

THE HERALD



April 2018

**Sunday School at 9:00AM
Sunday Worship Services at 10:15AM
Saturday Vesper Service at 6:00PM**

Business Manager Hours: Mon–Fri 9:00AM-2:00PM

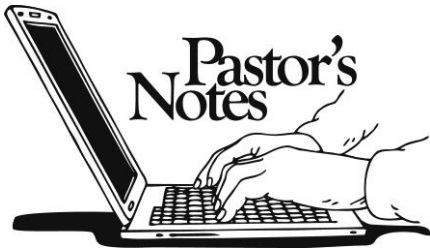
EMMANUEL LUTHERAN CHURCH

**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



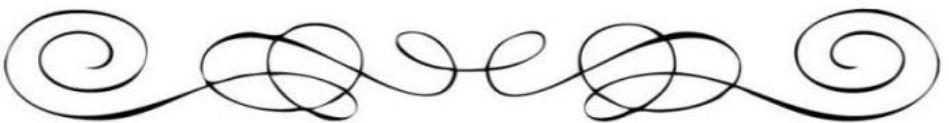
*“Jesus Christ is ris'n today,
Alleluia! Our triumphant holy day,
Alleluia! Who did once upon the
cross, Alleluia! Suffer to redeem
our loss. Alleluia!” (Stanza 1 -
ELW# 365)*

This triumphant song we raise on April 1, because **“Jesus rose for Us!”** He is risen from the dead and no longer is bound by earth, but set free from the Cross He willingly went to and redeems each and every one of us from the grave. His innocent suffering overcomes our sins by His taking them on Himself and in doing this sets us free from sin, death and the devil.

Easter is a time of celebration. The disciples had been told of what would occur, but their eyes like ours at times are unable to see, comprehend or understand what Jesus' mission would be and what it would require. Yet, Jesus was willing to come and endure all of this in order for us to receive the gift of eternal life. For our triumph becomes a reality when we welcome back the “Alleluia's” and lift up the banner of Jesus Christ!

Hence this is why we come as a community of faith, redeemed by the blood of the Lamb of God that does take away the sin of the world. Sin separates us not only from God, but from each other. All our sins were taken by Jesus Christ on the Cross of Calvary and we are now freed by Jesus Christ and can set others free from that which binds all of us, sin of separation and angst.

This is the power of God that encourages us to not be caught in that which bound us, but we, through Jesus Christ rising from the dead and His innocent death on Calvary, are set free. We are encouraged to set others free, love them and live in the freedom of the Cross of Christ. For in loving and living in this freedom, God encourages us and reminds us daily He, through Jesus Christ, loves us unconditionally and does this freely and without expectation or repayment, because money cannot buy or win our salvation, only the love as demonstrated on the Cross.



Only through Jesus Christ's love, His life walking among the people of Israel, innocent death on Calvary, and His willingness to take on our sins, will we fully understand that with His resurrection, does death no longer have dominion. For when we remember our baptism into His life, death and resurrection can we fully understand the depth of His love for us and all of mankind. A love that clearly knows no equal and enables us to understand God's love anew on this Easter morning! Thanks be to God for His Son and the gift of eternal life He offers us willingly, unconditionally and knowing what it required, even His death, but especially His resurrection on the third day for us and all of mankind! This is why we proclaim "**Jesus Christ is ris'n today, Alleluia!**"

Yours In Christ,
Pastor Darian L. Hybl

+++++

APRIL Lessons for Worship

4/1 Easter Day

Isaiah 25:6-9
Psalm 16
1 Corinthians 15:1-11
Mark 16:1-8



4/8 2nd Sunday of Easter

Acts 4:32-35
Psalm 148
1 John 1:1-2:2
John 20:19-31

4/22 4th Sunday of Easter

Acts 4:1-12
Psalm 23
1 John 3:16-24
John 10:11-18

4/15 3rd Sunday of Easter

Acts 3:11-21
Psalm 4
1 John 3:1-7
Luke 24:36-49

4/29 5th Sunday of Easter

Acts 8:26-40
Psalm 150
1 John 4:1-11 (12-21)
John 15:1-8

Praying for YOU...

We continue to pray for several Emmanuel members each weekend at the Saturday and Sunday worship services. Please keep these members in your prayers throughout the week. The members being prayed for this month are:



- † **April 7 & 8:** Charmayne Pelusi, Stephanie Long and family, Jim & Leslie Hood, and Vincent Berardinelli Jr.

- † **April 14 & 15:** Robert & Charlotte McCabe, Rick & Colleen McWilliams, Leah Lange, and Regis & Nancy Farrell

- † **April 21 & 22:** John & Deborah Kolonay, Tim & Dana (Visnic)Ford, Ernest & Suzanne Carns, and Louis & Sarah Borgia and family

- † **April 28 & 29:** Homer Adams, Paul Bruns, Jane Graw, and Andrew Weigold



From the NALC: The Vision For An NALC Pastor

https://missions.nalcnetwork.com/the-vision-for-an-nalc-pastor-2/?utm_content=buffer8f37&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer

The deadline for the May Herald will be

APRIL 23rd ~ Thank you ~

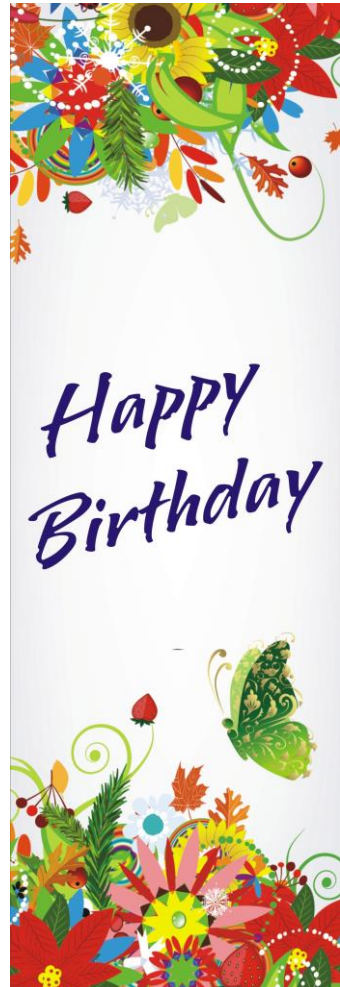
April Anniversaries!!!

- 4/3 Gene & Sally Seidling (48 years)
4/22 Scott & Karen Gustafson (23 years)
4/23 Gary & Diane McWilliams (24 years)
4/23 Dale & Alice Hartley (35 years)

April Birthdays!!!

- 4/02 Ashley Hood
4/02 Amanda Zimmerman
4/06 Amanda Troxell
4/07 Amy Lavallee
4/09 Elsie Brednich
4/14 Kyle Lysher
4/15 Chrissy Mols
4/19 Aiden Bunker
4/20 Courtney Hood
4/20 Janet Troxell
4/21 Ed Wiernicki
4/22 Kelly McWilliams
4/23 Daniel Borgia
4/24 Denise Jones
4/25 Helene Wolfarth
4/28 Theresa Byford

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



W-DOGS - (We Depend On Gods Spirit)

Youth from K-5th grades and their friend(s) are all welcome to participate in our exciting events! Please remember your \$3.00 and your Red Bag. Please note the changes to the schedule below. If you have any questions, please contact Amy Foust, W-DOGS Leader at (412)445-3626 or elcna1c@gmail.com.



W-DOGS SCHEDULE

(Dates subject to change)

SAT Apr 14, 2018

ALL DAY

W-DOGS Youth Group – Field Trip

Sun May 6, 2018

5:00pm – 7:00pm

W-DOGS Youth Group – End of Year Shindig

+++++



+++++

Youth Group Events		
4/8	(TBA)	God Is Not Dead: A Light in Darkness
4/22	5-7 PM	Scavenger Hunt @ ELC
5/20	5-7 PM	Hike/ Bike Ride @ Heritage Trail
6/3	5-7 PM	Escape Room @ ELC

Weekly text reminders & devotions are being sent. If you and your friend(s) would like to attend youth events, please let Dan Plance, Youth Group Leader, know at 412-965-8904 or plance92@gmail.com



Christian Life - Remember, Come Grow With Us

Many thanks to the following for providing delicious soups and bread for our Lenten Lite Meals: 6 meals were presented consisting of soup and bread. Families that provided soup and/or bread: Lavallee, Hybl, Sieg, Schamber, Weigold, Pritt, Whipkey, Lewis, Pugh, Jordan/Sinwell, Demasch, & Schultze. 127 participants enjoyed a variety of soups and breads. Julie Schamber provided the most efficient setup and tear-down routine which meant each Wednesday went smoothly. Great job team!!!

Dave Whipkey has recruited his men team to provide our Easter breakfast...yum, yum is in order.

Thank you, Dave, for installing our Easter banner so all will know what time our Easter service will be...remember, bring your friends!

Soul Life and Christian Life will share in the offerings from our Lenten Wednesday collections. Thank you to all who have contributed to help our Haiti share of these proceeds. Along with our library donations, more help of a monetary nature will be for Haiti.

ITEMS TO KEEP IN MIND:

- Join our weekly Bible studies,
- Join our D48 (Dinners for 8). We currently have 21 members. Come casual & be a part of the fun.
- Grab your name tag on Sunday mornings...it helps our OWLS remember your name (or is it vice versa?)
- Invite a stranger at Sunday services to a cup of coffee

Christian Life Committee will meet on **Sunday, April 22nd**, please check the eNews for more information.

Youth & W-DOGS enjoyed the Sky Zone in Monroeville on March 4. Participants included Sarah, Faith, Kaleb, Daniel, Joey, Ebbie along with Pastor, Michele, Amy F, Diana H, Dan P, Dorothy D, Dana F & Sarah B.

The Owl Bunch was attended by 45 **O**lder and **W**iser **L**utherans in Luther Hall. Our W-DOGS and Youth Group along with 5 Girl Scouts were the servers and entertainment for this very special event. Prizes and hand warmers were the treasures of the day. HOW DO THEY DO IT????

Dan, our youth Leader is planning a movie night at the AMC Delmont theater, "God Is Not Dead: A Light in Darkness". Sounds like a great refresher course doesn't it?

Martin Luther Hymn Festival at Heinz Chapel-April 29, 2018

Calling on all Lutherans to share in God's grace through the gift of music that moves the soul. "Dear Christians, One and All Rejoice - a Martin Luther Hymn Festival" will be held at **7:00PM on Sunday, April 29, 2018** in Heinz Chapel at the University of Pittsburgh.



As a continuation of celebrating the 500th anniversary of the Lutheran Reformation, the Festival will be celebrated among the three major Lutheran denominations in western Pennsylvania. Lutheran leaders have invited their congregations to the gathering to sing hymns composed by Luther. They are: The Rev. Kurt Kusserow, Bishop of the Southwestern PA Synod of the Evangelical Lutheran Church in America; The Rev. Carl Johnson, Dean of the Mid-Northeast Mission District of the North American Lutheran Church; The Rev. Jamison Hardy, Bishop of the English District Lutheran Church-Missouri Synod (LCMS); and The Rev. Chris Wicher, President of the Eastern District LCMS.

As you know, Luther was both a great hymn writer and musician. A music committee, chaired by The Rev. Roger Keller (St. Luke's, Saxonburg, PA - NALC) has selected six of Luther's hymns to be sung at the Festival. Invitations are being sent to choir directors representing Lutheran congregations in various communities across western Pennsylvania. All music leaders interested in singing for the Festival should contact The Rev. Cyril Hurnyak at revcyril@aol.com. The Pittsburgh Area Compline Choir also will participate.

This will be a great day for everyone to enjoy God's gift of music in the light of the Lutheran Reformation!



Emmanuel Lutheran Church Women



April

Wednesday
April 11, 2018

Program: Bayernhof Museum



We will meet at ELC and leave at 9:00AM SHARP via carpool to the museum for a guided tour starting at 10:00AM. This will be followed by lunch and fellowship at North Park Lounge.

The museum does not have an elevator and is NOT wheelchair accessible.

A fee of \$10.00 per person is required – cash will be collected before we leave ELC.

Sign-up on the bulletin board in the narthex by March 25th.

Program Rep: Karen Kuczek
Peggy Lewis

Emmanuel Lutheran Church Women

May

Wednesday

***May 9, 2018**

*(*note this is the 2nd Wednesday of the month)*

Salad Luncheon

9:30AM

Program: "Book Review"

by: Karen Kuczek



Bring your favorite salad to share.
Luncheon follows the program at 11:00AM.

Devotions: Peggy Lewis

Hostesses: Kathy Potter
Jeanne Yargar

Program Rep: Jeanne Yargar

**Sunday, May 14th: Installation of officers
during Sunday morning worship.**

Scouting Update

Highlights from last month's activities . . .



Troop

208

Export, PA

Man Camp

by Frederick, 2nd Class

On February 2nd, 7 scouts and 6 adults all traveled to Elk County for a Man Camp weekend. Man camp was a fun experience for Troop 208. Here is what happened. We had a 3 hours car ride. When we arrived we had slight problem.

There was a foot of snow on the ground, and we had to shovel our tent spots... Fast forward 1 and half hours, and everybody is asleep in their tents. Next morning everybody awoke eating eggs and toast by the nice warm fire. After that a few scouts went shooting 4 22cal rifles at the range. Then, we were supposed to go on a hike, but due to a foot of snow and on and off rain we canceled. We wanted to go snowboarding instead. We had burgers for dinner and they were good. After that the scouts went in their tents to bed. Next morning everybody got up and ate oatmeal for breakfast. Some scouts were soggy. Finally, we got all of our tents packed up, and did the whole 3 hour car ride and were all home Sunday.

Upcoming Activities

- 4/05 - Happy Birthday 208!
- 4/07 - Shooting Sport day
- 4/14 - Scouting for Food Pickup
- 4/21 - Scout Knob Workday
- 4/22 - Spring Court of Honor

+++++

Troop 208 Annual Flea Market

Date: **Saturday, May 12th (Rain or Shine)**

Location: **Export Community Park**

Time: 8:00AM~3:00PM

Contact: Celia 724-325-3050

ccmcleigh@comcast.net

*Sellers reserve a 20x20 ft. space for \$20 non-refundable paid by May 7th. Tables and canopies will not be provided.

*Scouts will be accepting worn or damaged flags for retirement.

*All proceeds will benefit Troop 208.

Matthew 26:40 *And He came to the disciples and found them sleeping and said to Peter “So you men could not keep watch with me for one hour”?*

How Much Sleep Is Enough?

By [Neurosurgery](#), October 21, 2016

Sleep experts agree that adults need seven or more hours of sleep per night for “optimal health.” Some people may need more to feel their best, but in general, [falling below seven hours of sleep leads to many health consequences](#).

The Effects of Sleep Loss

So what happens when you fall below the magic number seven? You begin to build up a sleep debt that affects how your body functions in many ways.

Brain

Sleep is tied to memory and cognition, and poor sleep habits lower your ability to process and retain new information. You may have trouble learning a new skill or remembering basic information. [Chronic sleep loss can also lead to depression and anxiety](#).

Weight

When you lose sleep, the hormones that control your appetite get out of balance. Your body produces more of the hormone that makes you want to eat and less of the hormone that suppresses your appetite. You also may find that you crave the sweet, high-carb snacks that help build up love handles.

Skin

Notice those dark circles under your eyes after a few sleepless nights? They're more likely to stick around, along with other skin changes, if you don't stick to a decent bedtime. In one study, people who were sleep deprived found that their skin wasn't able to recover as quickly from stressors such as sun exposure.

Heart (and other organs)

People who get less than seven hours of sleep a night have higher rates of diabetes, heart disease, and obesity. Lack of sleep can lead to more inflammation in your body and change how your body handles glucose, which contributes to [type 2 diabetes](#). You're also at higher risk for heart attack and stroke.

Luckily, there's an easy fix to lower your risk of health problems: Make yourself a bedtime routine. This isn't always as easy as it sounds, but it should be a priority. Sip a glass of chamomile tea or warm milk and climb in bed at the same time every night.

One Night of Poor Sleep or Less Than Six Hours

- When sleep deprivation occurs, the speed at which your brain processes information slows down, causing you to have a tough time with simple decision making and problem solving.
- You have less-efficient filtering, meaning you have trouble identifying important information from the useless information.
- Levels of serotonin, which are associated with [depression](#), may also spike when you miss out on a [good night's sleep](#). This would explain why you might feel slightly depressed when you are fatigued.

Several Nights of Poor Sleep

- Your body goes through hormonal disruptions during sleep deprivation. According to a study from Stanford University, hormones that regulate your hunger jump by 15 percent, which can possibly add a 2.2 pound per week weight increase.
- Lowers your hormone that regulates energy, which can explain why you might feel constantly groggy.
- Short memories may become difficult. All the information you take in gets absorbed, but your brain struggles to put that information to good use.

Weeks of Poor Sleep

- During sleep, brain neurons and cells also rest. If these cells and neurons are constantly active, they may begin to die off or get clogged with proteins that would have been cleared away with sleep, which can result in permanent problems related to attention and information processing.
- An overactive motor cortex may develop. While this may sound efficient, it's not. Your brain is actually working overtime and will eventually wear itself out, meaning you have trouble handling simple tasks and making rational decisions.
- Genetic changes can occur. According to a recent study, those who continually slept less than five hours a night were at twice the

risk for depression. This is because certain genes that relate to depression may become activated during loss of sleep.

Ditch Insomnia and Get Some Better Sleep, Tonight.

Here are some helpful tips to catchup on your zzzzz ...

- **Stick to a schedule:** Try and go to bed and wake up at the same time every day. This can help your body get into a healthy sleep pattern.
- **Stay active:** [Routine exercise](#) can help promote better sleep.
- **Limit napping:** Taking extended daytime naps can interfere with your nighttime sleep. Limit naps during the early afternoon and make them less than 30 minutes if you still choose to nap.
- **Watch what you eat and drink:** Try and avoid going to bed too full or hungry. The discomfort can keep you tossing and turning. Also, avoid [caffeine](#) and [alcohol](#). The effects of caffeine can take hours to wear off. And while alcohol may make you sleepy at first, it can disrupt your sleep later.
- **Make sure you're comfy:** Nothing is worse than sleeping in a hot room, or with distracting lights. Aim for a cool, dark, and quiet environment.





easter egg hunt

The words easter egg are hidden in this puzzle 20 times. Can you find all of the easter eggs?

W E A S T E R E G G M E O G Y
J O E R P R Y G W H G O E K W
E D E A S T E R E G G O A V E
R A R E S R M M G O Y E S J A
G E S Z E T O Y G F D A T E S
E K A T B I E G T D K S E A T
E A S S E E E R G B Q T R S E
M A S N T R A G E F R E E T R
E W S T E E E S F G D R G E E
H A W T E R R G T B G E G R G
C G S K E R V E G E S G T E G
E A Z T Z R E B G H R G V G H
E A S T E R E G G G Z E B G X
H A T V S S D G G Z S P G D F
E L O Y Y B O U G G X R J G U

April 2018 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 MINISTER	ACOLYTES	GREETERS	USHERS	NURSERY
4/1/2018	Easter	Lou Hiener	Volunteers Needed	John & Leanne Salava and family	John Jacoby & Steve Cehovin	Holly Pelusi
4/8/2018	Sunday	Steve Cehovin	Volunteer Needed	Jim & Karen Kuczek	Scott & Karen Duff	Kristi Lavallee
4/15/2018	Sunday	Michele Hiener	Volunteer Needed	Jeff & Holly Pelusi and family	Steven Foust & Mary Whipkey	John & Leanne Salava
4/22/2018	Sunday	Karla Gustafson	Volunteer Needed	Lee & Arlene Woodward	Scott & Karen Duff	Gene Seidling
4/29/2018	Sunday	Dave Whipkey	Volunteer Needed	Dave & Jeanne Yargar	Steven Foust & Mary Whipkey	Janice Fiorina

DATE	SERVICE	ALTAR GUILD	COUNTER TEAM	COMMUNION BREAD		
4/1/2018	Easter	Cecilia Verner	John Verner	Jim Lewis	John Verner	Danette Hunter
4/8/2018	Sunday	Cecilia Verner	John Verner	John Salava	Scott Gustafson	Danette Hunter
4/15/2018	Sunday	Cecilia Verner	John Verner	John Salava	Scott Gustafson	Danette Hunter
4/22/2018	Sunday	Cecilia Verner	John Verner	Susan Smith	Amy Foust	Susan Smith
4/29/2018	Sunday	Cecilia Verner	John Verner	Susan Smith	Dave Whipkey	Susan Smith

Thank you to all who serve!

FISCAL YTD FINANCIAL INFORMATION as of FEBRUARY 28, 2018

Contributions \$82,190 vs. Budget \$85,594 . . . -\$3,404 Funding Gap

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

Contributions \$82,190 vs. Expenses \$88,587 . . . -\$6,397 Cash Flow

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

MINISTRY TEAMS/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:

† **God's Property** – *(Property)*

- **Don Schultze** - Phone: (h)724-327-3752 (c) 412-600-8324
E-Mail: donsch3318@gmail.com

† **Christian Life** – *(Evangelism, Fellowship, and Youth & Family)*

- **Dorothy Datasch** – Phone: (h)724-795-2881
E-Mail: edmad1@comcast.net
 - Youth Group(6th–12th): Dan Plance
 - W-DOGS(K–5th): Amy Foust

† **Soul Life** – *(Worship & Music and Christian Ed)*

- **Howard Weigold** - Phone: (h)724-733-2413 (c) N/A
E-Mail: Weighz06@windstream.net
 - Acolytes: **Volunteer Needed**
 - Altar Guild: Donna Berardinelli
 - Assisting Minister: **Volunteer Needed**
 - Festive Bells: Homer Adams
 - Memorials: Dana Fetter
 - Nursery: **Volunteer Needed**
 - Ushers: Dave & Mary Whipkey
 - Wedding Coordinator: Donna Berardinelli

† **Life Stewardship** – *(Finance, Social Ministry, and Stewardship)*

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

Loaves & Fishes: Vince & Donna Berardinelli

Safe Haven Coordinator: Bob Jordan

ELC Women: Pres. – Jeanne Yargar

Vice-Pres – Susan Smith

STAFF

Pastor Darian Hybl
Business Manager Amy Foust
Youth Group Leader Dan Plance
Organist/Choir Director Homer Adams

FINANCIAL OFFICERS

Financial Secretaries Danette Hunter & Karen Flood
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
STAMP
HERE

