

SHELLS MESSENGER

Shells Evangelical Lutheran Church

Vibrant Worship + Active Service

Accessible Education + Enriching Fellowship

287 Shells Church Road, Grantville, PA 17028

717-469-2586

www.shellschurch.org

We are a community of the Triune God, nourished by Word and Sacrament, sent forth by the Holy Spirit into the Grantville community and beyond to share the life-changing news of the Gospel of Jesus Christ in word and deed.

VOLUME 22, No. 2

April 2021

Dear Brothers and Sisters in Christ,

Grace to you and peace from God our Father and the Lord Jesus Christ.

Here is what you can expect during Worship following the March 9th Parish Council Meeting:

- The maximum attendance has been increased to 75 with no preregistration/call-ahead seating required.
- Masks covering your nose /mouth are required at all times in the building.
- All restrooms will be open to the public. We ask that you follow the sanitizing instructions found on the door of each restroom.
- Ushers will be in the Narthex to take your name for contact tracing. Please seat yourselves at least six feet apart (side-to-side and back-to-back). If you would like to sit in the balcony please notify an Usher.
- During Worship we will participate in a spoken liturgy.
- A Cantor will sing the Gathering and Sending Hymns for us to reflect on the text.
- Holy Communion will be distributed in both kinds (bread and wine) during Worship.

Worship times with Holy Communion will be Sundays and Wednesdays at 9am

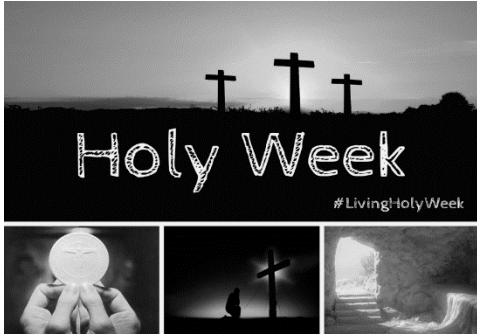
Lenten Vespers will be on Wednesdays at 7pm and Stations of the Cross will be on Sundays at 7pm.

Please look at the Holy Week Schedule and the Monthly Calendar posted in this newsletter for more detailed information and times. If you would be willing to serve as a Lector or Cantor during the Holy Week liturgies, please contact me or Barb Dupler - we could really use your help!

As we draw this 2021 Lenten journey to a close, may we truly empty ourselves so that we might be ready to be filled with the grace and mercy of Jesus' resurrection to eternal life that is prepared for us.

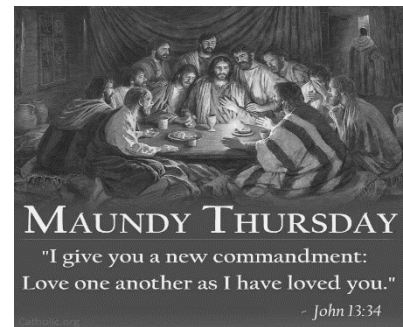
Your servant in Christ,
Father Barnes

Palm Sunday/Passion of the Lord Sunday will be celebrated on March 28 at 9am. The Processional Gospel will be presented by the Children/Youth Sunday School classes and the congregation will participate in the Passion Reading from St. Mark's Gospel.



Daily Eucharist will be celebrated during Holy Week on March 29, 30, and 31 at 10am.

Holy/Maundy Thursday Eucharist will be celebrated on April 1 at Noon and 7pm. We will celebrate the night of the first Eucharist and strip the church bare of all of our sacred images.



Stations of the Cross will be celebrated at Noon on April 2 (Good Friday). We will pray each of the stations through the lens of Holy Scripture as our Lord makes his way to the cross.



The Liturgy of the Lord's Passion (Good Friday) will be celebrated on April 2 at 7pm. We will celebrate the Lord's Passion with the reading of St. John's Gospel as well as pray the Bidding Prayers and Solemn Reproaches. Holy Communion will be distributed from the Reserved Sacrament in the Tabernacle and no Eucharistic Prayer will be said. This is the only day in the Church Year that the Eucharistic sacrifice of praise is not offered.

The Great Vigil of Easter will be celebrated as a Sunrise Service on April 4 at 6am. We will gather in the pavilion to light the new fire, bless the Easter Candle, and hear readings from the Old Testament. Following the singing of “This is the Feast” we will process into the church for the Eucharistic liturgy.



Festival Liturgy of Holy Eucharist for the Resurrection of the Lord will be held on April 4 at 9am. There will be no Sunday school this week. We will bless water for you to take home to remember your baptism daily throughout the Easter Season.

THANK YOU

Please see the thank-you notes from the workers at the Penn National Race Track, located in the narthex.

A note from Patty Harmon: Easter Craft & Vendor Event in the Park on Saturday, Mar. 27 from at 9a.m. - 1p.m at Houck Manor Park, 628 Walnut Ave., Hbg., Pa. 17112. (Right off of Linglestown Rd. across from C.D. High School) Free parking & free admission - this is an outdoor event. I will be selling masks and our Girl Scout Troops will be selling GS cookies.

Join Temple Beth Shalom in celebrating Passover and feasting together virtually at this online Seder during the 2nd night of Passover - Sunday, March 28 at 6:30pm. We will be live-streaming this celebration in the Social Hall as an educational opportunity for Shells Church. We will not participate in the Seder but only observing the celebration for our own understanding and study.

We are still looking for volunteers for the Road clean up. The signup sheet is in the narthex.

Synod Assembly: We are looking for a male and female delegate to 'attend' this virtual event. Please contact Reverend Barnes or Steve Espenshade if you are interested in attending. Gathering under the theme, “**Encountering Jesus,**” our 34th annual Synod Assembly will celebrate the presence of God in and through our congregations, our conferences, and our synod. Due to the pandemic’s continued uncertainty and for the safety of all, **our 2021 Synod Assembly will be held totally online.**

The business of the assembly will begin the evening of June 4 and conclude at the end of the day on June 5. The business agenda includes worship, adoption of the 2022 budget, and essential elections for Synod Vice President, Synod Treasurer, Synod Council, committees, and 2022 Churchwide Assembly.

Future Event planning: 2025? What is going to be special about that year here at Shells Church??? If you don't know, it is the recognized 200th Anniversary of Shells Church!! For those that remember 50 years ago, the 150th Anniversary was celebrated with an entire week of various events every evening. We are looking for any volunteers with ideas, suggestions, and willingness to help plan and organize this significant occasion in our church history. Anyone with old pictures or mementos from the history of Shells Church, please start to gather those together. See Steve Espenshade for any questions.

BAPTISMAL ANNIVERSARIES

March
 Rick Blair
 Rich Espenshade
 Diane Gotshall
 Terry Kamerzel
 Jack Ulsh
 Mildred Bower
 Patty Harmon
 Bert Gussler
 Connie Terry

April
 Mike Hilbert
 Mary Pankake
 Joran Frye
 Barbara Dupler
 Pauletta Shelahamer
 Glen Peterson
 Grace Peterson
 Haidee Peterson
 Jean Wiest
 Diana Budd
 John Terry
 Rosemary Deibler
 Dave Rodemaker

Erna O'Brien
 Linda Blair
 Christiana Frye
 Benjamin Roush
 Rena Sattazahn
 Karen Gussler
 Bev Ulsh
 Betty Lou Cain
 Crystal Blair
 Aidan Mende
 Stephen Shellenberger

God will never forget that you are his child.

BIRTHDAY GREETINGS

Mar 02	Nadine Hoover	Apr 4	Rick Elliott
Mar 05	Stephen Shellenberger	Apr 7	Chad Leese
Mar 12	Raelene Smith	Apr 10	Vicki Hilbert
Mar 16	David Terry		Erik Espenshade
Mar 19	Ken Espenshade		Lucas Terry
	Dave Rodemaker	Apr 12	Ed Fake
Mar 20	Mike Hilbert		Holly Roush
	Evan Dupler		Albert Germann
Mar 22	Michael Hilbert, II	Apr 15	Sarah Molitoris
Mar 23	Herb Fisher	Apr 17	Charlotte Tolland
	Colton Tolland	Apr 18	Kelly Kauffman
Mar 24	Colton O'Brien	Apr 21	Zane Stayton
Mar 25	Patricia Dengel	Apr 22	Norma Shelahamer
Mar 28	Tyler Smith	Apr 26	Betty Espenshade
Mar 30	Tom Mader		Jameson Hilbert
	Emily Dupler	Apr 27	Karen Elliott

Prayer List: Kristen Barnes, Rose Espenshade, Ed Fake, Al Germann, Marianne Germann, Angie Gonzales, Randy Gotshall, Alfred Howard, Doug Howard, Jr., Keira Karijomenggolo, Sandy Mader, Sam and Amanda Mende, Mary Pankake, Lucas Smith, Larry Suhr, Bev Ulsh, Jack Ulsh, Our Shells Family Shut-ins, Our Law Enforcement Officers and Service Women & Men, especially Trey Duncan, Christ Espenshade, Nikolas Jaggan, James Hess and Chris O'Brien, and our Service Ministry

Family & Friends: Saadia Baker, June Balakonis, Fran Buchanan, Carolyn, Shirley, Louis, Charlotte, Molly Corl, Richard Cromer, Verna Ebersole, The Rev. Courtney Erzkus, Eva Fake, Craig Feaster, Mary Feaster, Martha Kipp, Lydia Joy Konisiewicz, Carol Krohn, Paul Levi, Breaux Linn, Christine Matthews, Jean May, Rosalyn Miller, Deborah Nickle, Pat O'Brien, Amanda Peck, Ken Rebuck, Molly Reinhart, Arlene Risser, Ryan, Jeff Sanders, Linda Sanders, Barb

Shaeffer, Matt Stayton, Steve Tentylo, Frieda Terry, David Volkman, Bill W., Cookie Watts, Terry Whitehaus, Joey Wilk, Carol Wilson, Ann Wolfe and Jennie Womack.

Anyone wishing to place someone on the prayer list may call Theresa at Shells office, at 717-469-2586 or email at shellsadmin@shellschurch.org. Also, please remember to remove the names when it is appropriate.



SHELLS MUSIC MINISTRY

*If you but trust in God to guide you
with gentle hand through all your ways,
you'll find that God is there beside you
when crosses come, in trying days.
Trust then in God's unchanging love;
Build on the rock that will not move.*

We just celebrated the Fourth Sunday of Lent, Laetare Sunday, whose name is derived from the Latin verb meaning "to rejoice." Traditionally, this Sunday has been a day of celebration, within the austere period of Lent. Rose-colored vestments and paraments can replace the traditional violet color for Lent. Laetare Sunday marks 21 days before Easter Sunday, a day of hope with Easter at last within sight.*

Our **worship guidelines** have been revised by church Council. Following are the new guidelines: Effective March 17, one cantor may lead the first and last hymn (and optional psalm) as well as one non-wind instrumentalist. Cantors and musicians must be masked at all times, even while singing/playing and seated in the back of the choir loft. Following these new guidelines, we will once again utilize **cantors during worship**. We will continue with spoken liturgy, and there will be no congregational singing at this time. Please **prayerfully consider serving in this role** to enhance our worship.

The **Senior Choir** serves our congregation in a leadership role, sharing their gifts of music as they enhance and support our worship. At this time choir rehearsals are temporarily suspended.

Our **Children in Worship** continues this month for our children in preschool through sixth grade, presenting the scripture reading with rhythm instruments from Mark 11:1-11, and leading the *Procession with Palms* on March 28, 9:00 am, the Sunday of the Passion/Palm Sunday. The reading from Mark tells the story of Jesus, mounted on a colt, entering Jerusalem with his two disciples, with the crowds shouting their hosannas! We use rhythm instruments to highlight the reading. I hope your child/children will join us to participate in this special service.

Our **Children & Youth Handchime Choir** for grades 2nd through 8th grade, has restarted rehearsals the first and third Sunday of each month. We rehearse in the choir room immediately following worship at 10:15 am. Our ringers work on ringing techniques, recognizing notes and learning music for worship. Please join us to discover handchimes!

Please don't hesitate to call, text, or email if you have any questions:

Cell phone, 717-991-8862; home phone 717-469-0127; or email at scdbjd@aol.com.

*Sing, pray, and keep God's ways unswerving,
offer your service faithfully.*

*Trust heaven's word; though undeserving,
you'll find God's promise true to be.*

*This is our confidence indeed;
God never fails in time of need.*

ELW 769 Georg Neumark (1621-1681)

*The Catholic Encyclopedia

With joyful songs and praise,
Barbara Dupler
Director of Music



The Medical Minute: Colonoscopy comes calling earlier under new screening guidelines

Unpopular among patients for its night-before bowel prep and fasting, the colonoscopy is one more reason people lament turning 50. But evolving evidence shows the screening test should actually start at age 45 for people at average risk for colorectal cancer.

“We have good news in that the incidence of colorectal cancer for people age 50 and above has decreased by 38%, but the incidence in people ages 20 to 49 has increased 55% in the past couple of

decades,” said Dr. Hadie Razjouyan, a gastroenterologist at Penn State Health Lime Spring Outpatient Center. “The cancer is being detected at more advanced stages in this age group, and this is probably because they are not being screened.”

The American Cancer Society recommended screening for those at average risk begin at age 45 two years ago. Other professional organizations, including the U.S. Preventative Services Task Force, are currently drafting new guidelines that agree.

Risk factors for the disease – the third leading cause of cancer-related death in the U.S. – hint at why the incidence is increasing among younger people.

Obesity, which is on the rise in the U.S., smoking, lack of physical activity and a sedentary lifestyle – made worse recently by COVID-19 quarantining – are risk factors. Consuming red meat and foods with high fructose corn syrup also may contribute to risk, doctors say.

One recent study identified several Central Pennsylvania counties as hotspots for early onset colorectal cancer deaths in young women, as compared with the rest of the country, Razjouyan said. Physical inactivity, community health behavior and socioeconomic status were among the risk factors identified.

“Access to surveillance is key,” said Dr. Kofi Clarke, a gastroenterologist at Penn State Health Milton S. Hershey Medical Center. “We have good data that shows screening for colorectal cancer leads to early detection and decreases the death rate.”

From their viewpoint, colonoscopy is the preferred screening test because it is diagnostic and allows for removal of polyps at the same time. However patients at average risk for colon cancer should be offered all the appropriate options for screening. Certain types of polyps – small growths in the lining of the colon – may develop into cancer.

Whether insurance will pay for screening colonoscopies before age 45 varies by carrier, but as evidence of earlier onset mounts, insurance companies are more likely to cover it, doctors say.

Other screening options are a FIT (fecal immunochemical test) or FOBT (fecal occult blood test) every year, stool DNA test every three years, a CT colonography or flexible sigmoidoscopy every five years. By contrast, a normal colonoscopy with good bowel prep gives the patient at average risk a 10-year window before the test is needed again.

“We always say, however, that some type of screening is better than no screening at all,” Clarke said. “That’s why it’s important to give patients all the options.” Some of the other screening procedures, such as CT colonography and sigmoidoscopy, also require some bowel prep, he said.

Colonoscopy preparation has actually improved in the past decade, eased by low-volume solutions, flavored options and splitting the dose into a longer time period, Razjouyan said.

Still, there’s no getting around the fact that it can be a challenging experience – but one that could save your life.

“We have been able to reduce cancer deaths by 30% in the past three decades with screening, which is why it is so important,” Razjouyan said.

Patients at greater risk due to a strong family history of colorectal cancer or pre-cancerous polyps should generally start screening at age 40 or 10 years earlier than their relative was diagnosed, he said. It’s important to discuss your personal situation with your doctor.

While COVID-19 caused a delay in screening colonoscopies, Clarke said preferably they should not be delayed beyond six months. People with symptoms, such as change in bowel habits, blood in the stool, constipation or narrowed stools, should not postpone making an appointment.

Patients need not fear coming in for the procedure, doctors said. Every patient must have a negative COVID-19 test before arrival, answer screening questions and social distance in the waiting room. Experts take more steps to clean the procedure rooms since the pandemic.

The [Medical Minute](#) is a weekly health news feature produced by Penn State Health. Articles feature the expertise of faculty, physicians and staff, and are designed to offer timely, relevant health information of interest to a broad audience.

Good food, good mood



Can improving your diet improve symptoms of depression? A small study out of Australia suggests that it might be a good tool to add to your treatment plan.

The study involved 76 university students ranging in age from 17 to 35 years old. All of them had moderate to severe symptoms of depression. And they all had a diet high in processed foods, sugar and saturated fats.

The students were divided into two groups. One group continued their regular diet. The other group was briefly taught how to improve their diet and given a basket of healthy foods

and money toward future groceries. Researchers twice checked in on each member of the second group via phone calls.

Each student was scored on depression, anxiety and overall mood at the start of the study and again when the study ended three weeks later.

At the end of the study, those who had changed their diet showed a significant improvement in mood. Their levels of anxiety were lower. And their depression scores had dropped into normal range. There was no change in these areas for the group whose diet remained the same.

Researchers followed up with 33 of the students three months later. Those who had remained on the healthy diet—which included fewer processed foods and more fruits, vegetables, fish and olive oil—maintained their improvements in mood.

The researchers concluded that diet changes could be a helpful addition to other therapies in treating depression.

Future studies would need to confirm the results in a larger, more diverse group of people—and identify which interventions were most helpful.

The study was published in the journal [PLOS One](#).

Original source: <https://pennstatehershey.netreturns.biz/HealthInfo/Story.aspx?StoryId=2a0f33dc-49cd-4d02-860c-0d5e40d2659a#.XqsivRNKhBw>

RECIPE COURTESY OF FOOD NETWORK KITCHEN

RECIPE COURTESY OF FOOD NETWORK KITCHEN

Herbed Chicken Marsala



Ingredients

- ☒ Four 4-ounce boneless, skinless chicken breast cutlets
- ☒ Kosher salt and freshly ground black pepper
- ☒ 1/3 cup whole wheat flour
- ☒ 1 1/2 tablespoons extra-virgin olive oil
- ☒ 3/4 cup low-sodium chicken broth
- ☒ 1/3 cup sun-dried tomatoes (not packed in oil; not rehydrated), finely chopped or very thinly sliced
- ☒ 1/2 teaspoon finely chopped rosemary
- ☒ 10 ounces white button or cremini (baby bella) mushrooms, sliced
- ☒ 1/3 cup sweet Marsala wine
- ☒ 2 teaspoons unsalted butter
- ☒ 1 to 2 tablespoons roughly chopped flat-leaf parsley

1. Place the chicken cutlets between 2 pieces of plastic wrap and pound with a meat mallet (or the flat side of a chef's knife) until about 1/3-inch thick. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
2. Put the flour on a medium plate. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the chicken in the flour to fully coat, shaking off any excess. Add the chicken to the skillet and fry until fully cooked and golden brown, about 4 minutes per side. Transfer to a platter and tent with foil to keep warm.
3. Add 1/2 cup of the broth, the sun-dried tomatoes and rosemary to any remaining drippings in the skillet and cook, stirring frequently, for 1 minute to plump the tomatoes. Add the mushrooms, 1/4 teaspoon salt and 1/2 teaspoon pepper and cook until the mushrooms are soft, about 5 minutes. Add the Marsala and bring to a boil. Add the remaining 1/4 cup broth and the butter and simmer until the butter is fully melted, about 30 seconds.
4. Spoon the mushroom mixture and sauce over the chicken, sprinkle with the parsley and serve.

Cook's Note

This recipe uses regular whole wheat flour, but for a slightly more refined coating, whole wheat pastry flour can be substituted.

2021 ALTAR FLOWER CHART is available for sign up. Please fill out a purple form and submit payment to let us know who you will be honoring/ remembering and whether you want to keep or donate the flowers to our home bound. Please designate which Sunday you are donating on the top of the form. *Thank you.*

SHELLS EVANGELICAL LUTHERAN CHURCH COUNCIL MEETING MINUTES

March 9th, 2021

Steve Espenshade, Council President, called the meeting to order at 7:00PM.

Present: Rev. Barnes, Colin Blair (Zoom), Rich Espenshade, Steve Espenshade, Karlene Jaggan, Raelene Smith (Zoom), Mark Stremmel, Sherry Ulsh, Justine Wiltraut (Zoom)

Excused: Glen Peterson

Karlene opened with a devotion.

Mark made a motion to accept the Council minutes from February 2, 2021. Rich seconded. Motion approved.

Treasurer's and Financial Secretary's reports for February were reviewed. Reports are accepted as presented.

Reports will be filed for audit.

Correspondence was reviewed as follows:

- Donation requests from USO and Grantville Fire Company

Discretionary Outreach:

- Justine made a motion to donate \$200 to Lower Dauphin's Mini-Thon to benefit the Four Diamonds Fund.

Raelene seconded. Motion passed.

Pastor's Report: Council reviewed the Pastor's report from March.

Highlights: Virtual home visits through Zoom and FaceTime, appointed by synod council to serve on safe immigration task force, nominated to serve on disciplinary committee for synod, nominated to be representative of synod to go to church wide assembly.

- Looking for a male and female from Shells congregation to represent Shells and attend the synod assembly (which will be online May 8, May 22, June 4) Looking Ahead: wedding ceremony (upon council approval)

Ministry Reports:

Worship & Music – Rev. Barnes reported that in-person attendance for 9am has increased from 25 to almost 50 people in the recent weeks. Live virtual attendance is around 55-65 people, although more people do view the video later in the day or later in the week. See unfinished business below for a motion from Music and Worship Ministry.

Altar Care – Meeting scheduled to discuss Easter.

Witness - Rev. Barnes would like witness to join with service ministry to plan a project to support Lutheran World Relief.

Learning – Met on Feb. 28th to discuss VBS 2021 - Treasures: Discovering You're Priceless to God

- Co-directors: Luke Holler and Megan Frye
- July 11-15, 6-8pm, no meal
- PreK-5th grade

***We are still looking for a learning ministry chairperson and council liaison. Please reach out to Pastor or any council member if you are interested!*

Service – On March 2nd, three Shells members volunteered for the Central PA Foodbank. This occurs on the first Tuesday of every month at the Farm Show Complex. For Valentine's Day, Service Ministry made gift bags for the Autumn Leaves program.

Card Ministry – No action required.

Fellowship – Erna O'Brien used her Thrivent gift card to buy new pots and pans for Shells' kitchen. Rev. Barnes noted that other parishes have been serving pick up meals for congregation and community members.

Race Track – Next meal is March 15th. We're serving about 40 meals each month.

Health – No action required.

Finance – No action required.

Property – Dusk to dawn lights need replaced, but we are experiencing drastic shipping delays.

Technology – Zoom meeting scheduled for March 16th to discuss current capabilities, current needs, and future needs.

Stewardship – No action required.

Strategic Planning – No action required.

Youth – No action required.

Mutual Ministry – Need to add a past council president or vice president to this ministry. This wording may need adjusted during future by-laws and constitution updates to better support Shells' needs.

Unfinished Business:

- In-person worship guidelines:
 - o Barb Dupler and Erica Strang were in attendance to represent Worship & Music Ministry for the following motion: Worship and Music Ministry made a motion to return to the singing of hymns and select parts of the liturgy by the congregation during worship services and utilizing cantors and instrumentalists. Raelene seconded. Barb and Erica also shared personal insight of their support for the motion. Council discussed this motion at length including benefits of including music in worship, the increased risk of singing indoors, and other options for music instead of singing. Motion denied unanimously.
 - o Sherry made a motion, effective March 17, that one cantor may lead the first and last hymn (and optional psalm) as well as one non-wind instrumentalist. Cantors and musicians must be masked at all times, even while singing/playing and seated in the back of the choir loft. Those not offering a musical selection are to be seated in the front pew (to avoid two individuals being together in the choir loft, within six feet). Karlene seconded. Motion passed unanimously.
 - o Karlene made a motion to discontinue the 11:00am Sunday service. Mark seconded. Motion passed unanimously.
 - o Sherry made a motion to discontinue pre-registration for Sunday services (to still include counting and sign-ups at the door). Mark seconded. Motion passed unanimously.
 - o Mark made a motion to increase the maximum number of attendees from 50 people to 75 people. Colin seconded. Motion passed.
- Love of Family Fund Policy Updates (to be completed at April 2021 meeting)
- Constitution Revision
- Guidelines and SOP Updates – Each committee/ministry will need to update their SOPs and send to council for approval within this year.
- Safety Task Force
- Recognition Program
- Ways to Give Card
- 2025 Anniversary - Looking to create a task force in 2021.

New Business:

- Karlene made a motion to approve use of the building (sanctuary) to allow the marriage ceremony of Judd Erdman and Mariah Librandi on March 19th at 3pm (for a maximum of 6 attendees). Sherry seconded.

April newsletter articles are due by March 15th, 2021.

Next council meeting is scheduled for April 6th, 2021 (different than our typical second Tuesday, possibly outside depending on weather). Colin has devotions.

Council shared joys and concerns. Karlene closed with a devotion.

Motion to adjourn made by Sherry and seconded by Mark. Meeting adjourned at 9:08PM.

Respectfully submitted,

Justine Wiltraut, Council Secretary

Altar Care Schedule:

4/4 - Raelene, Diane, & Sandy
 4/11 -- Louise & Karen
 4/18 - Terri, Diane S, Katie
 4/25 - Louise and Bobbie
 5/2 - Steve, Kathy, Bethany
 5/9 - Raelene, Diane, & Sandy
 5/16 -- Louise & Karen
 5/23 - Terri, Diane S, Katie
 5/30 - Louise and Bobbie



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 10am Daily Eucharist	30 10 am Daily Eucharist	31 10am Worship	1 Noon and 7 PM Holy/Maundy Thursday Eucharist	2 Noon Stations of the Cross 7 PM Liturgy of the Lord's Passion	3
4 6am Easter Vigil 9am Worship	5	6 Central PA food Bank 5-7 PM 7 PM Council Meeting	7 9am Worship	8	9	10
11 Easter 2 9am worship 9 am Children & Youth Sunday school 10:00 Adult Forum	12 6:30 Bible Study	13	14 9am Worship	15	16	17
18 Easter 3 9am worship 9 am Children & Youth Sunday school 10:00 Adult Forum 10:30 Hand chime choir	19 6:30 Bible Study	20	21 9am Worship Food Pantry	22 Food Pantry	23 Food Pantry	24
25 Easter 4 9am worship 9 am Children & Youth Sunday school 10:00 Adult Forum	26	27	28	29	30	
	Rev. Barnes Continuing Education Retreat April 25 -30					

**SHELLS EVANGELICAL
LUTHERAN CHURCH**

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Barbara Dupler, Director of Music

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Administrative Assistant

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Council Members:

C. Blair, R. Espenshade, S. Espenshade (P), K. Jaggan, G. Peterson, R. Smith (VP), M. Stremmel, S. Ulsh, J. Wiltraut (Sec.)