

GRAPEVINE

"The Pastor's Page"

March 5, 2024

Jesus said to her, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live." - John 11:25

Growing up I remember being taught the phrase: "March comes in like a lion and goes out like a lamb." I hoped this to be true this year. I write after walking our dog Teddy on a fridged 19-degree morning, only to look at my phone to see 60's as a forecasted temperature later in the week. The journey through February can be a difficult one, and having an extra day makes it that much longer.

Our Lenten journey is filled with different mileposts, some new like our successful Ash & Dash, and other traditional ones we have shared together. On this journey we keep looking to the Cross which is leading us. Easter will soon be upon us...

Easter is not about brightly colored eggs, wearing pastels, or enjoying a big meal, although it could include these. Easter is about the death and resurrection of Jesus Christ.

For some, Easter will be a wonderful day, spent surrounded by family and friends. But for others, it will be a sad day, because Easter is a reminder of a loved one who has died and is now desperately missed. Death seems so cruel, so harsh, and so final. That is what the disciples were feeling when they saw Jesus, whom they had left everything to follow, hanging on the cross. They were devastated. Death had crushed them. But if they would have gone back in their memories, they would have recalled an important event and statement Jesus had made.

They would have remembered Jesus standing at the tomb of his close friend Lazarus. They would have remembered that Jesus did something completely unexpected: He wept (John 11:35). Jesus wept, because He knew that death was not part of God's original plan. Humanity was not meant to grow old, to suffer with disease, or to die. But because of the sin of Adam and Eve, sin entered humanity, and death followed with it. And death spread to all of us. Jesus wept, because it broke His heart.

But standing there at Lazarus' tomb, Jesus also delivered these hope-filled words: "I am the resurrection and the life. He who believes in Me, though he may die, he shall live" (John 11:25). Death is not the end. And the resurrection of Jesus Christ proves it.

As spring is about to be sprung, we are reminded of the resurrection and new life around us. Hope Springs Eternal!

Peace,
Pastor Peter

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**DAYLIGHT
SAVINGS TIME
Begins March 10th**

"Spring Ahead"
Turn your clocks ahead
one hour
Saturday night!



Adams Rescue Mission

Employee Heidi Acker would like to find volunteer drivers to take clients to their appointments occasionally.

If interested, please phone Heidi at 717-334-7502 x 26.

"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:

March

Adams County SPCA

lams cat food (dry), kitten food (canned), dog food (sensitive stomach), water softener salt, latex gloves, dog and cat collars, dog harnesses, dog and cat toys, disinfectant wipes, toilet paper, paper towels, copy paper, dish soap, bleach and 13-gallon Force Flex trash bags.

Salvation Army Bookkeeper Needed

The Adams County Coordinator, Mary Smith, is looking for a Volunteer Bookkeeper. She needs someone to do this approximately two hours a week.

If interested, phone Mary at 717-968-4602

Men's Interfaith Luncheon

Men's Interfaith meets every Wednesday through Lent at 12:00 noon for light lunch (\$5.00) and camaraderie in Fellowship Hall, followed by humor and worship in the sanctuary. This is an interfaith gathering, and is open to all men who would enjoy time together, and appreciate a message from a local minister.

Condolences

Our thoughts and prayers are with:
Nancy Cook on the recent death of her mother.

GPC Hiking Club

March 16

Family hike
Strawberry Hill in Fairfield,
leave church at 10 am

April 20

Cunningham Falls area,
leave church at 10 am

May 18

Pine Grove Furnace area,
leave church at 10 am

Bring a lunch, dress in layers
and bring plenty of water.

Can't wait to see you all again.

Have a great weekend,
Jen



HIGH SCHOOL FELLOWSHIP

March

March 10	5:30 - 7:00 p.m.	Service Project
March 17	5:30 - 7:00 p.m.	Discussion/Games
March 24	5:30 - 7:00 p.m.	Palm Sunday Escape Room

Mid-SHIP SCHEDULE

March

March 10	5:30 - 7:00 p.m.	Discussion/Games
March 17	5:30 - 7:00 p.m.	Discussion/Games
March 24	5:30 - 7:00 p.m.	Palm Sunday Escape Room

YOUTH CLUB

March

March 10	4:30 - 6:00 p.m.	Beatitudes @ GPC
March 17	4:30 - 6:00 p.m.	Beatitudes @ GPC
March 24	4:30 - 6:00 p.m.	Palm Sunday Scavenger Hunt

PW Circle meetings:

Mary/Martha Circle

4:00 p.m. Second Thursday of the
month in Eisenhower Lounge.

Esther Circle

9:30 a.m. Third Thursday of the month
in the MacAskill Room.

Elizabeth Circle

1:00 p.m. Third Monday of the month at
Paideia House, next door to the church.

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.

Feb. 12 - March 10

Contact Sarah Kirk at:
443-622-4710

March 11 - April 14

Contact Patty Welles at:
717-253-8686



What is pre-diabetes?

It means you have a higher-than-normal blood sugar level. It is not high enough to be considered type 2 yet. Blood glucose levels between 100-125 mg/dl are considered “pre-diabetes”.

Below are suggestions for pre-diabetes diet.

- **Eat more Veggies:** Plant based fiber fills you up without raising your blood sugar. 3-5 servings a day. Fill your plate with colorful, non-starchy vegetables: carrots, bell peppers, broccoli, leafy greens.
- **Decrease the Starchy Vegetables:** Have more carbohydrates but do have healthy nutrients. Fill ¼ of your plate with these: white potatoes, sweet potatoes, corn, winter squash.
- **Snack on Fruit:** Plant based sweets have natural sugar. Packed with vitamins, minerals, and fiber. 2-3 servings a day. Low sugar options: berries, kiwi, melons, and oranges.
Healthy Proteins: Natural nut butter, Greek yogurt, or almonds. Add these to your fruit selection.
- **Eat Whole Grains:** Whole grains have their original fiber and nutrients. Oatmeal, brown rice, whole wheat bread or pasta, and quinoa.
- **Eat Nuts and Seeds:** Healthy fats, unsalted. Limit to one ounce serving size as they are high in calories. Walnuts, pistachios, peanuts, sunflower seeds, and cashews.
- **Add protein to all your meals and snacks:** It helps you feel full and slows how fast carbohydrates go into your bloodstream. Helps to keep your blood sugar steady. Fatty fish, seafood, beans, lentils, eggs, low fat dairy and lean meats.
- **Avoid sugary drinks** like energy drinks, sports drinks, mixed alcohol cocktails, lemonade, fruit juices, sodas, sweetened coffee drinks or sweet tea. These beverages spike your blood sugar.
- **Limit added sugars:** Read the labels. Use the 5-20 rule: 5% Daily value or less means it is a low source of sugar. If higher than 20% of daily values, avoid it. There is also a lot of sugar in processed foods: Cookies, candy, cakes, flavored oatmeal, jelly, ketchup.
- **Don't skip breakfast!** Eat within 2 hours of waking up to help control your blood sugar later in the day.
- **If you are looking for a specific diet plan talk to a Dietician.** There are many kinds of healthy diets to choose from: Mediterranean, plant-based diets (vegetarian or vegan), and the DASH (dietary approaches to stop hypertension).

Free educational opportunity:

Heart Health Lunch and Learn
GPC Fellowship Hall
Thursday, April 4, 2024 11:30am -1:30 pm

Topics: 12:15-12:45 Julie Falk “Stress Reduction and the Heart”
 1:00-1:30 Pam Phillips RN “Heart Failure”



Pre-registration is required to attend to get a “head” count for lunch, limited spaces available.
Registration is available in GPC Fellowship Hall or contact:
Pam Phillips RN FCN at 410-596-0777



Hershey Park Tickets Available to Order!

Sign-ups in Fellowship Hall

reg. rate \$87.80 - **Discounted Rate \$43.95**

Tickets are good for **ANY PARK DAY APRIL to Dec 31, 2024**

Last day to sign-up and pay is Sunday April 7

Checks made out to "Gettysburg Presbyterian Church"

Tickets are non-refundable
Church membership not required

Questions? Email:

kyle@gettysburgpresbyterian.org



FIRST AID/CPR/AED TRAINING

When there is a life-threatening situation, are you ready to act?

GPC members who are active in the community and mission trips, we can have an impact on those around us. Becky Stabler, member, will be offering Red Cross blended training, on-site, four times this year. Mark your calendar and sign up with Becky, 717-688-5183, to get one of the following certifications. GPC members get \$10 off per class. You may also register on HanoverCPR.com

March 25, Monday 5:30 - 8:30 p.m. - Blended Adult Certifications

May 25, Saturday, 1:00 - 4:00 p.m. - Blended Adult Certifications

July 23, Tuesday, 5:30 - 8:30 p.m. - Blended Basic Life Support

August 3, Saturday, 9:00 a.m. - 2:30 p.m. - Pediatric First Aid/CPR/AED



Adult CPR/AED	\$80
Adult First Aid/CPR/AED	\$90
Adult and Pediatric First Aid/CPR/AED	\$100
Pediatric First Aid/CPR/AED	\$90
Basic Life Support (BLS) - July only	\$80

2024 Peace Essay Contest

Sponsored by Gettysburg Presbyterian Church in honor of Dr. Robert Curtis, former GASD Superintendent.

Answer this essay question: *"What can be done to promote Peace in our world?"*

Guidelines:

- Your essay length will be 300-500 words.
- Your essay will have a title page with only the title of your essay, and your name. Your actual essay stapled to your title/name page.
- Submit your entry to Richard Hagee at my email address: richhagee_pa@yahoo.com.

Due date: April 5, 2024

Extra points will be given for being prompt. Do not wait until the last minute.

Personal and creative development of the topic will be considered.

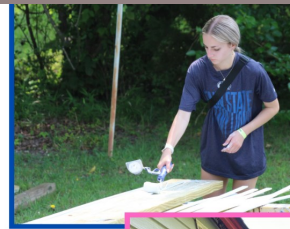
Writing should be free of errors in spelling and English grammar.

Cash prizes: 1st Place- \$500 cash; 2nd Place- \$300 cash



WORKCAMP

July 6th thru 13th
Gatlinburg, TN



This year we are partnering with TEAeffort Mission Trips! Join us, **9th thru 12th graders**, for a week of service and fellowship as we work with some neighbors on home repairs in Tennessee. After our time of work is done, we will spend some time exploring the area and enjoying time amidst God's Creation. **Cost is \$380.**

(scholarships available)

**Deadline to Register
Friday, March 29th**

For more information contact:
kyle@gettysburgpresbyterian.org



Refugee Resettlement Partnership

In 2022 and 2023, GPC participated along with other RRP of Gettysburg churches (Refugee Resettlement Partnership) in providing the Friday Ramadan meal to the Afghan families who RRP is helping to settle into our community. In Islam, Ramadan is a month-long time of personal introspection. Most Muslims (not children, not pregnant women, not ill persons) fast during the day and eat/drink only when the sun has set. As a way of supporting these 2 families during this meaningful time in their culture/religion, RRP has provided the Friday meal during Ramadan. The meal is purchased from the Halal food truck and delivered around sunset to the two homes.

Andy and Mary Miner have agreed to order, pick-up and deliver the meals to both the Nasiri and Ahmadzai families. GPC's assigned day is Friday, March 29, 2024. The cost to feed both families is \$100. If you are willing to share in this expense, or if you would like an update on how the families are faring, please contact Andy or Mary Miner. Thank you.

EASTER CONTINENTAL BREAKFAST



Your Deacons invite you to the all-church
Easter Continental Breakfast Buffet
on Easter Sunday, April 9th

Serving times will be
9:30 a.m. – 11:00 a.m.
12:00 – 12:30 p.m.
in Fellowship Hall



We hope you will join us for fellowship before or after the worship service you choose to attend as we celebrate the Resurrection of our Lord.

Looking Ahead at Young at Heart!!

Our March potluck get-together will be on Thursday, Mar 14, 2024 at 12 noon.

Welcome to all aged 50+ members of GPC, both marrieds and singles: "What use is sitting alone in your room?" Newcomers are always welcome to "try us out" for feast and fellowship. We will provide the chicken, so you can bring salads, sides or dessert to go along with our main course.

Following lunch, we will adjourn downstairs to the MacAskill Room for a program by Rachel Parmentier and Diana Miner: "Ideas on Consulting into Retirement." A donation will be taken to cover the cost of the chicken. All are welcome to attend and invite friends with side dish. To ensure that enough food is ordered and a seat is reserved for you, EVERYONE PLEASE RSVP Rachel Parmentier (cell phone): 1-443-994-0241 or email Rachel at Rasong@aol.com by Monday, March 11th, 2024.

Mark your calendars:

April 11, 2024 Special ministry entertainment with MARK CABLE
"Senior Moments" fun presentation of music ministry, and laughter

May 9, 2024 Ross Hetrick:
"Thadeus Stevens & connections with GPC"



One Great Hour of Sharing—A Special Offering Palm Sunday, March 24th

For over 75 years, Presbyterians have joined with other Christians through **One Great Hour of Sharing** to provide resources to people experiencing need. The gifts of One Great Hour of Sharing support ministries of disaster response, refugee assistance and resettlement, food for the hungry, and community development. They help give people safety, sustenance, and hope.



To participate, consider making a special offering on Palm Sunday, March 24, 2024: Envelopes can be found in the pew rack, in Fellowship Hall and in the Narthex, you can mail a check to the church, text "GIVE" to 717-977-5561 and select OGHS, or use the church's website donation link, again identifying OGHS as the purpose. One Great Hour of Sharing is the church saying "We'll be there when you need us." **If we all do a little, it adds up to a LOT!**

Update on AC Replacement

The old units have been removed and the new units are in place on the roof.
They will be connected and installed in the next few weeks.
Thank you for continued support.





Palm Sunday, March 24th

- *8:30 a.m. Traditional Worship
- 9:45 a.m. Sunday School
- *11:00 a.m. Contemporary Worship

Maundy Thursday, March 28th

- 7:00 p.m. Arrival and Hand Washing
- 7:30 p.m. Celebration of the Lord's Supper

Good Friday, March 29th

- Community Good Friday Service
- 12:00 p.m. at Christ Lutheran
- 30 West High Street

Easter Sunday, March 31st

- 6:30 a.m. Contemporary Worship Service at the Eternal Peace Light on the Battlefield
- *8:30 a.m. Traditional Worship
- 9:30 - 11:00 a.m. Continental Breakfast
- *11:00 a.m. Contemporary Worship
- 12:00 - 12:30 p.m. Continental Breakfast

* - This service will be live streamed.

Join us this Holy Week & consider who you could invite, for this journey is meant to be shared.

THE WORD BECAME FLESH
A Study of the Gospel of John

Led by Rev. Charles "Buz" Myers, Ph.D.

Please join us for the continuation of this class at **9:45 & 11:00 a.m.**

Sunday March 10 – "Jesus Wept"

A study of John 10-12 (Lazarus raised, Mary anoints Jesus, Triumphal Entry)

Sunday March 17 – "I am the Way, the Truth, and the Life"

A Study of John 1:3-17 (Last Supper)

Sunday March 24 – "My Lord and My God!"

A Study of John 18-21 (Death and Resurrection of Jesus)

BAKERS & SEAMSTRESSES
Caleb Needs Your Help!

Do you enjoy baking?

I need help baking some bread for a special worship service.

Do you enjoy sewing?

I need help hemming in fabric for a special worship service.

If you are interested in these tasks, please contact Caleb at caleb@gettysburgpresbyterian.org or call the main office for more information.

Habitat for Humanity

Habitat for Humanity will be having a Blitz Build at 41 Craftway Dr. in Littlestown on the following weekends:




April 4 - 6
April 11 -13
April 18 -20

(The Build will continue Saturdays ONLY beginning April 27th until completed)

Anyone who is willing to help with the Build please sign up in Fellowship Hall. Also, GPC is responsible for helping with providing the meal on April 5th and the snack on April 19th. Please contact Benjy Conover if able to help.

[The Prayer Project](mailto:sebkolmer@gmail.com)— If you would like to engage more in this project, please contact Susan Kolmer at sebkolmer@gmail.com.

THE PRAYER PROJECT – MARCH 2024


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> We praise You today, our Savior, for Your atoning work on the cross and Your resurrection. We glory in the hope You give us for life eternal!</p> <p>3 Creator Lord, thank you for all animals. Help us to make Earth habitable for every precious species You've entrusted to our stewardship.</p>	<p>4 Today, O Loving Father, we lift up to you the Upper Adams School District. Please bless staff and students in every way.</p>	<p>5 Jesus, although You baptize with fire, we pray that destructive fires happen no more. Please let there be no more lives lost to fire.</p>	<p>6 God of Justice, we pray for the Adams County Prison ministry. Bless each participating inmate with the strength to live in Your will.</p>	<p>7 One True God, enable each of us to stand boldly up for You, and to gently but firmly defend You to the world. Help each of us to be able to share You!</p>	<p>1 God who loves children, we thank you today for Kyle and GPC's youth ministries. Bless myriad children and families through this work.</p>	<p>2 Perfect Parent, we lift up to you all those with mental health issues, especially our youth. May all such demons be eradicated.</p>
<p>10 O Good Shepherd, give strength to and protect Christians worldwide who are being persecuted for their faith.</p>	<p>11 God of life, comfort with Your presence those who walk through the valley of the shadow of death. Remind each that nothing can separate them from You.</p>	<p>12 Spirit of all, we thank you for the Girl Scouts. May their cookie sale brighten people's days and teach these young ladies to be successful.</p>	<p>13 Today, O God we pray that the influence of social media may only be used for good, and not to cause harm. Make its power over our youth, especially, wane.</p>	<p>14 Lord of Life, we thank You for water. Help us not to pollute it anywhere, but to cherish it, especially the rivers upon which so many of us depend.</p>	<p>15 Reforming Lord, help young people to keep their lives pure. Inspire them with interest in your Word, plus the strength to live by it.</p>	<p>16 Father who sees all, we pray for the unseen people: those who work diligently but are ignored, such as janitors, produce pickers, etc.</p>
<p>17 Great Carpenter, grant safe travel and successful work for the South Carolina Mission Team. May the home they help build greatly bless a family!</p>	<p>18 God who makes us, we pray for the lives of the unborn. May mothers choose life over death and be able to raise their precious child.</p>	<p>19 God of Renewal, we praise you for spring! As you renew the earth in this season, renew our faith and zeal for Your kingdom.</p>	<p>20 Jesus who loves all children, bless each of the youth ministries at GPC. Today, we especially lift up the Kids' Club to you.</p>	<p>21 Great Physician, bless each person with Down's Syndrome or some other mental challenge, as well as those who care for them.</p>	<p>22 Spirit of wisdom, we pray that You would be heeded by all in our Congress. Help each to work for our common good and to put partisan differences aside.</p>	<p>23 Lord who heals us, we thank you for the faithful people providing GPC congregational care and ask that You to bless all their work.</p>
<p>24 Humble Jesus, we pray that we might not be the people who cheer You one day, then forget You the rest of the year. Help us to be ever devoted to You.</p>	<p>25 Great Judge, as You once cleansed the temple in righteous anger, help us to cleanse our society of injustice, oppression and hate.</p>	<p>26 Reconciling Lord, bring peace instead of hate with those whose religions deny You and who would end You if they could. May Your love prevail everywhere.</p>	<p>27 Forgiving Father, there is a bit of Judas in all of us. Keep our love burning for You only and not for the things of this world.</p>	<p>28 Bread of Life, You gave us the <i>mandatum</i> to remember You until You come again. May we all be caught doing Your work when You next arrive.</p>	<p>29 Man of Sorrows, even Your own turned against you. But You loved us anyway and died for us. May we never turn from You but be ever willing to follow You.</p>	<p>30 Conquering King, You defeated death and Satan. May we never lose sight of the cosmic battle for our souls, but partner with You to share Your word.</p>

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www.gettysburgpresbyterian.org

RETURN SERVICE REQUESTED

Gettysburg Presbyterian Church Mission Statement

“Gathering People in Christ
to Teach, Learn, and Live
God’s Message.”


**Next Newsletter Deadline:
Noon, Thursday, March 14, 2024**

March 2024
GPC WORSHIP SCHEDULE
Traditional Worship @ 8:30 a.m.
Contemporary Worship @ 11:00 a.m.

- March 10** Rev. Peter J. Roy preaching
- March 7** Rev. J. Caleb McClure preaching
- March 24** Palm Sunday
Rev. J. Caleb McClure preaching

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