

Happy Birthday to...

May 1 Chervl Betts Margaret Curtis Victoria Harvey May 2 Erin Heeschen Antonio Mora Breelyn Snyder May 3 Alan Fleckner Dennis Ruth Bob Smith Mav 4 Katherine Rice May 5 Luke Flinner Tom Kuhn Bennett Mares Kasey Smarsh

May 6 Benjamin Angstadt May 7 Judy Beamer Andv Farkas Lance Lewis Shave Whiteman Lawrence Wolf May 8 Tracy Angstadt May 9 Kelly Smarsh **Mav 10** Dawn Bohner Marjorie McCartney Thomas Smarsh May 11 Brian May May 13 Todd Durboraw Brandon Hiller **Finley Sayres**

May 17 Sadie Russo May 18 Lenox Rossman Jav Tassin May 19 Harrison Stewart **Mav 20** Tim Baker Owen Decker Sydney Tomassini May 21 Amy Dreves Paul Ketterman Shauna Snyder **Diane Weikert May 22** Urijah Hare Jackie Hiller Jack Soliday Natalie Tschop

May 24 Lori Bridel Joseph Jones Jackson Lush Nancy Sterrett May 25 Jacob Bankert Louise Garverick Larry Musselman Sarah Skoczen **May 26** Devin Miller **Mav 27** Karen Eskildsen Emily Stone **May 29** Judy Inskip Edward McCartney Shane Sellers

<u>May 30</u> Jen Decker Jim Heeschen Linnette Murray <u>May 31</u> Daniel Crowe Dennis Dowd Michelle Gorski



Thank you so much for all your prayers and support during my recent surgery. It is greatly appreciated and the prayers are being answered. I am home and doing well with recovery.

Doris Hill Waldron

To My GPC Family.

Jim and I wanted to thank all of you for the kind words and prayers concerning my sister and brother-in-law. David suffered a stroke on April 5 and is now in Rehab at a San Antonio, Texas hospital. My sister has told me that they have truly felt the healing prayers during this stressful period. I think he is on the long road to recovery.

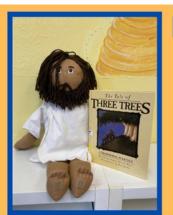
Again, from the bottom of our hearts, we thank you all for caring so much to send your prayers on our families behalf.

Jim and Cathy Gardner

FIREPROOF FILE CABINET NEEDED

We are running out of space in our files for our historical records. We have received more records on Black's Cemetery that were donated by Mary Margaret Stewart and at this time I have them at my house for lack of space to store them. If anyone can donate a fireproof file cabinet, it would be appreciated. You can contact me at <u>dalemolina9to4@gmail.com</u> or 717-334-8014.

Dale Molina, Church Historian



BOOK SPOTLIGHT <u>The Tale of</u> <u>Three Trees</u> by Angela Elwell Hunt

The plans we have for ourselves may not be the plans God has for us. Trust in the Lord for their plans for us are beyond our imgination.

Check out this and other titles in The Phyllis Dowd Children's Library

Sunday School Field Trip Grades K thru 5 Walking to Lincoln Elementary to learn	April 23	HIGH SO 5:00 -
Date: April 30 Elementary to learn about Ruth's Harvest and how they help our community.	April 30 May 7 May 14	5:00 5:00 10:30 c
WORSHIP SERVICE		<u>Mic</u>
on April 30 at 10:30 am in the Sanctuary!	April 23	5:00 -
<u>Mission Work</u> Mission work is vital for the life of the	April 30	5:00 -

Mission work is vital for the life of the disciple. In 1 John 4:7, the epistle reads: "Dear friends, let us love one another, for love comes from God…" Mission work is the visible fruit of the Spirit, a sign of our transformation, and a sign of God's love reflected through us.

Early this Spring, our church went with Habitat for Humanity to South Carolina to work on new construction homes. Well, they've been back a couple weeks now and are very excited to share with you their journey and how they encountered the living God while on the trip on Sunday, April 30th, where they plan to lead worship for us during our combined worship Sunday at 10:30 a.m.

While there they did not just work on completing homes, but they also built relationships with one another and with God! You are invited to come, listen, and reflect on how mission work is transformative - not just for the people receiving the blessings of time and talent, but also for the people that are sent.

	<u>HIGH SCHOOL</u> <u>April /</u>	
oril 23	5:00 - 6:00 p.m.	Pastor Caleb speaking to the youth about Garden Theology event on May 7th and May 14th Youth Sunday
oril 30	5:00 - 6:00 p.m.	Discussion/Games (youth Sunday planning)
ay 7	5:00 - 6:00 p.m.	Youth Sunday Rehearsal
ay 14	10:30 a.m.	YOUTH SUNDAY & MOTHER' DAY Combined Worship at

Rec Park

	<u>MidSHIP Schedule</u> <u>April / May</u>
April 23	5:00 - 6:00 p.m. Pastor Caleb speaking to the youth about Garden Theology event on May 7th and May 14th Youth Sunday
April 30	5:00 - 6:00 p.m. Discussion/Games (youth Sunday planning)
May 7	4:00 - 6:00 p.m. Year-End Picnic
May 14	10:30 a.m. YOUTH SUNDAY & MOTHER' DAY Combined Worship at

"Calendar of Giving"

The Calendar of Giving is an opportunity for our congregation to support numerous local organizations. Through this program, we identify local organizations that are in need of smaller donations. Each month, we will be collecting specific items for the identified organization. Please put your donations in the bin by the elevator.

For the month of:



We will be collecting items for

Adams County Office of Aging

Adult pull-on briefs (<u>not</u> the kind with tape on the sides) in sizes M, L, XL, disposable bed pads, Ensure or Boost nutritional supplement drinks and flushable wipes.

NEED A RIDE?

If you are having trouble attending church services and/or church functions due to not having transportation, let the Deacons help you.

April 10 - May 14 please contact Mary Beth Shoemaker at 610-730-5051





Stephen Ministry LISTEN: TO HEAR WITH THOUGHTFUL ATTENTION

Did you ever talk to someone but feel as if that person just wasn't listening?

Stephen Ministers are trained to listen well. They will hear what you have to share and respond lovingly and non-judgmentally--rather than telling you what you should or shouldn't have done. If you need someone who will really listen to you as you work through a problem in your life, consider Stephen Ministry.

Call Rev. Lou Nyiri at the church office 717-334-1235, ext. 4



You're invited to join us at the Walk for Water-Central PA on April 29!

Around the world, more than 2.2 billion people lack access to safe water. Every day, millions of women and children walk more than three miles to gather water for their families. Often, that water is contaminated and makes them sick.

But there is hope. Since 2001, Water Mission has served more than 8 million men, women, and children in 59 countries. The Walk for Water is a unique event where you have the opportunity to walk in the shoes of our global neighbors. You'll walk approximately 1.5 miles to the midway point with an empty bucket. There, you'll fill your bucket with dirty water and carry it another 1.5 miles to the end of the Walk. There you will empty your dirty water into a reservoir to be processed through one of Water Mission's purifiers. You will see and taste the difference!

Invite your friends, colleagues, and neighbors to join us at the Walk at <u>Northern York High School</u> in Dillsburg on Saturday, April 29 at 9:00 a.m. The event will take approximately four hours.

GPC is forming a team called "The Super Soakers" for this event. Please consider dressing in your favorite superhero costume or wearing a fun mask! This Christian event is appropriate for ALL people, for stroller-children to adults! If you can't walk, still come for the information, to encourage the team, and to see the system in action!

To register for the Walk or to donate, please visit the following website: https://walkforwater.rallybound.org/walk-for-water-central-pa



Mexico Co-Mission Trip Info July 9-15, 2023

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This summer GPC members will once again travel to Yucatan, Mexico to help Christian brothers and sisters with building/construction projects, conduct a VBS for local children, run an eyeglass ministry, and encourage Accion Ministries with their ministry to Mayan students.

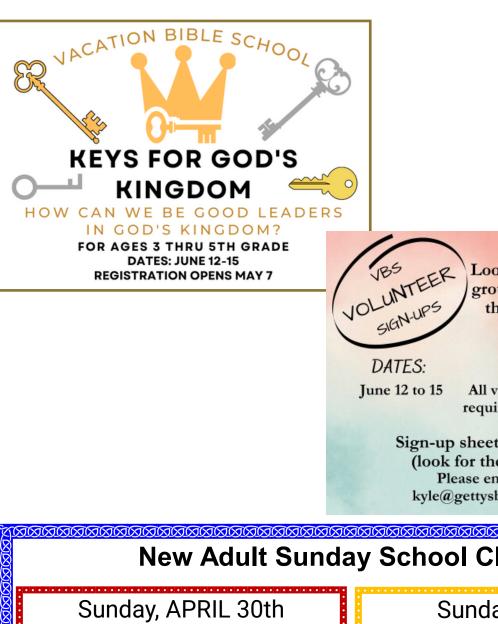
Dates: July 9th – 15th, 2023

Cost: Airfare, ground transportation, most food, hammock, lodging, recreation, Accion support – Approximately \$850 pp.

If you would like to join us: We need to hear from you NOW. Please contact Tom Kolmer (717-634-0258, <u>tomkolmer@gmail.com</u>) to get connected. A formal application with deposit will be required by the end of April. There will be four mandatory training meetings in May-June.

What to do now: Decide if this trip is for you this year. Talk to Tom or others who have gone on this mission trip. Fill out the interest form. Get your passport now! Get yourself in peak physical condition. Although not required, work on your Spanish skills (Duolingo, Babble).

We hope you can join us!



Looking for people to shepherd groups, lead a rotation, work in the market place, engage in set-up or tear down.

PLEASE NOTE: All volunteers over the age of 18 are

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required to pass a background check Sign-up sheets in Fellowship Hall (look for the bright pink sign)

Please email questions to: kyle@gettysburgpresbyterian.org

New Adult Sunday School Classes

9:30 a.m. in MacAskill room

End Of Life Signs & Symptoms

Presented by Pam Phillips

There are some physical signs at the end of life that indicate a person needs special health care.

Learn the end-of-life stages and timelines, plus options of care and support that can be provided for a person's mental and emotional needs, physical comfort, spiritual needs and practical tasks

Sunday, MAY 7th 9:30 a.m. in MacAskill room

Advance Care Planning

Presented by Mary Flinner (Mary is a retired social worker and Director of Care Management at UPMC Hanover.)

Documents such as living wills, powers of attorney, 5 Wishes, and services about Palliative Care and Hospice will be reviewed.

The goal is to raise awareness to end of life issues and to communicate our wishes in a timely manner to our heath care team and families.

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What are Allergies: Caused by hypersensitivity of the immune system to certain allergens that may come in contact with the body through inhalation, ingestion, injection, or physical (skin) contact. It can be irritating and potentially dangerous to a normal harmless substance. These reactions occur in approximately 1 out of every 3 people. Our respiratory system, digestive tract, or our entire body can be involved. *Severity of the reaction depends on the person's level of sensitivity to the "offending substance"*.

3 Categories of Allergic Reactions:

Mild reactions: localized and include a rash, watery or itchy eyes, and congestion.

- *Moderate reactions*: can spread beyond the original site of irritation and cause severe itching and difficulty breathing. Hives: A skin rash with red itchy bumps as a result of allergic reactions of the body.
- *Anaphylaxis*: A *serious Life-threatening* allergic reaction affects the whole body and is rare but life-threatening. Within minutes severe swelling will make breathing and swallowing difficult, and may include abdominal pain, vomiting, and mental confusion. *Urgent medical attention* is usually recommended by healthcare providers. Very common (More than 3 million cases per year in US) Call 911 for assistance and do not take the patient in a vehicle for treatment please.

Treatment:

- Staying away from the allergen is recommended as it cannot be cured; medications can treat symptoms.
- Whether an allergy is diagnosed through the medical testing of a physician or the detective process of an individual, finding the source of the allergy is like solving a mystery. Be observant of symptoms and the activities leading up to them. Look for connections between a reaction and any changes in diet, environment, or product use.
- Triggers can be environmental (wind, pollen, poison ivy, pollution), chemicals (perfume, smoke, cleaning materials, latex rubber, medications), or foods (shellfish, peanuts, wheat, milk, soy, strawberries, eggs). In addition, do not overlook items from the surroundings like animals, mold, bee stings, or dust.
- Speak with your PCP about the best medication for your symptoms
- Persons severely allergic to bees, shellfish, or peanuts should carry a dose of epinephrine to quickly reverse this reaction.

Future Events at GPC:

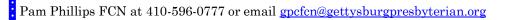
Hearing Screenings

Tuesday, May 16th from 08:45-09:45 Sunday, May 21st from 08:30-12:30 in Eisenhower Lounge.

Screenings will be completed by our GPC member, Dr. Kathy Mellott, Dr. of Audiology. These screenings will be approx. 10 minutes each with recommendations given at the completion of the screening. *Ages 5 and up are welcome*. Signup sheet is available in Fellowship Hall.

<u>Free Chair Yoga Classes:</u> All community members are welcome. Every Tuesday at 10:00 am in Fellowship Hall. Wear comfortable clothing and shoes. Instructor: Julie Falk Invite your friends! There will be NO CHAIR YOGA held April 25th and June 13th

NEW: Mini Fair for Seniors: Sponsored by Hanover/Adams Senior Resources May 18th in GPC Fellowship Hall from 10am-12noon. More details to follow soon. Mark your calendars!



Gettysburg Presbyterian Church 208 Baltimore Street Gettysburg, PA 17325 Office: (717) 334-1235 Fax: (717) 334-0666 www.gettysburgpresbyterian.org

RETURN SERVICE REQUESTED

<u>Gettysburg Presbyterian Church Mission Statement</u> Gettysburg Presbyterian Church believes that God calls us to invité people to faith in Jesus Christ, and equip them to grow as His fully devoted followers. As disciples we: * study regularly

* pray daily

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- witness boldly
- * live faithfully
- * serve passionately
- give generously
- * worship weekly

Next Newsletter Deadline:

Noon, Thursday, April 27, 2023

April 2023
GPC WORSHIP SCHEDULE

Traditional Worship @ 8:15 & 11:00 a.m. Contemporary Worship @ 9:30 a.m.

April 23

"It's A Beautiful Day" - Rev. Lou Nyiri Preaching

10:30 a.m. Combined Worship in the sanctuary April 30 South Carolina Mission Team Preaching

Garden Theology: "The Soil" May 7 Rev. J. Caleb McClure Preaching Communion

> To view live stream, go to: www.gettysburgpresbyterian.org Just below the announcement pictures.

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