



# GLAD TIDINGS



Vol. 39, Iss. 4

Prince of Peace Lutheran Church, Gaithersburg, MD

May 2020

## Please Remember

Although the office is closed, you may still:

- Call or email the office (or the Pastors directly) - we will be monitoring email and voicemail from home, so it's always possible to contact us;
- Drop off food for Gaithersburg HELP at the church - the bins are outside each door under the covered walkways. Gaithersburg HELP volunteers will come by periodically to take that food to the pantry (it is also possible to order food online to ship to volunteers, and to [donate directly to Gaithersburg HELP on their website](#)); (For more ways to help Gaithersburg HELP, [please click here.](#))
- Send offering checks to the church (although [we're encouraging online donations](#) if you can do that.) But, mail will still be checked and your offerings deposited. We appreciate your continued support of our congregation during this time!

As we move forward, we will continue to monitor the situation and adjust as necessary!

## Who's that Baby?

Join us for a fun evening of Trivia on **May 10th at 7pm via Zoom.**



Send Pastor Christine a baby picture (or pictures, if there is more than one PoP member in your household) **by May 8th via email.** Be sure to label the pictures so PC knows who is who.

Then, logon to the Zoom link on May 10th to play along with friends from the congregation. A scorecard and zoom link will be emailed closer to the date. Questions? Contact [Pastor Christine](#). We hope you will all join us for this fun activity.



## Ways We Are Getting Help

Many stores that supply groceries have special hours for seniors and those at risk. The link below is a list of the stores with their location, phone number, special hours information.

<https://www.montgomerycountymd.gov/HHS/Resources/Files/COVID19GroceryStores.pdf>

Many stores, including grocery and retail, are offering curbside pickup. Order online, drive to the store, and pick up your order when you present your ID.



Don't forget to contact Pastor Steve or Pastor Christine if you need help.

## A Way to Help



Gaithersburg HELP is stressed and suffering from this shut down. They are in desperate need of donations and help. Go to page 5 to see how you can help and for more information.

## Piano Music

Danielle Drobny will offer "Jazz, Spirituals and Gospel piano arrangements" each **Wednesday evening at 7:30 pm!** These will be streamed live on our Facebook page!



## Story Time

Pastor Christine leads story time for children **every Friday at 7:00 pm!**



## From Pastor Christine...

Pastor Christine Dunn  
([pastorchristine@poplutheran.org](mailto:pastorchristine@poplutheran.org);  
301-869-3666)



Oh, how I miss all of you! As we've heard over and over again - these are unprecedented times. Life, as we know it, turned upside down so quickly. Many of us are still trying to figure out how life even works right now. Pastor Steve and I have been trying to stay abreast of regulations and guidance, while providing some meaningful worship, learning, and interactive experiences. We are thankful for all your support. And, we know these streaming options aren't the best medium for connection, but for now, they are what we have and we're thankful for them.

As many of you know, I have a deep interest in how spirituality supports our mental health and the wholeness of self. Because of this, I have had a fair amount of training and education in the trauma care arena. We are all experiencing different emotions and having different responses to our current pandemic. We are collectively living through a major health (mental and physical), economic, grief/loss, and stabilization trauma.

Whatever our emotions are, most, if not all of us, will have some type of trauma history following this event. As someone who has had a fair amount of trauma in my past, I don't say this lightly. Nor do I say it to illicit fear, worry, or anxiety.

I mention it to remind you of the healthy coping mechanisms you have in place already. These may be: talking with a friend, exercising, enjoying a meal at a leisurely pace, reading a book, taking some deep breaths, or meditating/praying/worship.

If you already have a trauma history, this period of time may stir up past traumas and/or heighten your experiences today. This is normal. It is helpful when old anxieties, memories, or fears arise to remind yourself that today is today, yesterday is yesterday. If you find yourself having a traumatic moment or flashback or feel like you're spinning, there are a few 'tricks' you can do to help bring yourself back to the present and

ground yourself. These include: taking a sip of water, putting both feet on the ground, get up and move around (take a walk), put on scented hand cream and smell it, breathe slowly, talk it out with a trusted person, touch a familiar object (wedding ring, car keys, etc).

Don't be ashamed to ask for help. Pastor Steve and I are both available via email, phone, and text. Additionally, our Care Team is in place and willing to help in ways they are able. We can also try to help connect you with outside resources, if needed.

We are a community grounded in the love and fullness of God. And we are Easter people. We trust that God can and does raise up new life out of ashes. We don't exactly know what our days ahead look like but what we do know is God is with us every step of the way. Prince of Peace will continue to be creative and diligent in trying to connect us to one another.

We are praying for you.

Deep peace and joy,  
Pastor Christine

## May Highlights

### **Every Sunday**

- 9:30 am Preschool and Elementary Sunday School on Zoom (pp 3-4)
- 10:00 am Worship streamed on our Facebook Page
- 6:00 pm Confirmation Class (pg 4)

### **Every Monday**

- 8:30 pm Night Prayer - Pastor Steve will lead us in Compline (10-15 minute prayer at the close of the day). This will be streamed on our Facebook page.

### **Every Tuesday**

- 12:30 pm Women's Bible Study (pg 5)

### **Every Wednesday**

- 7:30 pm Jazz, Spirituals and Gospel piano arrangements on our Facebook page (pg 1)

### **Every Friday**

- 7:00 pm Story Time for Children - Pastor Christine will lead story time for children. This will be streamed on our Facebook page. (pg 1)

## COMING UP...

May

10 Mother's Day

10 Baby Challenge Trivia Night (pg 1)

14 Women's Book Group (pg 6)

25 Memorial Day

31 Pentecost

For a current calendar, see:

<https://poplutheran.org/church-calendars/>

## SPECIAL PRAYERS

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

Pastor John B. McGarvey



### PoP Members

Elizabeth Langum Chung, Brittany (DeGeorge) Daniel, Kevin Ely, Annie Hampe, Roy Johnson, Chris Knaus (deployed to Afghanistan), Mike & Remi Langum, Carolyn Levine, Kaitlyn McGurgan & her family, John Militzer, Dick and Sandy Moore, Heather Robinson, Martha Rogers, Sherry Schiebel, Laura Wilson, Angelo Witten & family

### Sympathy

Family of Jeanne Reilly (friend of Joan Beeler)  
Family of Mary Riser Schaeffer (mother of Ethelyn Christopher)

### Thanksgiving

Birth of Stella Marie Beeler (granddaughter of Joan Beeler)

### Ongoing Worldwide

All those struggling with Covid-19 and their Caregivers

The complete Prayer List is available in the Weekly Email sent on Thursdays and at the following website:

[https://poplutheran.org/wp-content/uploads/2020/05/PoP\\_Prayer\\_List.pdf](https://poplutheran.org/wp-content/uploads/2020/05/PoP_Prayer_List.pdf)

## STEWARDSHIP

### Online Giving

It's easy and will make your life easier. Just go to the church [webpage \(poplutheran.org\)](http://poplutheran.org) and click the green Donate Online button. Giving online can help all of us easily provide consistent support for the church. Signup today! Online giving is a win for the church and for the congregation. Please contact Chris Michel ([michel\\_christian@yahoo.com](mailto:michel_christian@yahoo.com)) or Kwame Mensah ([mensahkn@gmail.com](mailto:mensahkn@gmail.com)) with any questions.

## Electronic Giving

To donate right now or become an E-Giver, go to [poplutheran.org](http://poplutheran.org) or scan this QR code with your smart phone or tablet. Thanks for supporting the ministries of Prince of Peace!



## AmazonSmile

Besides supporting Prince of Peace when you shop from Amazon, you can support others like Gaithersburg HELP, too. Use our AmazonSmile link (<https://smile.amazon.com/ch/52-1283295>) and PoP receives .5% of your purchases. Have your purchase sent to an appropriate delivery address (see page 5 for Gaithersburg HELP information) and you have made two donations in one transaction! AmazonSmile easy to set up and use. First click on the following link to tell Amazon that you want donations to be made to Prince of Peace:

<http://smile.amazon.com/ch/52-1283295>; then whenever you want to make a purchase at Amazon, go to [smile.amazon.com](http://smile.amazon.com) instead of [www.amazon.com](http://www.amazon.com). (AmazonSmile will remember the nonprofit previously selected.) It's easy!

## YOUTH MINISTRY

### Sunday School

Sunday School is now online for families with Preschool through Elementary students! Each week through June 7, access an engaging Sunday School lesson from our curriculum provider, Sparkhouse, based on one of the current Sunday's readings. There's a 12-minute video and some printable activities. New lessons become available on Tuesdays. [Click here to access online Sunday School!](#)

Also each week, [join us for Zoom Sunday School](#) with other PoP kids and your Sunday School leaders at **9:30 am Sundays!** We use the same Bible story as Sparkhouse and finish in time for church at 10 am. For Zoom login info, please [email Janet Levine!](#)

Our schedule:

5/3 Early Believers

5/10 God's House

5/17 Promise of the Holy Spirit

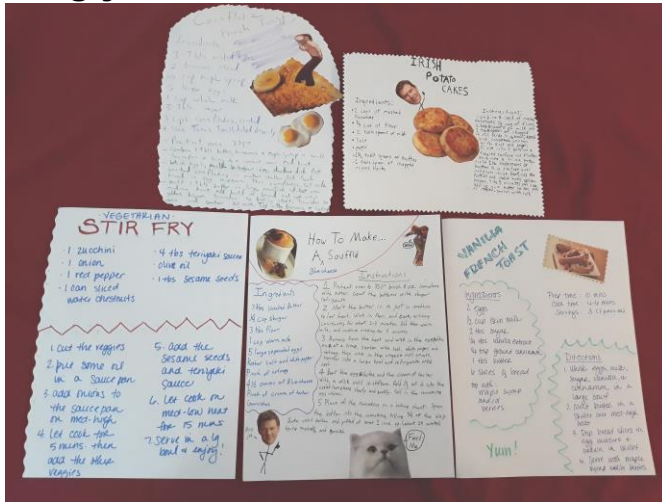
5/24 Ascension

5/31 The Holy Spirit

6/7 Creation

Even if you can't normally make it to in-person Sunday School, we hope you'll join us online! Looking forward to seeing everyone!

### Project: Make Recipes to Help the Hungry



Every year, Sunday School participates in the Students Rebuild Challenge. This year, learners and their families can participate at home. Learn about the problem of lack of access to healthy food, make artfully presented recipes, and take one photo of the recipes. **Send your photo to Janet Levine ([Lyle1Janet@msn.com](mailto:Lyle1Janet@msn.com)) by May 31 for submission through our Sunday School team account.** For each recipe, the Bezos Family Foundation will donate \$6 (twice the usual amount) to support programs fighting hunger.

There are a lot of great resources at Students Rebuild, but here is one quick approach: go to <https://www.studentsrebuild.org/resources> and scroll down to "About the Hunger Challenge" (2-minute video) and then to "[Kadi and Tony's Story](#)" ([4-minute Video](#)) about food deserts and a community garden.

Your recipes can be actual recipes for food or for a way to do something, such as being kind to your family when you've been together all day, every day, for one-and-a-half months. This is an activity everyone at home can participate in.

Our Middle School class made five recipes at their last class, and \$30 will be donated to fight hunger because they made the effort to learn and to help. Check out their recipes for some creative ideas!

### The Widow's Offering



At our last in-person Sunday School, Upper Elementary learners discussed the story of the widow who gave her last two coins to help the needy. The class made tasty offering boxes out of graham crackers and vanilla frosting which they filled with vanilla wafer coins. They also decided how they would choose to allocate money among a variety of charities.

### Donate to Help the Hungry

PoP's learners feel a special connection to the work of Gaithersburg HELP since every fall they donate pb & j, and every winter they donate soup and help promote Souper Bowl Sunday. If we were meeting in person right now, we would be donating our offering to Gaithersburg HELP due to the great need of many in this area. We are hoping some families will donate a virtual Sunday School offering by going to [Gaithersburg HELP's homepage](#) with their kids and clicking the "donate now" button.

### Confirmation Class



Confirmation class will complete the year with virtual meetings on Zoom, Sundays at 6:00 pm. If you have not been contacted and need more information, please let [Pastor Steve](#) or [Lori Kohne](#) know.

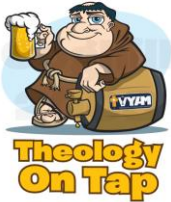


## ADULT EDUCATION

### Living into the Word

Each month, using material prepared by Pastor Steve, we have the opportunity to study and discuss a Sunday Bible reading. Look for new dates and times in the Weekly Email and online worship notice. We are currently connecting on Zoom. Logon and join in!

### Theology on Tap



Join us for our next Theology on Tap session to talk about issues of faith. Pastor Steve leads one of these events each month. Check Weekly Email and the online worship notice for the next date. We are currently meeting on Zoom. Logon and join us!

### PoP Women's Bible Study

The Women's Bible Study meets every Tuesday from 12:30-2pm.

We are currently meeting on Zoom, studying various verses using lectio divina procedure. Watch for emails for which weeks we will/will not meet. For more information or questions, contact [Pastor Christine \(pastorchristine@poplutheran.org\)](mailto:pastorchristine@poplutheran.org).



## SOCIAL MINISTRIES

### Gaithersburg HELP

Thank you so much to the whole Prince of Peace community for the generous donations of food to the outside barrels as well as your financial donations. The situation at HELP continues to be deeply challenging. The official April numbers are not yet in, but the number of clients calling for food doubled in March as compared to January or February, and the number of new clients asking for help in a single week was equal to the entire number of new clients in all of January and February. It seems that April numbers will be higher than March. HELP is struggling to find enough food to serve needs, and to develop adequate safety procedures for clients as well as volunteers. Thanks for your continuing strong support. The need is not likely to disappear any time soon.

Especially needed now, in addition to cereal, are spaghetti sauce, peanut butter, and diapers sizes 4, 5 and 6. Any non perishable, nutritious foods are most welcome.

### How to Donate to Gaithersburg HELP

[Gaithersburg HELP](#) is in serious need of food as well as financial donations due to the huge increase in community need. Because many people have asked how they can help, we are offering the following three options - drop food off to either of two locations, ship food, or donate money. Details are provided below. Please note that if you already have an organization or friend collecting food for HELP, you may continue using that approach. Thank you for your concern.

**Drop-off:** If you want to drop off food at the **Pantry**, please adhere to the specified time frame. Deliveries can be safely dropped outside only during the time period shown. If you want to drop off donations at the church, please leave them outside:

- Gaithersburg HELP Pantry, 301 Muddy Branch Rd, **only** between 1:00 and 3:00 PM, Mon- Fri when volunteers are in the pantry and can move deliveries inside. Do not leave things at other hours as they will likely disappear.
- Prince of Peace Lutheran Church, 11900 Darnestown Rd. (**Leave food under the covered area by either the front or back doors.**)

**Online:** If you would like to order online and have food shipped, here are four home addresses of volunteers who have covered porches to receive deliveries. **Specify Gaithersburg HELP as the addressee** on the order form:

- 157 Bralan Lane, Gaithersburg MD 20877
- 12829 Doe Lane, Gaithersburg MD 20878
- 211 E. Deer Park Dr, Gaithersburg MD 20877
- 18430 Cape Jasmine Way, Gaithersburg MD 20879

All types of nonperishable, healthy foods are needed, including cereal, canned fruit, vegetables, beans, tuna, peanut butter, rice, spaghetti. We also need diapers in all sizes.

**Donate Money:** Financial donations can be mailed to Gaithersburg HELP at the above address or through the donate link on the Gaithersburg HELP website [by clicking here.](#)

## The Auxiliary at TVAR

We usually hold our annual membership drive for the Village at Rockville Auxiliary each May. With the many competing needs at this time, we are keeping it low key this year. The Auxiliary works to enrich the lives of the residents of the Village at Rockville providing the "extras" that make life for the residents an enjoyable experience: birthday parties and gifts, bus trips, Christmas gifts, etc. At this time, those activities have been curtailed but they will resume as soon as it is feasible. Current Auxiliary members will receive a mailing with renewal information should they wish to continue their support at this time. If you are interested in joining the Auxiliary and do not receive a mailing, please contact Donna Von Wald ([dlhsjvw@rcn.com](mailto:dlhsjvw@rcn.com)) for more info.

Although our Drive is traditionally in May, Memberships are accepted throughout the year. The Auxiliary flier is available in the church foyer and memberships can be mailed directly to The Auxiliary. Please make checks to "The Auxiliary, TVAR".

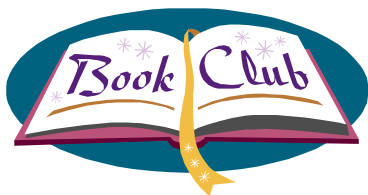
For more info on the work of the Auxiliary, see <https://www.thevillageatrockville.org/auxiliary/>

## FELLOWSHIP

### Women's Book Group

On Thursday, May 14, 7:30 pm, the Women's Book Group will be discussing *Eleanor Oliphant is Completely Fine* by Gail Honeyman. Eleanor struggles with appropriate social skills, tends to say exactly what she's thinking and avoids unnecessary human contact. Through a co-worker, she learns that she is capable of finding friendship. Her "deadpan weirdness and unconscious wit" should make this a fun book to read.

We will again be meeting with the help of Zoom. The link will be sent out a few days before the meeting.



## THANK YOU

Unfortunately, the shutdown started early-mid Lent so we were unable to complete our Giving Bags project. Jamie Pflasterer and family decided to go ahead and help provide some needed items for Comfort Cases. Here is what she told us:

For Comfort Cases we purchased the following items from their Amazon Wish List, and had them shipped directly to the Comfort Cases warehouse.

Packages of Travel-size Baby Dove Tip to Toe wash

Johnson's Baby Lotion

Johnson's Baby Shampoo

Colorful hardcover writing journals

Books for pre-teens and teenagers including:

-*Touching Spirit Bear* by Ben Mikaelson

-*Hatchet* by Gary Paulsen

-*Woodson* by Gary Paulsen

-*Lawn Boy* by Gary Paulsen

-*The Outsiders* by S. E. Hinton

-*A Long Walk to Water* by Linda Sue Park

-*Harry Potter and the Prisoner of Azkaban* by J.K. Rowling

These items will be included in the backpacks that are distributed to foster children across the country.



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## ELCA DISASTER RESPONSE

Lutheran Disaster Response brings God's hope, healing and renewal to people whose lives have been disrupted by disasters in the United States and around the world. With wildfires, hurricanes, flooding, and earthquakes, there are many immediate needs here and around the world. Most current for many of us is the Covid-19 pandemic. Visit the [ELCA Disaster Response webpage](https://elca.org/disaster) (<https://elca.org/disaster>) to donate or learn more about how you can help.



### THINK ABOUT IT

Seth, our curious five-year-old, couldn't keep his eyes off us when we were taking Communion. A few seconds later, I stole a peek—he was watching his daddy at prayer after receiving the elements. "Good parental example," I thought.

My gratification was short-lived as Seth leaned over and whispered to me, "What's in that stuff? You eat it and go right to sleep."

--Sherri Yates

One weekend my little brother was visiting our grandparents in another town. They took him to church with them, and one Sunday after church, he asked what Communion was all about.

Granddad replied, "That was Jesus' last supper."

My little brother replied, "Boy, they didn't give him much, did they?"

--Elaine Borcher

Seen on a church sign: If evolution is true, how come mothers still have only two hands?

-- Donna Waldeyer

My grandmother used to tell me that every boss is temporary, that every rainy day is temporary, that every hardship is temporary. She used to tell me, "Son every good-bye ain't gone. Just hold on—there's joy coming in the morning."

--James Melvin Washington

The grand essentials of hope are: something to do, something to love, and something to hope for.

--Thomas Chalmers



*Glad Tidings* is published monthly (July/August and December/January issues combined) by:

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Articles for the June issue of *Glad Tidings* are due **May 17**. Please e-mail articles to Martha Rogers at [GladTidingsEditor@gmail.com](mailto:GladTidingsEditor@gmail.com). Photos and/or graphics are welcome!

*Glad Tidings* is online at [www.poplutheran.org](http://www.poplutheran.org).

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