

THE HERALD



August 2017

Sunday Worship Services at 9:30AM
Saturday Vesper Service at 6:00PM

Secretary Hours: Mon–Fri 9:00AM-2:00PM

EMMANUEL LUTHERAN CHURCH

P.O. Box #396, 5000 Old Wm Penn Hwy
Export, PA 15632

Phone: 724-327-2190 / Fax: 724-327-0306

E-mail: elcna1c@gmail.com

Web Site: www.ourlutheranchurch.org

August Lessons for Worship



8/6 9th Sunday after Pentecost

Isaiah 55:1-5
Psalm 136:1-9 (23-26)
Romans 9:1-5 (6-13)
Matthew 14:13-21

8/13 10th Sunday after Pentecost

Job 38:4-18
Psalm 18:1-6 (7-16)
Romans 10:5-17
Matthew 14:22-33

8/20 11th Sunday after Pentecost

Isaiah 56:1, 6-8
Psalm 67
Romans 11:1-2a, 13-15, 28-32
Matthew 15:21-28

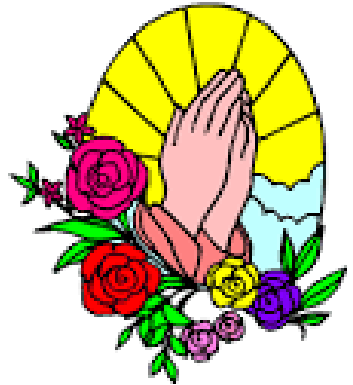
8/27 10th Sunday after Pentecost

Isaiah 51:1-6
Psalm 138
Romans 11:33—12:8
Matthew 16:13-20



Praying for YOU...

Names of members are lifted up in prayer at the worship services asking the Lord's continuing blessing in their lives, and we ask that members please keep these families/individuals in your prayers throughout the week. If for any reason you feel that you have been missed, please contact Evangelism Chairperson Julie Schamber at 724-325-3166 or fischamber@comcast.net. The members to be prayed for this month are:



- † **August 5 & 6:** James & Janet Troxell, Darin Kuczek, Tom Morton, and Scott & Karen Gustafson and family
- † **August 12 & 13:** Louis & Sarah Borgia and family, Dale & Alice Hartley, Charmayne Pelusi, and Gene & Sally Seidling
- † **August 19 & 20:** Don & Peggy Schultze, Mark Palmer, Dawn Johnson, and Tammy Scrima
- † **August 26 & 27:** Ron & Susan Smith, Charles Holifield, Jane Graw, and Carl Palmer

August Anniversaries!!!

- 8/02 Vincent & Vickie Kincade (42 yrs)
- 8/11 David & Jeanne Yargar (43 yrs)
- 8/18 Fred & Julie Schamber (54 yrs)
- 8/20 John & Judy Seig (51 yrs)
- 8/23 James & Karen Kuczek (48 yrs)
- 8/28 Richard & Sandra Lee (51 yrs)
- 8/31 Pastor Bob & Carol Schlotter (54 yrs)



August Birthdays!!!

- 8/02 Jennifer McWilliams
- 8/06 Robert Jordan
- 8/06 Joshua Salava
- 8/08 Julie Schamber
- 8/09 Alma Heyl
- 8/10 Jane Graw
- 8/12 Deborah Festick
- 8/12 Donald Pugh
- 8/16 Gerry Peterson
- 8/17 Philip Byford
- 8/22 Jim Lewis
- 8/25 Karen Flood
- 8/25 Scott Wolovich
- 8/26 Gregory Held
- 8/26 Betty Ridenour
- 8/27 Leah Lange
- 8/28 Debbie Kolonay
- 8/28 Mary Whipkey
- 8/29 Ronald Smith
- 8/31 Patricia Byford
- 8/31 Fred Schamber
- 8/31 John Verner



If we have missed anyone or have incorrect information, please let the office know so the correction can be made.

Emmanuel Lutheran Church Selects Their New Pastor Pastor Darian Lee Hybl



Wednesday August 16, 2017 will be Pastor Hybl's first day as our new pastor. He will spend the rest of August moving his family here to the Murrysville, PA area. He comes to us from the state of Kansas. During his move and settling in time he will be available for Pastoral care when needed.

Saturday September 2, 2017 and **Sunday, September 3, 2017** he will preach his first services at Emmanuel

Lutheran Church (ELC) in Export, PA.

Sunday, October 1, 2017, at 4 PM will be Pastor Hybl's installation with a reception dinner to follow at ELC.

Educational, Vocational History and Current Ministry

- † Longwood College, Farmville, VA (1991) BS – Professional Chemistry
- † Western Carolina University, Cullowhee, NC (1996) MS - Chemistry
- † Lutheran Theological Southern Seminary, Columbia, SC – (1999) Master of Divinity, Pastoral Ministry
- † Emmanuel Lutheran Church, Goodland, KS, Sr. Pastor (2010 – 2017)

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Farewell to Matthew Lobe

This coming **Sunday, July 30**, is Matthew Lobe's last Sunday to serve as Emmanuel Lutheran Church of Export, PA's organist/choir director. He has graduated from Duquesne University and accepted a position in Rochester, NY.

We thank him for his faithful service and for sharing his wonderful talents with us for the past three years. We wish him well and God's blessings in his new endeavors.





Riding the Waves with Jesus - A Spiritual Adventure

A huge THANK YOU to all who helped with VBS this year. From planning, crafters, decorators, staff, cleanup crew, and everyone in between . . . I couldn't have done it without ALL of you! ~ Amy
THANK YOU † THANK YOU † THANK YOU!!!



HEALTH MINISTRY CORNER

“For I was hungry and you gave me nothing to eat; I was thirsty and you gave me nothing to drink” Matthew 25:42

Decoding Diet Buzzwords: Is ‘Low-Fat’ Really Best?

WRITTEN BY: [UPMC](#) - Wednesday, May 31st, 2017

Dieting buzzwords on so many of our foods can make grocery shopping a headache. Many labels sound like they’re taking away the bad stuff from your food — low fat, low calorie, low sugar, low carb — but does that make the food healthier?

What should you be paying attention to, and what do these words even mean?

Ideally, you should mostly be eating foods that don’t have nutrition labels (you know, your fruits and veggies). But, in the real world, we get busy. We need mid-afternoon pick-me-ups, and we need at least an occasional dinner shortcut.

So, some of our food will come in packages, and it’s easy to fall for different health claims and think we’re making better choices.

Decoding Labels: Understanding Nutrition Terms

Many labels on food such as “all natural” are meaningless or not fully defined. The [Food and Drug Administration \(FDA\)](#) defines criteria for what can be said on the box, but some manufacturers still include phrases that have not been defined. Always look beyond the front of the package to the [nutrition facts](#) and ingredients.

Low fat

What it means: To label food as low fat, it must have three grams of fat or less per serving or per 100 calories if the food is typically a main course.

What to look for: Low-fat dairy products are generally considered the best for our health, and we may want to trim the fat out of some snacks. However, be sure to check the ingredients for added sugars. In many cases, when the fat is removed, sugar is added to make the food taste better. You may find you have to make a trade-off between fat and sugar.

Low-calorie

What it means: To qualify as low-calorie, a food must have 40 calories or less per serving.



What to look for: Check the serving size and think realistically about how much you will actually eat. If the serving size is for 15 crackers, but you're likely going to eat 30, that food may not be low-calorie for you. Also, look for artificial sweeteners or other no-calorie ingredients that may be added to lessen the total calories.

Low or less sugar

What it means: [Low-sugar](#) has no definition by the FDA; however, less sugar means that a product has at least 25 percent less sugar than other comparable products.

What to look for: Again, look at serving size and consider how much you will actually eat in one sitting. Also, look for artificial sweeteners, including aspartame and sucralose. Many times, particularly in sugar-free foods, the sugar is replaced with synthetic sweeteners.

Low carb

What it means: Nothing. There's been a lot of debate about claims of low carbohydrates, and the FDA has not defined this statement. It should not appear on food packages. However, some foods may advertise as being an option for a low-carb diet.

What to look for: No matter what diet you follow, when it comes to carbs, look for whole grains. You should avoid too many foods with ingredients like enriched wheat flour and semolina and opt for whole wheat flour.

Health claims are a decent starting point when shopping, but they can be misleading. Opt for whole foods whenever possible, and always check the ingredients to make sure you're not trading one bad ingredient for another.

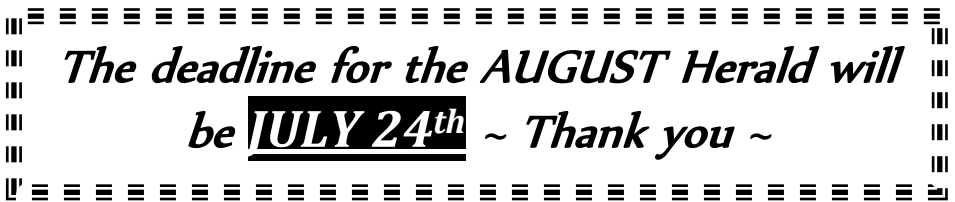
August 2017 Schedules

If you are unable to serve, please find a substitute and notify the office.
(phone 724-327-2190 or e-mail elcna1c@gmail.com)

Date	Service	ASSISTING MINISTERS	ACOLYTES	GREETERS	USHERS	NURSERY
8/6/2017	Sunday	Lou Hiener	Volunteer Needed	Dorothy Barkey & Barb Greenleaf	Volunteers Needed	Gene & Sally Seidling
8/13/2017	Sunday	Bob Schlotter	Aurelia Seidling	Gene & Sally Seidling	Volunteers Needed	Terri Lewis
8/20/2017	Sunday	Michele Hiener	Ebbie Borgia	John & Leanne Salava and family	Volunteers Needed	Fred & Julie Schamber
8/27/2017	Sunday	Karla Gustafson	Volunteer Needed	Ross & Lisa Nese	Volunteers Needed	Janice Fiorina

Date	Service	ALTAR GUILD	Counter Team	COMMUNION BREAD
8/6/2017	Sunday	Donna Berardinelli	Vince Berardinelli	Bill Lavallee Dick Lester Kathy Gustafson
8/13/2017	Sunday	Donna Berardinelli	Vince Berardinelli	Kyle Lysher MaryAnn Sinwell Judy Sieg
8/20/2017	Sunday	Donna Berardinelli	Vince Berardinelli	John Sieg Cherie Wolovich Judy Sieg
8/27/2017	Sunday	Donna Berardinelli	Vince Berardinelli	John Verner John Salava Judy Sieg

Thank you to all who serve!



***The deadline for the AUGUST Herald will
be JULY 24th ~ Thank you ~***

FISCAL YTD FINANCIAL INFORMATION as of JUNE 30, 2017

Contributions \$154,094 vs. Budget \$157,237 . . . -\$3,143 Funding Gap

Funding Gap – Contrasts the Congregation’s giving with annual Pledges and Budget.

Contributions \$154,094 vs. Expenses \$128,476 . . . \$25,618 Cash Flow

Cash Flow – Contrasts actual spending with General Fund contributions received.

COMMITTEES/ORGANIZATIONS

President: Mack Flood (5/18)

Phone: (h)412-793-2503

(c)412-999-8700

Email: mackf@completewastemgmt.com

Secretary: MaryAnn Sinwell (5/18)

Phone: (h)724-733-0665

(c)724-316-2883

E-Mail: maryann.sinwell@me.com

Vice-President: Leanne Salava (5/18)

Phone: (h)724-468-3180

(c)412-523-0148

E-Mail: leanne.salava@comcast.net

Treasurer: Dan Hunter (5/18)

Phone: (h)724-325-2947

(c)724-516-2161

E-Mail: dehunter12@windstream.net

Ministry Teams:

✠ **Fellowship & Outreach** – **Dorothy Datasch** – Phone: (h)412-795-2881
(c) 412-715-6546 - E-Mail: edmad1@comcast.net - Ch: TBA

✠ **Property Management** – **Don Schultze** - Phone: (h)724-327-3752
(c) 412-600-8324 - E-Mail: dps313@sbcglobal.net - Ch: TBA

✠ **Stewardship** – **Bill Lavalley** (5/19) - Phone: (h)724-468-8102
(c) N/A - E-Mail: lylad3@gmail.com - Ch: Karla Gustafson

✠ **Worship Service** – **Howard Weigold** - Phone: (h)724-733-2413
(c) N/A - E-Mail: Weighz06@windstream.net - Ch: TBA

- Acolytes: **Volunteer Needed**
- Altar Guild: Donna Berardinelli
- Assisting Ministers: John Salava
- Counters: Danette Hunter & Leanne Salava
- Festive Bells: **Volunteer Needed**
- Memorials: Dana Fetter
- Nursery: Sally Seidling
- Ushers: **Volunteer Needed**
- W-DOGS(K-5th): Amy Foust
- Wedding Coordinator: Donna Berardinelli
- Youth Group(6th – 12th): Dan Plance

Loaves & Fishes: Vince & Donna Berardinelli

Safe Haven Coordinator: Bob Jordan (c)

ELC Women: Pres. – Jeanne Yargar

Vice-Pres – Susan Smith

STAFF

Pastor Darian Hybl
Church Secretary Amy Foust
Coordinator of Christian Education Amy Foust
Youth Group Leader Dan Plance
Organist/Choir Director Matt Lobe

FINANCIAL OFFICERS

Financial Secretaries Danette Hunter & Leanne Salava
Treasurer Dan Hunter & Karla Gustafson

COUNCIL EXECUTIVE COMMITTEE

President Mack Flood
Vice-President Leanne Salava
Secretary MaryAnn Sinwell
Treasurer Dan Hunter
Pastor Darian Hybl

Emmanuel Lutheran Church
P.O. Box 396
Export, PA 15632

PLACE
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HERE

