheran Mission by their July 1st deadline. The Campbell Soup Label program has been a God-send to the Navajo Mission. Over the years they have earned 8 new vehicles, along with tables, chairs, school supplies, and much, much more. They are sincerely grateful to all those who have participated. And, we are grateful to Sandy Moore who has coordinated this "Back Door" project at PoP for many years!



The Auxiliary at the Village at Rockville

The Auxiliary at the Village at Rockville is holding a Bloomin' Spring Sale on **Saturday, May 7 from 9:30am-1:00pm**. All proceeds benefit Resident activities. Enjoy bargains galore: a variety of beautiful plants, birdhouses and planters made by a few of the residents, spring and summer jewelry, baked goods and candy, floral note cards made by the residents and gift shop items. Located nearby at 9701 Veirs Drive, near Wootton Parkway and Glen Mill Road in Rockville.

How we Learned, Served, and Gave in April

Learning...

On April 3rd between the services, we had a speaker come from the Village at Rockville (formerly the National Lutheran Home). There are many opportunities to volunteer such as reading to or visiting residents, wheelchair escorts, administrative duties, leading activities, sharing your talents, and SSL hours are available for teens, so if you missed hearing from this speaker, please check out their website:

www.thevillageatrockville.org

Serving...

On Saturday, April 16th we participated in the Annual Potomac River Watershed Cleanup! We had a very successful turnout and were able to pick up and bag a lot of trash, so thank you to everyone who participated!

Giving...

We held our annual membership drive for the Auxiliary from April 3rd to April 17th to provide support to residents of the Village at Rockville. The Auxiliary provides the "extras" that make life for the residents an enjoyable experience: birthday parties and gifts, bus trips, Christmas gifts, hearing aid batteries, etc. so every membership is greatly appreciated. Thank you to everyone who pledged a new membership or renewed their existing one, as well as to Donna for organizing it again this year! So far, we have raised \$870 for Auxiliary projects. If you didn't get a chance to sign up, it's not too late; memberships are accepted throughout the year. The Auxiliary flier is available in the foyer and memberships can be mailed directly to The Auxiliary or left in the POP Office. Please make checks to "The Auxiliary, TVAR".

BODY & SOUL GROUP EXERCISE

Body & Soul continues each Thursday with new hours and a new format! Prince of Peace is proud to offer free group exercise for adults, 18-and-over, on Thursday evenings from 6:30 - 7:30 pm in the Besecker Youth Center. Drop in when you can! Activities will be supervised by Marybeth Stockman RN, MS, an ACSM-Registered Clinical Exercise Physiologist. Weights and other specialized equipment will be available to help build functional and core strength, balance, agility and endurance. The previously held 6pm discussion groups have been discontinued. Marybeth will be available for free, private diet or exercise consultations by appointment from 6:00-6:30 pm and from 7:30-8:00 pm. Contact Marybeth (marybeth@doubleblazehealth.com) for info or to schedule a private session.

FELLOWSHIP

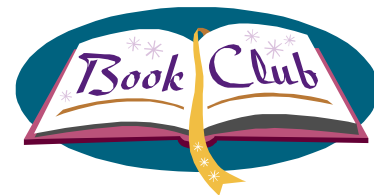
Saturday Dinner Out

The next Saturday Dinner Out will be Saturday, May 7, at 6:15 pm following the Saturday service. This month we will be meeting at **Moby Dick's** in the Kentlands. This is a great time to come together and get to know (and eat with!) other families at Prince of Peace in a casual environment. All are welcome!

Books and Beer (Men's Book Club)

Books and Beer, aka The Men's Book Club of Prince of Peace, continues its spring 2016 literary friendship campaign with a lively discussion of There Is a God by Antony Flew. "[o]ne of the world's preeminent atheists discloses how his commitment to 'follow the argument wherever it leads' led him to a belief in God as Creator. This is a compelling and refreshingly open-minded argument that will forever change the atheism debate." You read the book, we'll provide the beer and munchies. On **Thursday, May 19 at 7:30 pm**, we will meet at the home of Mike DeGeorge. Please RSVP to Mike (mpd1023@aol.com). All men of PoP and their male friends are cordially invited.

Books and Beer, aka The Men's Book Club of Prince of Peace, concludes its spring 2016 literary friendship campaign with a lively discussion of The Sixth Extinction: An Unnatural History by Elizabeth Kolbert. "Earth is in the midst of a modern, man-made, sixth extinction. . . . Kolbert chronicles previous mass extinction events, and compares them to the accelerated, widespread extinctions during our present time." You read the book, we'll provide the beer and munchies. On **Thursday, June 16 at 7:30 pm**, we will meet at the home of Chet Wolejsza. Please RSVP to Chet (cwolejsza@aol.com). All men of PoP and their male friends are cordially invited. Our next meeting will be in September.



Women's Book Group

Join the Women's Book Group on **Thursday, May 12 starting at 7:30 pm** for a discussion of Under the Wide and Starry Sky by Nancy Horan. The story "follows the loving, tumultuous partnership of Scottish author Robert Louis Stevenson and his Indiana-born wife, Fanny Osbourne. Fanny, an aspiring artist still tied to her unfaithful first husband when they meet in 1875, is fiery, courageous, and the mother of two living children. Louis, a younger man whose frailty belies a joyous, energetic spirit, dreams of writing full-time. While he perfects his craft, she

becomes his protector and editor-collaborator, accompanying him across Europe and America and finally to Samoa in hopes of healing his weak lungs. This is more than just another novel designed to honor the unsung accomplishments of a famous man's spouse, though. Equally adventurous and colorful, Louis and Fanny could each command the story singlehandedly. Together, they are riveting and insightfully envisioned, including through moving depiction of how their relationship transforms over time." [Amazon.com; Booklist] Lisa Woodard hosts the event. RSVP to Lisa (woodard4@comcast.net).

The Women's Book Group meets the second Thursday of the month. All POP women and friends are welcome to attend one, two, or all the gatherings. We make our book selections from member recommendations. We will be selecting books for September and beyond at the June meeting.

Future Dates and Book Selections:

- June 9 - Still Missing
by Chevy Stevens,
hosted by Nancy Morton
- July 14 - The Rent Collector
by Camron Wright,
hosted by Jennifer Maloney
- August 11 - Redeployment
by Phil Klay,
hosted by Deborah Dixon

PoP Playgroup

On **Sunday, May 8th** we'll meet for a late afternoon playdate at **4pm** to check out the new natural playscape at Gaithersburg's Constitution Gardens Park. (<http://www.gaithersburgmd.gov/leisure/parks-and-fields/constitution-gardens-park>) This park features "unique interactive play spaces that have been inspired by the cultural, economic and natural history of the area." In case of rain, we'll meet at the church nursery instead.

PoP Playgroup is a great way for families and their babies/toddlers/preschoolers to connect with each other. Please contact Jamie (jlplast@hotmail.com) or Lauren (laurenkategibson@gmail.com) for more info!

THANK YOU!

I would like to send a huge thank you to everyone who so generously gave to the Infant Needs drive for Gaithersburg Help. As the Director of that program I can assure you that the donations are greatly appreciated.
Sincerely, Peg Welborn

POP OFFICE

We are experiencing **phone problems in the Office and voicemail is not working**. If possible, please send an email (office@poplutheran.org) instead of calling.

The Serving in Worship schedule for May and June has been posted on our [website](http://www.poplutheran.org) (www.poplutheran.org) and the bulletin board in the narthex. Please review it and make arrangements for any conflicts. Thanks!

The Flower Chart for 2016 has been posted! Flowers can be given in memory or honor of a person or special occasion. A donation of \$30 covers the flowers for a week, and they are yours to take home after the late service. Sign up on the Chart posted on the bulletin board in the narthex and place your donation (marked "Altar Flowers") in the Offering. Thanks for adding to our worship experience!

OTHER NEWS



Lead The Way

Registration is open for the 5th and final Annual Derek Sheely LEAD THE WAY Fun Run/Walk on **Saturday June 11 at 8:40 am** at Northwest High School in Germantown. There's a unique stadium start and finish, medals for all finishers, music, food, and door prizes!

THE DEREK SHEELY FOUNDATION, a 501(c)(3) non-profit organization, was created to increase awareness of concussions, including supporting advancements in education, prevention, and treatment for all causes of traumatic brain injuries, with a focus on youth sports. **THE DEREK SHEELY FOUNDATION** is named in honor of Derek Thomson Sheely, a strong and healthy honor student, member of Prince of Peace, captain of

his Northwest High School football team, and a two-time academic all-conference selection in college. In August 2011, during practice for his senior season at Frostburg State University, Derek suffered a brain injury. He did not recover. We believe that Derek died from Second Impact Syndrome, which is when a second concussion is sustained before the brain can recover from a first concussion.

THE DEREK SHEELY FOUNDATION educates young children and their parents about the signs, symptoms, dangers, and prevention of concussions so children can continue to enjoy sports safely. We have distributed nearly 8,000 Concussion Awareness Kits in 16 states, and our annual Race held in honor of Derek, who wore #40, raises money for this grassroots effort.

The Sheely family is dedicated to preventing other families from suffering through the devastating effects of concussions, and hope you will join us in this important cause. Please help us prevent traumatic brain injuries from affecting someone you know.

Visit www.thederekshelyfoundation.org to register to run and/or walk for Derek. This is our last race, and we hope to see you there.

Mar-Lu-Ridge Summer Camp Registration

Mar-Lu-Ridge Summer Camp Registration is now open! Send a child or grandchild to week-long camps like Adventure, Arts, Sports, Service, Cooking, Horseback, Pioneer, and Swimming Camp - something for everyone; located in nearby Jefferson, MD. Brochures are available on the bulletin board; or visit www.mar-lu-ridge.org to view the Summer 2016 Brochure, register online, and download forms for camp. Attend an Open House on Sunday, May 22 (2-4:30pm). Summer Camp is a great adventure; join the fun!

Summer camp 2016 will run from June 12 to August 5.

Full and partial "campership" scholarships are available through churches and from the camp. See the [Registration](#) page for more information.

If you have any further questions or comments, please do not hesitate to contact us by email at MLR@Mar-Lu-Ridge.org or call toll free at 1.800.238.9974.

Hospice Caring, Inc. New Volunteer Training



Note: New Location, Evening/Weekend Times

Hospice Caring, Inc. is currently recruiting new volunteers for a training

session May 10, 11, 12 & 14 for people who are interested in becoming hospice caregivers and bereavement group facilitators. The training will take place at Kensington Park Senior Living at 3620 Littledale Road, Kensington, MD 20895 and covers topics such as communication and active listening, understanding grief, cultural competency, and self-care.

Training will take place Tuesday, Wednesday and Thursday, May 10 -12, from 5-9 pm each evening, and Saturday, May 14 from 8:30 am-4:30 pm. Dinner will be provided all three weeknights and lunch will be provided on Saturday.

To sign up for the training please contact Penny Gladhill at pennyg@hospicecaring.org or [301-990-8904](tel:301-990-8904). Bilingual/multilingual individuals are especially encouraged to volunteer. Please visit www.hospicecaring.org for more information

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Glad Tidings is online at www.poplutheran.org.

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