

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 21, No. 7

December 2020

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

First, I would like to thank you all for your support of the ministry at Shells Lutheran Church throughout 2020. This was a very different year for all of us and I am extremely grateful to share in the work of the Church with you. Although we are behind in giving, we have so much to be thankful for.

By the time you are receiving this newsletter, Advent will have already begun. Advent is a season of penitential preparation for the coming of Christ - both as a child and in the age to come. We wait with anticipation for the birth of the Incarnation of God and for his return in glory. May we be alert and awake so that we can notice the presence of Jesus both in our worship and in our daily lives.

I wish you all a blessed Advent and very Merry Christmas.

Your servant in Christ,
Fr. W. L. Barnes, III, *STS*



CHRITMAS EVE WORHSIP TIMES

December 24, 2020

Candlelight Liturgy of Holy Eucharist
at 7:30pm – *live-stream only*

Bonfire and Night Prayer
with distribution of Holy Communion
at 10pm – *outside and open to the public*

The December Racetrack meal will be on Monday, December 21st. Usually, we provide this



meal in conjunction with their Christmas worship service. As with most events this year – those plans may change. However, we will be providing a turkey dinner this day whether or not they have their special service. I am asking for your help with this meal. We serve turkey, stuffing, mashed potatoes, gravy, dinner rolls, and corn. Please sign up in the narthex to help us cook for this meal. The Racetrack meal team meets in the church social hall at 4:30 the night of a meal. We make 40 individual ‘to go’ boxes and drop them off at the racetrack Chapel. We would appreciate any help you are able to offer for this meal.

Also, we would like to provide homemade ‘goodies’ for this meal. For the past two years, the Youth have made plates of cookies for the meal, as well as donations from the congregation. This year, we are asking you to remember our friends and neighbors at the racetrack. Please think of them when you do your Christmas baking this year and donate some of your delicious cookies and treats for their Christmas dinner.

Thank you for always supporting this great cause. Thank you to the Racetrack meal team!

The Adult Sunday School Class will be providing toiletry bags for 40 men this year. We will need towels, wash clothes, soap, hand sanitizer, deodorant, shampoo, shave cream, razors, toothpaste, toothbrushes, combs, lip balm & tissues. All items must be at the church by Dec. 11th. We will assemble them on Dec. 13th.

December 6 at 10:30am will be the continuation of our Annual Congregational Meeting (began earlier in the year and suspended due to COVID). There will be a Zoom link available for those who wish to participate in that way. Please contact Father Barnes if you would like the Zoom link.

There are Advent Devotionals for all ages available in the Narthex. Please contact the Church Office to coordinate a time to pick them up.



Due to the recent concerns regarding Covid 19, Altar Guild will not be sponsoring homemade cookie plates for our Church's shut-ins. Instead, we will be collecting pre-packaged and individually wrapped snacks and cookies, such as crackers or Tasty Kakes. Please have your donations to the sacristy by December 6.

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.*

BAPTISMAL ANNIVERSARIES

*Kevin O'Brien
Erica Wilkinson
Sylvia Fisher
Megan Frye
Dan Boyer
Julia O'Brien
Colton Tolland*

*Bethany Espenshade
Suzanne Molitoris
Ellie Frye
Bobbie Boyer
Isaac Mende
Lauren O'Brien
Alfred Howard
Brandon Suhr*

God will never forget that you are his child.

BIRTHDAY GREETINGS

Dec 03	Dick Wenner
Dec 05	Rick Blair
Dec 06	Mary Pankake
	Erica Strang
Dec 12	Bert Gussler
	Brenda Frye
	Cecilia Stremmel
Dec 14	Abigail Blair
Dec 18	Jordan Frye
Dec 19	Terry Kamerzel
Dec 24	Ruth Espenshade
Dec 27	Mildred Bower
Dec 29	Elizabeth Leppo
Dec 30	Betty Lou Cain

Prayer List: Crist Espenshade, Rose Espenshade, Ed Fake, Angie Gonzales, Randy Gotshall, Alfred Howard, Doug Howard, Jr., Keira Karijomenggolo, Kim Kauffman, Sandy Mader, Sam and Amanda Mende, Mary Pankake, Lucas Smith, Bev Ulsh, Jack Ulsh, Adella Wagner, Our Shells Family Shut-ins, Our Law Enforcement Officers and Service Women & Men, especially Trey Duncan, James Hess and Chris O'Brien, and our Stewardship Ministry

Those who have died: N/A

Family & Friends: Saadia Baker, June Balakonis, Bill Birtle, Ann Bontiz, Fran Buchanan, Carolyn, Shirley, Louis, Charlotte, Molly Corl, Verna Ebersole, The Rev. Courtney Erzkus, Eva Fake, Craig Feaster, Mary Feaster, Kyle Gordon, Jessica Helman, Yara Jaggan, Martha Kipp, Lydia Joy Konisiewicz, Carol Krohn, Nicole Leiby, Paul Levi, Breaux Linn, Christine Matthews, Jean May, Rosalyn Miller, Pat O'Brien, Amanda Peck, Ken Rebuck, Molly Reinhart, Ryan, Jeff Sanders, Linda Sanders, Barb Shaeffer, Matt Stayton, Steve Tentylo, Frieda Terry, David Volkman, Bill W., Cookie Watts, Terry Whitehaus, Carol Wilson 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



*"Joy to the World, the Lord is come!
Let earth receive her king;
Let ev'ry heart prepare him room
And heav'n and nature sing,
And heav'n and nature sing,
And heav'n and heav'n and nature sing."*

The **Senior Choir** is working on choral selections for Advent and preparing special music for the Christmas season. Senior choir rehearses in the Sanctuary on **Thursday** evenings from **7:00 – 7:45 p.m.** An invitation to join choir for this special season is extended to Senior High youth through adults – please join us!

Our ***Children In Worship*** Sunday School music program continues for our preschool through sixth grade children. **December 6** is our next *Children In Worship* Sunday, with Shells Bells playing "*Suo Gan*," a Welsh lullaby, and the 3rd through 6th grade Sunday school class leading the Prayers of Intercession.

The **Handchime Choir** will rehearse December 6th, 13th, and 20th immediately following church (**approximately 10:15**) in the choir room. We're inviting anyone who would like to discover handchimes to join us for an **intergenerational handchime choir** for the Christmas season.

Please contact me if you are interested in sharing in our music program with special music and/or instrumental music during the Christmas season. I can be reached by cell/text 717-991-8862, home 717-469-0127, or email scdbjd@aol.com. I hope you will join us for this special time of year!

With peace and joy,
Barbara Dupler
Director of Music



A long and uncertain pandemic

Health care providers on the frontlines of the COVID battle have seen how approaches to treatment and prevention have evolved, sometimes seemingly overnight, often resulting in a sense of uncertainty, anxiety or even doubt with the public.

“It’s been like drinking out of a firehose,” said Dr. Jonathan Nunez, an internal medicine physician at Penn State Health Milton S. Hershey Medical Center, reflecting on the last several months of the pandemic. “Every day we’ve learned something new.”

One of the most significant evolutions he has witnessed — one that may have played a role in some people’s continued unwillingness to mask properly — is guidance on face coverings for the general public.

“At first, we were told that only health care workers needed to wear a mask,” Nunez said. “But since those early days, there’s been a lot of evidence overall that wearing masks may definitely slow the spread of the virus and help people from transmitting it to others, especially if they’re asymptomatic.”

Another theory from early in the pandemic was that the warmer weather over the summer would potentially halt the virus, as it does with other seasonal respiratory diseases. “Super spreader events in the form of outdoor gatherings showed that this unfortunately wasn’t the case for COVID,” Nunez said.

Nunez advises that anyone considering in-person activities like dining out or shopping make sure that everyone in the establishment is abiding by the rules. “Are they wearing masks, covering the whole face, sitting six feet apart?” he asked, adding that even with these measures, “There is no absolute decreased risk.” He prefers creative solutions to social gatherings.

Minding your mental health

The relentless pace of the pandemic and the resulting social distancing restrictions have been exhausting and stressful, explains Dr. Julie Graziane, a psychiatrist at the Milton S. Hershey Medical Center. “But there are things that we can do to help mitigate a lot of those stressful emotions,” she said.

Graziane suggests an emotional reframing of quarantines and social distancing restrictions. “Don’t think of them as things we’re being forced to follow, but rather as actions we’re freely choosing to do to help others,” she said. “We shift it into an altruistic action as we do these things to help our loved one, our neighbor, even the stranger in the community that we care about.”

The colder weather and fewer hours of daylight can add to the emotional burden of that COVID causes.

“We’ve been watchful with mental health as individuals experience significant emotional stress during the pandemic,” Graziane said. “And we’re especially concerned as we head into the winter months that play a role in some people’s depression.”

One significant stressor from COVID that Graziane points to is the disruption to routines, such as getting the kids on the bus in the mornings or driving to work. She recommends establishing new routines.

“Have a regular awake time or regular sleep time, and regular meal times,” Graziane said. “Then take some time during the day to check in with yourself, how you’re feeling about the day, the situation. Incorporating healthy activities like exercise and mindfulness, and then pleasurable activities.”

Reflecting on what was important to them and provided meaning to their lives prior to the pandemic can help people find strength and purpose as quarantines continue, Graziane said. “And don’t be afraid to reach out for help. If you feel like you’re struggling with getting through this, talk to someone such as a loved one, a physician, a counselor or a friend.”

Nunez stresses that we take the time to check in with others. “Maybe someone you know is struggling and just because you don’t ask, they don’t mention it,” he said. “We’re all going through this. We are not alone.”

Hopeful while remaining vigilant

While recent news that an effective vaccine is expected to come to market soon points to an eventual end to the pandemic and its social restrictions, both Graziane and Nunez stress that the general population is still perhaps months away from being able to receive the two-part vaccination.

“For now, we must remain ever vigilant,” Graziane said.

That includes celebrating the holidays very differently this year.

“I think what’s important this holiday season is remembering that we’re trying to stay healthy and we’re also really trying to keep others healthy,” said Nunez, “especially our patients who are vulnerable and at risk for severe complications of the disease.”

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.

COVID and the Upcoming Holidays.

Dr. Glenn Buchberger is giving his patients sobering advice these days.

“Unfortunately, I do not have many happy answers this year to questions about staying healthy at the holidays,” said Buchberger, an internist and pediatrician at Penn State Health Milton S. Hershey Medical Center. “This is a tough year for families to get together.”

Buchberger said in light of COVID-19, patients, friends and relatives have been asking his advice on whether there is a safe way to gather around a table for a meal with loved ones, especially around the upcoming Holidays.

His answer: the only sure way to avoid infection is to not gather in person, but if families are willing to accept some risk and they really want to be together in person, the best approach is a strict 14-day quarantine ahead of the holiday. People who are traveling should take their own car, not fly or take a bus. While airlines in particular have found ways to keep air purified and have strict cleaning protocols, that may not be enough, he contends. Being around other people or touching surfaces in an airport could be a risk of contracting COVID-19, regardless of whether your fellow travelers are wearing masks.

The second-best option, he added, is planning a gathering with a small group to take place outdoors or even in a garage with the door open. Slightly less preferred would be to have a large group gather together outside.

Having people who have not quarantined come together in a home is not recommended, he said, especially if it is a large group. And, while air purifiers may help some, they will not fully protect people in the same room with someone who is infected with COVID-19.

Across the country right now families are discussing their options for celebrating Thanksgiving, Hanukkah, Christmas and other holidays together while COVID-19 health restrictions are necessary. People who have always been together during these happy times are struggling with the idea of being physically apart.

Add to the equation that hundreds of thousands of college students soon will be on their way home, some potentially bringing COVID-19 with them. They could spread it if they interact with friends, siblings, parents and grandparents, who are at a much higher risk of serious illness. The holiday season also is when an uptick in seasonal influenza cases occurs, and health care professionals are telling people to get a flu shot more than ever this year.

As for getting a COVID test before getting together with family, Buchberger said that can give a false sense of safety. He warns that having a negative result on a COVID test does not always mean a person is virus free; it just means they are not shedding enough COVID virus to show up on the test. People could be in the early stages of the illness, before any symptoms appear, he said. Another factor to keep in mind is that someone could easily contract the new coronavirus after they have been tested.

“The positive of all of this is we do know how to prevent this thing,” said Buchberger. “We know that being apart and wearing masks work.”

In the end, families may decide, for the safety of everyone, especially older loved ones and people with underlying conditions, the best way to be together is online. That, said Buchberger, is the safest approach. Sharing a meal virtually will keep everyone’s mind at ease that no one is going to become seriously ill.

“We just have to think that being apart is a loving, caring decision we make,” he said.

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.

White Christmas Sangria

This punch has a pleasant fruity flavor. It's not too sweet so everyone will enjoy it! —Taste of Home Test Kitchen

Prep/Total Time: 10 min.

Makes

21 servings (3-3/4 quarts)

Ingredients

- 6 cups white cranberry juice, chilled
- 3/4 cup thawed lemonade concentrate
- 3 bottles (25.4 ounces each) sparkling grape juice
- Pomegranate seeds and sliced grapefruit, oranges and kiwi, optional



Directions

- Combine cranberry juice and lemonade concentrate in a punch bowl; pour in sparkling grape juice. If desired, add pomegranate seeds and sliced fruit. Serve immediately.

Nutrition Facts

3/4 cup: 110 calories, 0 fat (0 saturated fat), 0 cholesterol, 5mg sodium, 28g carbohydrate (28g sugars, 0 fiber), 1g protein.



SHELLS EVANGELICAL LUTHERAN CHURCH

October 13th, 2020

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

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

Excused: Glen Peterson

Absent: Amanda Mende

Steve opened with a devotion.

Karlene made a motion to accept the Council minutes from September 8th, 2020. Sherry seconded. Motion approved.

Treasurer's and Financial Secretary's reports for September were reviewed. Reports were accepted as presented. Reports will be filed for audit.

Correspondence was reviewed as follows:

- Donation from Lion's Club and thank you for use of facilities
- Thank you from Race Track members for sneakers

Discretionary Outreach:

- Raelene made a motion to donate \$300 to Lutheran Camping Corporation. Sherry seconded. Motion passed.

Pastor's Report: Council reviewed the pastor's reports from September.

- Highlights: Live streaming worship, outdoor worship, one wedding, meeting with committees

Ministry Reports:

Worship & Music – Met on September 22, 2020. Choir rehearsals will be starting next week in small groups in the sanctuary. Next meeting is October 20, 2020.

Altar Care – Met on October 7, 2020. Set up altar care teams and reviewed expectations, and trained three new members. Next meeting is scheduled for November.

Witness – God’s Work, Our Hands event was on September 13th to prepare personal care kits for Lutheran World Relief. 78 kits were donated.

Learning - Letters about Sunday School will be sent this week.

Librarian/Historian/Curator – No action required.

Service – No action required.

Card Ministry – No action required.

Fellowship – Trunk or treat drive through on Oct. 31, 2020.

Race Track – Next meal is on October 19, 2020. Please consider donating cookies for the Christmas meal in December.

Health – No action required.

Finance Audit will be finished on October 16, 2020.

Property – Parking lot was sealed. Thank you to everyone who offered their help on the outdoor work day.

Technology – No action required.

Stewardship – Offering envelopes will be here for the congregational meeting. More people have transferred to electronic giving, so less envelopes are needed.

Strategic Planning – No action required.

Youth – No action required.

Mutual Ministry – Met on October 6 to review staff questionnaires and make budget recommendations. Mutual Ministry also revisited the job description for music director and will recommend updates to the music and worship committee. Diane made a motion to recommend the following congregation members for Mutual Ministry: Rick Blair, Karen Gussler, Katie Shellenberger, Sherry Ulsh, and Karlene Jaggan. Colin seconded. Council discussed. Motion passed. Standard operating procedures for Mutual Ministry need to be revisited and updated.

Unfinished Business:

- 2025 Anniversary - Looking to create a task force in 2021.
- Constitution Revision
- Safety Task Force
- Recognition Program
- Ways to Give Card
- Annual Congregation Meeting - Rescheduled to be combined with budget meeting in December 2020.
- Nominations for Council Members - Current council members’ terms go until the annual meeting, which has not yet adjourned. New Council members will be nominated and officers will be elected at December meeting. If anyone is interested in joining Council starting in December, please let a Council member know.
- Expectations and number of Council members
- Love of Family Fund
- Guidelines and SOP Updates – Each committee/ministry will need to update their SOPs and send to council for approval within the next year.

New Business:

- Karlene made a motion to accept Diane Gotshall’s resignation, effective immediately. Sherry seconded. Motion passed. Thank you to Diane for her service to Council and Shells.
- Mark made a motion to hold the special budget meeting and resume the annual congregational meeting (postponed from May) on December 6, 2020. Sherry made a motion to hold the December 6 meeting in-person and via Zoom (invitation only). Colin seconded.

Motion passed.

- The Bishop has recommended limiting in-person worship to 20% of capacity. For Shells, this would be about 50 people. Mark made a motion to ignore the Bishop’s recommendations and continue at 50% capacity. Rich seconded. Motion passed.

November newsletter articles are due by October 15th, 2020.

Next council meeting is scheduled for November 10th, 2020. Rich has devotions.

Council shared joys and concerns. Rev. Barnes closed with a prayer.

Motion to adjourn made by Sherry and seconded by Raelene. Meeting adjourned at 8:34PM.

Respectfully submitted,

Justine Wiltraut, Council Secretary

THANK YOU SHELLS!

Dear Brothers and Sisters in Christ,

I wanted to take the time to thank you all for your love and support during these last months in regards to ministry, moving, and fixing up/expanding our new home. Kristen and I have really appreciated all that you have done - from cards and text messages to providing vehicles and strong arms for moving, as well as allowing us to borrow tools and volunteering hands to build the addition onto the house.

Many thanks to Jeff and Nathan Buse, Steve Espenshade, Tom Gordon, JR Sholder, Crist Espenshade, Sue Smith, Karlene Espenshade, Rich Espenshade, Karen Gussler, Kevin and Erna O'Brien, Erica Strang, Brenda Frye, Lisa Lugovich, Katie Shellenberger, Gen and Don Whitehaus, Mike Hilbert, and Michael Wiltraut for all of your help! Kristen and I will be making a donation to the Capital Improvement Fund at Shells Church in your honor. We are truly grateful.

For those who have Facebook, this is old news. But, for those who do not, we built a room on the new home to house a small chapel and my 1939 Wicks pipe organ. Please enjoy the photos!

They say, "It takes the Church to raise up a pastor..." I now say, "It takes a Church to raise up a pastor's chapel." ☺

All the best,
Father B



Refurbished altar



Pipe organ console awaiting the installation of pipes

Worship Assistants



	December 6	December 13	December 20	December 27
	Advent 2	Advent 3	Advent 4	Feast of the Holy Family
Assisting Minister	Karen Gussler	The Rev. Deacon Kristen Barnes	Sherry Ulsh	Karen Gussler
Ushers	Tom and Carol Gordon	Rick and Linda Blair		
Altar Care	Diane Suhr, Terry Kamerzel & Katie Shellenberger			

	January 3	January 10	January 17	January 24	January 31
	<i>Christmas 2</i>	<i>Baptism of Our Lord</i>	<i>Ordinary Time 1</i>	<i>Ordinary Time 2</i>	<i>Ordinary Time 3</i>
Assisting Minister	Karlene Jaggan	Sherry Ulsh	Karen Gussler	Karlene Jaggan	Sherry Ulsh
Ushers			Tom & Carol Gordon	Rick & Linda Blair	Mike & Vicki Hilbert
Altar Care			Steve & Kathy Espenshade	Raelene Smith, Diana Budd & Sandy Mader	Louise Murphy & Karen Gussler



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 Advent 2 9am <i>Children in Worship</i> 10:30am Congregational Meeting 10:30 Hand chime choir	7 6:30pm Bible study in Social Hall	8 7pm Council Meeting	9 7pm Advent Vespers	10	11	12 4pm Kristen Barnes' Ordination <i>(live-stream only)</i>
13 Advent 3 9am Live-Stream Worship with Communion Distribution 10:45am Adult Forum on Zoom 1pm Children and Youth Sunday school on Zoom	14 6:30pm Bible study on Zoom	15	16 7pm Live - Stream Advent Vespers	17	18	19
20 Advent 4 9am Live-Stream Worship with Communion Distribution 10:45am Adult Forum on Zoom 1pm Children and Youth Sunday school on Zoom	21 6:30pm Bible study on Zoom 5pm Racetrack Meal	22	23 7pm Live - Stream Advent Vespers Food Pantry	24 Christmas Eve Worship 7:30pm – Live-Stream 10:00pm - Outdoor	25 MERRY CHRISTMAS	26
27 Feast of the Holy Family 9am Live-Stream Worship with Communion Distribution 10:45am Adult Forum on Zoom 1pm Children and Youth Sunday school on Zoom 2:15pm Confirmation	28	29	30 9am Worship	31		

**SHELLS EVANGELICAL
LUTHERAN CHURCH**

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Council Members:

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