



The Spirit of St. Luke

St. Luke Evangelical
Lutheran Church

Issue 3
April/May 2012

A Garden Grows in Parkville

I am a city kid and have always been. Born on the Great Southside of Chicago, it never fails, every spring my ancestral ties to the earth begin to rear their heads.

Last Saturday as the young people and adults from St. Luke gathered to spread the three yards of dirt for our new garden, I felt a great degree of satisfaction. Getting your hands dirty in real dirt is a blessing: a reminder that in the beginning, God gave Adam and Eve a call, a simple job really, to tend a garden, to nurture the plants and

James Ward Jr. and Josef Herz-Lane are two



of the 18 St. Luke members and friends who turned out to dig in the dirt on April 21st.

the trees. Well, we know that their failure to follow their job description has left us all struggling throughout human history. Saturday however, as we hauled and spread dirt and ate pizza together on a beautiful spring day, it was good. We experienced, children, youth and adults, the blessing of work and a job well done. Our goal: to add some fresh veggies to our Food Pantry and to share fresh herbs and vegetables around St. Luke is an opportunity to work together across generations. Happy gardening all!

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May 11th and 12th Revival: “Reborn in the Waters of Baptism”

A revival is a time to hear good preaching, and music, sing songs of faith and renewal, gather with friends and family while refreshing ourselves as part of the body of Christ. Next month, during Mother’s day week-end, we will

have the opportunity to do all these things here at St. Luke. Mark your calendars for an exciting time of renewal. Our preachers include: The Rev. Churchill Worthery, pastor of All Saints Lutheran Church and The Rev.

Ed Kay, Assistant to the Bishop of the DE-MD Synod. Mr. Uriah Moore will direct a city-wide choir. Also joining us will be the praise band from Joy Reigns Lutheran Edgewater, Md. and the choir from St. Michaels Truth

Lutheran Church of Mitchellville, Md, as well as our own choirs. So invite a friend, invite your family and your neighbors. There be dinner at 6p.m. and worship at 7 p.m. Join us May 11th & 12th!

April Birthdays

04/01 Mentzer, Steven
 04/01 White, Renee
 04/01 McGarvey, Lydia
 04/02 Ward, Ellie
 04/06 McAdoo, Erica
 04/11 Fisher, Jeff
 04/12 McGarvey, Debbie
 04/14 Youells, Stephanie
 04/19 Salsberg, Shawn
 04/20 Orlando, David
 04/22 Jackson, Demetrius
 04/25 Herz-Lane, Pastor Margaret
 04/26 Nies, Lydia
 04/27 Rogers, Stella

Birthdays of our Shut-Ins for April & May

4-4 ***Mr. Charles Pack**
 2317 Covered Bridge Garth
 Baltimore, MD 21234-2513

4-19 **Ms. Eva Hewson**
 305 E. Joppa Road, #807
 Towson, MD 21286-3249

4-27 **Mrs. Stella Rogers**
 Country Meadows
 Living Quarters 2nd Floor
 2760 Pine Grove Rd.,
 Room 203
 York, PA 17403

5-5 ***Mrs. Evelyn Appell**
 8830 Walther Blvd.;
 Terrace 006
 Baltimore, MD 21234

5-7 **Mr. Roy Peterson**
 Maryland Masonic Home
 300 International Cr., Apt.104
 Cockeysville, MD 21030-1300

5-21 **Mrs. Ruth Geis**
 8820 Walther Blvd., Apt. 203
 Baltimore, MD 21234-9042

5-26 **Mrs. Mary Beck**
(100 years old)
 3 Fork Springs Court
 Baldwin, MD 21013-9311

Usher Schedule

USHER REMINDER: When you take the attendance count each week, please record it in the book. Someone from each team should be assigned to do this.

May 2012

George Boellner
 Lucy Boellner
 Rosalie Most
 Mitchell Most

June 2012

Jerry Miller
 Jennifer Miller
 Abai Formwalt
 Jeremy Houck-Tennant

**Altar Flowers**

Call the Church Office to get the date you would like.

The flowers are \$17.00 per vase.

**Men's and Women's Luncheons**

Next Lunch is May 16th at 11:30 a.m. at Hazelwood Inn.

Dear St. Luke Family,

Bob, Nicholas and myself would like to say thanks to all at St. Luke for caring so much. As many of you know Michael Lloyd passed away 12/30/11 and we had a lovely memorial service at St. Luke for him 01/21/12. We received many cards and notifications of contributions to St. Luke in honor of Michael.

On a lighter note Nicholas was Baptized Saturday 03/10/12 at St. Luke. We appreciate all that St. Luke has done for our family. Sincerely, Jeanne Rivkin

Dear St. Luke Family,

We have decided to attend another church that is closer to our home. Although it was a difficult decision to make, it is one we feel God supports. We want to be a part of a thriving ministry, but in our own community (Middle River.) We are so grateful for the wonderful people of St. Luke. You welcomed us with open arms over six years ago. We will cherish the friendships we have made here. We wish you all God's peace and love. Special Thank You to:

Jim Lightner for bringing us that Easter Lily. It was this simple jester of Christian love that brought us to St Luke in the first place. We wish you all the best in your future ministry. You will be great!

John Welker for supporting Zach and Aaron in their sporting endeavors. Seeing you on the sidelines, cheering them on and taking their pictures, meant a lot to the entire family.

Lisa Kleinwort and Norm Houck for taking over the Bookkeeper responsibilities. You know how difficult of a decision it was for me and you showed me such love and compassion. Your support means a lot me.

Most of all we want to thank Doris and Wayne Chlan who immediately made us feel like part of St Luke's family. We love you and thank God for blessing us with your friendship. We will continue to pray for you and the entire St. Luke family. Fondly-The Egners (Dennis, Kathy, Zach and Aaron)

Thank you! Pastor Margaret & Members of St. Luke, Thanks so much for the beautiful African Violet basket and all the cards received by the members honoring my 100th birthday. It is truly appreciated. Mildred Tall

Our prayers and sympathy

go to the families of Tevor Nalley, Perry Freburger and Peter Lapa-Lilly. (as of 4-25-12)

HEALTH MINISTRIES

“I went down to the grove of walnut trees and out to the valley to see the new spring growth, to see whether the grapevines had budded or the pomegranates were in bloom” Song of Solomon 6:11 NLT

Spring gives us such pleasure as we see everything coming back to life, and it's a reminder of the new life that we have through Christ's resurrection. Gardening is a pleasure for most of us, but it is also an exercise and can lead to injuries. Raking, mulching, planting, trimming, and digging are good physical activity, yet can result in pain and stiffness in our neck, shoulder, elbow, wrist, knees and back if we over-extend ourselves. To enjoy the flowers, vegetables and fruits without pain, try these tips from Dr. William Madosky, a St. Louis chiropractor.

Treat gardening as a sport: Warm up and stretch the muscles before beginning.

Be realistic: Plan your work carefully to avoid injury. Set a moderate pace and time schedule to allow enjoyment of the task and minimize potential injuries.

Remember good body mechanics: When lifting heavy bags of dirt or mulch, keep your back straight, bend your knees, lift with the legs, and hold objects close to your body. If shoveling, lift the dirt and turn the entire body to empty it-don't twist.

Change it up: Use different muscle groups and minimize the repetitive stress placed on joints and extremities by frequently changing activities.

Use a cushion, stool, or small bench when weeding: The support helps reduce stress placed on knees and spine from gardening movements.

Take frequent breaks: By stopping to stretch, getting a drink, or just enjoying the progress every half hour, you minimize your chance of injury or dehydration.

Stop gardening if fatigued or in pain: That “one last thing” when tired leads to injury. If pain

occurs, stop! If pain persists, apply ice to the affected area for 15-20 minutes at a time to reduce inflammation. **DO NOT USE HEAT**- it increases the inflammatory process. If pain persists, contact your doctor.



We can spend time in the garden appreciating the glory of God's creation, while caring for our body at the same time.

(Source: www.dradosky.com/articles.html)

Our next gardening event will be Saturday, May 5th

at

9:30 a.m. We will be planting vegetables and herbs at that time. Come be a part of this project sponsored by our Sunday School, Youth Group and our Health Ministry Committee. Bring your hand tools, shovel and gloves and come!



Getting Out the Word



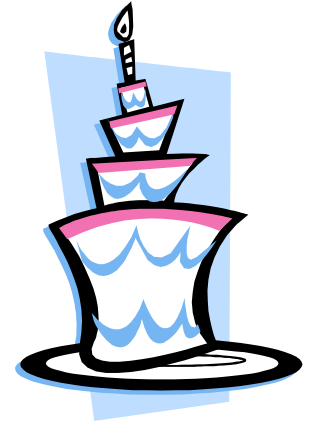
Sign Dedication:

Sunday, May 6th, immediately after the morning worship.

Mark your calendars now for the dedication of our newest outreach tool, our sign! It has a thousand bells and whistlers that are meant for one thing, proclaiming the Gospel. In addition now our whole neighborhood can know what is happening here at St. Luke.

Maybe you have never thought about it; especially if you and your family have been members of St. Luke for some time but, it is not easy to step into a church for the first time. I think that it takes a very brave individual to do so. After all, how will you be received? It is easy to see how new people who are interested in attending church are usually there at the invitation of a friend rather than just on their own. At least there is one face that will be familiar and one person to tell you which hymnal to use.

Hopefully, our sign will be a good introduction to our neighbors. I have already met one woman who told me that she reads our sign daily. "Just to see what's going on", she said. Now if she were just brave or curious enough to come in!



May Birthdays

- 05/01 Kelley, Judi
- 05/01 Okankwu, Helen
- 05/04 Orlando, Matthew
- 05/07 Peterson, Roy
- 05/07 Preisendorfer, Linda
- 05/08 Bauer, William
- 05/10 Miller, Jennifer
- 05/11 Lemmon, Marie
- 05/17 Haupt, Eric
- 05/20 Warner, Eileen
- 05/20 Vigilante, Linda
- 05/21 Geis, Ruth
- 05/21 Orlando, Jessica
- 05/22 Miller, Alina
- 05/24 Caprio, Tim
- 05/26 Beck, Mary
- 05/28 Williams, Karen
- 05/28 Williams, Kiersten
- 05/31 Provenzano, Candy

Send a card, give a hug, say a prayer all great gifts for a birthday.

**Thanks to all of you who remembered mine in such a delightful way.
Peace and blessings,
Pastor Margaret**

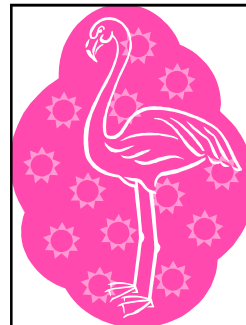
Hit by the Pink?

Has the pink fever caught you yet? Thus far, houses of families, friends and even houses of worship here in the city of Baltimore have been hit by this sign of the coming spring. The St. Luke youth have pinked pastors and a certain bishop...members and bosses of members... council folks and neighborhood folks all in the effort to raise money for the ELCA Youth Gathering in New Orleans. With their placing of pink flamingos in the yards of some poor un-

suspecting person they have generated a lot of fun and laughter for both the "gift" giver and the receiver.

The people of All Saints Lutheran Church were certainly surprised when they came to church finding not only the lawn figures, they put out the day before but a whole flock of pink flamingos to boot.

The recent youth spaghetti dinner and silent auction were also successful in the march to New Orleans so that



their efforts have raised over \$3,000 toward the cost of the trip. There is still a ways to go but with the continued prayers and support of our congregation we will see them in the French Quarter in July! Best Wishes to our young people.