

HILLTOP NEWS



In This Issue:

Upcoming Events	2
Hilltop Fun Fest Returns.....	3
Slate Hill Hosts Childcare for MHF.....	4
Rod Petersheim Wants to Give You \$20	5
Post-It-Notes, Pick Yours	6
Wellness Committee Updates.....	7
Hittin' the Books	7
April Birthdays and Anniversaries	8
Ladies Fellowship New Book Study	9
The Way of the Cross.....	9
tech4Tanzania Update	10
A Sermon Revisited.....	11
An Escape Into His Presence	12
What Do Those Stones Mean?	13
Safe Church Preparations Begin.....	14
Top 6 Reasons Caregivers Need Sleep.....	15
2015 Spring Fling	16
Hello From Dallas	17
The Burden of Israel.....	18
Preparing for the Journey.....	19
Church Commissions & Committees	20

He is Risen!



HOLY WEEK

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Office Hours: Tuesday through Thursday

9:00-4:30; Friday by appointment

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Church Office Hours:

Monday:	No office hours
Tuesday:	9:00 a.m. - 4:30 p.m.
Wednesday:	9:00 a.m. - 4:30 p.m.
Thursday:	9:00 a.m. - 4:30 p.m.
Friday:	By Appointment



Upcoming Events

- | | |
|----------------|---|
| Apr. 2 | Maundy Thursday meal and service ~ 6:00 PM |
| Apr. 3 | Tenebrae service at Steelton Mennonite Church ~
6:45 PM |
| Apr. 5 | Sunrise service and breakfast ~ 6:45 AM |
| Apr. 7 | Christian Ed meeting (at Myrna's house) ~ 7:00 PM |
| Apr. 9 | Ladies Fellowship & Bible Study ~ 9:30 AM
EPS Commission meets ~ 7:00 PM |
| Apr. 11 | Blood Drive ~ 10:00 AM
Chicken BBQ ~ 11:00 AM |
| May 2 | Men's Fellowship ~ Service Day at Camp Hebron ~ 8:00 AM |
| May 9 | CCO Salmon Fundraising Dinner |
| May 15 | Church Retreat at Camp Hebron |
| June 13 | Hilltop Fun Fest 2015 |



Hilltop Fun Fest Returns

June 13, 2015

It's back! After the success of the inaugural event last summer, we are gearing up for Hilltop Fun Fest 2015. This year's FunFest will be held on Saturday, June 13 from 5:00 to 9:00 PM. Once again, it will feature live music, cornhole tournaments, children's activities, displays from local service organizations, Slate Hill's famous barbecue chicken, our own ice cream truck, and so much more. And best of all, the entire event is provided free of charge so that all of our neighbors can come and have a great experience!

The goals of Hilltop Fun Fest 2015 are to build and strengthen relationships, to practice hospitality, and to have fun living our faith. For those of you who were involved last year, you know that relationships were formed and groomed with people who had never been to Slate Hill before, with those who had been absent for many years, with local businesses and organizations, and also with each other. As we showed hospitality to our guests, we also had lots of fun living our faith! Smiles were everywhere and the excitement was contagious – as evidenced by one little boy who jumped off the bus in the parking lot to go home calling, “Mommy! Mommy! Can we come back to Hilltop Fun Fest again next year?!” We estimate that over 500 people attended HFF 2014 and we expect that number to grow in 2015!

Providing such a wonderful evening for our community takes a lot of work – both prior to and during the event. Many thanks to the following individuals who have committed to the behind-the-scenes efforts. Many of the following folks are already hard at work preparing for HFF 2015:

Chris Zimmerman – Music

Joelle Beck – Children's Activities

Ed Fleischer – Corn-Hole Tournament

Lee Roland – Prayer

Tom Miller – Service Village

Carl Lehman – BBQ Chicken

Matt Fasick – Carnival Food

Mark Preston & Sam Zercher – Arcade

Rachael Zimmerman – Cemetery Tour /Historical Crafts

Rich & Jen Musselman – Sky Lanterns

Gene Seitz – Parking and Bussing

Dave Boehm – Logistics

Anna Wendel & Amanda Musselman – Prize Table/ Raffles

Addeline Edwards – T-Shirts

Valerie Weaver-Zercher – Correspondence Secretary

Danielle Hawley – Social Media

Cassandra Ly – Event Treasurer

Roger Myers w/ Bob Saline – Publicity

People are the best part of Hilltop Fun Fest! As promised last month, here are a few more examples of people who came to HFF in 2014. If you missed the first list, check out the March Hilltop News. Look for more in May.

- ◆ Several local families who stated that they cannot afford to attend local fire carnivals and other similar events.
- ◆ A woman for whom a sober Saturday night is a very rare occurrence. She came and brought her children, who typically find weekend nights to be full of fighting.
- ◆ A neighbor couple who had been to Slate Hill a couple of times many years ago but had never been back until this event.
- ◆ A young family who was turned away by the Catholic Church and is seeking positive church experiences.

The Hilltop Fun Fest Core Leadership Team consists of Rod Petersheim, Roger Myers, Joy Fasick, Connie Werner, Anna Wendel, and Dave Boehm. We welcome your suggestions and assistance with the planning of this year's event.



Slate Hill Hosts Childcare For Mennonite Health Fellowship



Like many of you, I am welcoming Spring with open arms! Now that snow shovels and snow blowers are packed away, I am ready to move on to warmer activities. As the temperature is getting warmer outdoors, things are heating up at Slate Hill as well. The chili cook-off was a fun way to start heating things up. Between the upcoming chicken barbecue and the annual church retreat just around the corner, we will be in full swing; and, before you know it hundreds of guests will be arriving to enjoy a blessed hilltop experience at Fun Fest 2015!

Looking ahead, God has some great things in store for our congregation. Not to mention the World Conference this summer. Plans are being implemented and soon host-homes will prepare for worldwide guests. With all of these exciting upcoming events there will be many chances to connect, engage, and relate to others this Spring and Summer.

I would like to fill you in on just one more exciting opportunity God has put on our doorstep. Prior to the world conference, Harrisburg will host the Mennonite Health Forum on July 19-21. For those three days healthcare professionals and their families will be travelling to our capitol from all over the world and United States to attend the forum hosted by the Mennonite Health Fellowship. MHF asked Slate Hill to host the children of these families. Currently members of the Christian Education Commission are planning crafts, games and transportation for the children of the MHF families. CEC is using the same theme, 'Walking Together for Healthy Communities', in order to provide a cohesive experience for the children. CEC graciously asks for your prayers as we continue to organize activities and work out transportation issues. We also ask for prayers for the families and individuals who will be travelling for the forum, as well as those who are working hard to plan the conference. Look for an update in the Hilltop News later this summer!

Submitted by Rachael Zimmerman



Rod Petersheim Wants to Give You \$20!

It's true! Rod Petersheim has a stack of twenties just waiting for takers. If you'd like the feel of cold hard cash in your hands, all you have to do is ask. Ask Rod for your money when you see him or contact him at rspetersheim@verizon.net. Either way, he'd be happy to give you the money!

But, yes, of course...there is a catch. We'd like it back – with interest!!

In an effort to raise funds for Hilltop Fun Fest 2015, the HFF committee is sponsoring a seed money project. Pick up your twenty dollar bill from Rod Petersheim. We then ask that you use that \$20 to “invest” in a project to earn more money. Return your multiplied money to Rod by May 17. We look forward to hearing how you've invested your “talents”. Below are a few ideas for how you might get involved in this project, but we're sure you have many more!

- * Buy ingredients and sell baked goods.
- * Purchase supplies for a lemonade stand or soda sale.
- * Purchase supplies to sell potted flowering plants.
- * Buy craft supplies and sell your handiwork.
- * Fill your mower with gas and mow lawns for money.

This list could go on and on, but the best ideas will come from you! We look forward to seeing how God can multiply the efforts of the faithful as we work to raise funds to bless our community at Hilltop Fun Fest on June 13.

DO YOU MAKE PURCHASES FOR THE CHURCH?

Our tax-exemption information expired the end of March! Vendors will need our newly issued account information and form. Please stop by the office to get one the next time you plan to make a purchase for the



Post-It Notes —

* Pick Yours While
* the Pickin's Good!

In a few weeks, post-it notes will appear on the Hilltop Fun Fest display in the coffee area. The notes each represent expenses for this event. Would you like to sponsor an arcade game? Pay a musician? Provide popcorn for our guests? Perhaps a bounce house is more your style – or you'd like to provide paper cups so that neighbors can cool off with a drink.

Post-it notes will be available for every budget level and a huge variety of Hilltop Fun Fest needs. Take the note that fits you best, enclose it and your donation in the provided envelope, and return it to the Hilltop Fun Fest mailbox. Checks can be made out to Slate Hill Mennonite Church with "Hilltop Fun Fest" written in the memo line. If you're paying by cash, please give your envelope directly to Cassandra Ly or Roger Myers.

All donations will remain anonymous. Also note that while your donation represents the cost for a specific item, we cannot guarantee that the funds will be used for that item. For example, if you provide \$30 for ketchup and we receive a donation of actual ketchup from a local organization, we will put your \$30 to another good use.

And – yes! – you may take more than one! In fact, this is one time where taking more than your fair share isn't greedy at all. Hurry and pick yours while the pickin's good – and let's see how quickly we can make those notes disappear!

QUILTER'S ATTIC LAST CALL ...



The PA Relief Sale will be held on April 17-18 this year and produces a large part of the MCC budget. If you have unwanted fabrics, notions, patterns, etc., or unfinished projects, they can provide additional funds when donated to the Quilter's Attic booth at the Relief Sale. Items may be brought to the church and placed in the box under the mailboxes. Ron Hershey has graciously agreed to deliver them for us. Thanks Ron !



Wellness Committee Updates

Walking Club

While you are packing away your snow boots, make sure you dust off your walking shoes! The Wellness Outreach Committee is making plans for another year of the popular walking club. What can be better than to bask in the warm summer evenings, fill your lungs with fresh air, watch a gorgeous sunset, and get some exercise, all while enjoying the fellowship of health-conscious Slate Hillers? Look for the dates and locations to be posted soon!

Blood Drive

We are privileged to have a community-based organization that is able to cost effectively provide quality blood whenever the need arises. There is no substitute for human blood; donations are the only source and the shelf life of a unit of blood is only 42 days. On April 11, in conjunction with our world-famous (well, almost) Chicken BBQ, you will have the opportunity to give back to the not-for-profit Central PA Blood Bank. Your pint of donated blood can save as many as four lives, but it will also save you \$2 on your chicken BBQ dinner! Our wonderful BBQ volunteers will even pack up your dinner while you donate. Please make certain you donate on April 11, starting at 10AM.

And Don't Forget

June 13 will be here before we know it! See the Wellness Outreach Committee's article about the Hilltop Fun Fest on page 3 for the latest news!



Hittin' the Books!

I continue to work toward a Master's in Counseling on the Marriage, Couple, and Family Counseling (MCFC) Track at Messiah College. The church board has chosen to provide funding towards my graduate credits. Since YOU are part of that equation, I use Hilltop articles like this to keep you informed of my progress.

As you read this, I am entering week three of Career Counseling across the Lifespan. To be honest, I felt a little neutral about this course and really didn't know what it would cover. It turns out that there is more to it – and it is far more interesting – than I had anticipated!

Throughout our lives, we all have a need to participate in meaningful work. The National Career Development Association (NCDA) defines work as “sustained, conscious paid and/or unpaid effort...aimed at producing societally acceptable benefits for oneself and/or for oneself and others.” Work has positive psychological and sociological benefits. From the young child who sets the table to the retiree who volunteers at the local food bank, we all engage in work and doing so contributes to our understanding of who we are and how we impact the world around us.

The totality of a person's work over their lifetime makes up their career. Career counseling assists people with finding meaningful work. For some, paid occupations provide the positive benefits of “work” as described above. For others, those benefits will come from unpaid service to family, church, or community. For most, a combination of both exists. There are many counseling approaches and tools to assist in this process of discovery. I look forward to learning more over the next five weeks and using this learning at Slate Hill and in our larger community!



Happy Birthday!

FASICK, Darlene	04/01
SPRINGER, Roger	04/01
MALAY, Lucia	04/02
SACHS, Austin	04/02
STOLTZFUS, Nathan	04/02
KLEMM, Theda	04/04
MUSSELMAN, Gene	04/04
BURKHOLDER, James	04/06
REEVES, Anne	04/09
HAWLEY, Chris	04/10
MYERS, Duane	04/10
SOLLENBERGER, Erma	04/11
BEATES, Kennedy	04/12
MILLER, Sterling	04/16
VIRAYA, Keomani	04/16
ZOOK, Leland	04/18
WENDEL, Anna	04/20
LAMB, Isaac	04/21
PETERSHEIM, Elise	04/21
WEAVER, Debbie	04/21
WHITE, Nicholas	04/21
LAPP, Bronte	04/22
EBY, John	04/23
WERNER, Veronica	04/25
ESHLEMAN, Myrna	04/26
NISLY, Paul	04/27
WIDMER, Lamarr	04/27
REXROTH, Tequala	04/28



SEITZ, Gene & Dottie	04/14
GISH, Dwayne & Lucinda	04/20
FLEISCHER, Ed & Patricia	04/23
WHITE, William & Pat	04/29

Needed: Website Photos

Do you have recent photos of church events we can post on the website? Please contact Ray Leiter with your images; a photo release form must be completed and submitted to the church office for permission to post images of children.



Ladies' Fellowship Begins a New Book Study, God's Space, by Doug Pollock

The Ladies' Fellowship, which meets twice a month on Thursday mornings, began a new study on the book, God's Space: Where Spiritual Conversations Happen Naturally, by Doug Pollock.

The theme of the book, "is dedicated to raising up people who are not only *giving to missions* but also *given to mission*." This concept feels like it hits home to many of us as we at Slate Hill journey together with our 2015 focus on "Connect – Engage – Relate".

Using the encounter of Jesus with the Samaritan Woman found in John 4 as a model, we will seek to: 1) step out of our comfort zone, 2) take a sincere interest in what matters most to the other person; 3) listen, 4) ask wondering questions, and 5) prayerfully wait for God to lead.

Pollock uses each chapter of the book to break down individual steps needed to create God's space where people can feel safe to ask their questions, share their doubts, bring their real selves out into the light, and journey one step at a time toward the cross.

He also clues us in to what might be some conversation-killers to avoid, and suggests ways that we can naturally create room for spiritual conversations.

We believe that our Ladies' Fellowship can be a place where we can make our not-yet Christian friends feel welcome and safe, and also share with each other opportunities we have had to engage in spiritual conversations. We invite all women and their friends to join us.

Submitted by Myrna Eshleman



The Way of the Cross

By Annie Johnson Flint

Some of us stay at the Cross,
Some of us wait at the tomb,
Quickened and raised with Christ
Yet lingering still in the gloom.

Some of us bide at the Passover Feast
With Pentecost all unknown:
The triumphs of grace in the heavenly place
That our Lord has made our own.

If Christ who had died had stopped at the Cross,
His work had been incomplete.
If Christ who was buried had stayed in the tomb,
He had only known defeat.

But the Way of the Cross never stops at the Cross,
And the way of the tomb leads on
To victorious Grace in the heavenly place,
Where the Risen Lord has gone.



Developing Partnerships for Life!

THANKS

- for prayers and concern for John Mwaipopo who continues to struggle with health issues while studying for his master's degree at Harrisburg University.
- for prayers and help with the mission and ministry of tech4tanzania.
- to Myrna and Ken Eshleman for helping to sort and repackage medical supplies.

ONGOING – at your convenience...sort of

- Warehouse work at Mission Central, Mechanicsburg, Tuesdays and Thursdays as needed to pack/repack materials for shipping.
- Computerize inventory of technology, books and medical supplies for shipment later this year
- Repairs for treadle sewing machines to be shipped later this year.
- Crate building for small to medium items to be shipped.

COMING UP

- Graduation party at the home of Randy Barr and Anne Reeves Saturday, April 16 from 4 to 7 PM for Pastor John Mwasakilali, graduating from the Lutheran Theological Seminary at Gettysburg
- Welcome picnic and fundraiser for four visiting healthcare workers from Tanzania on Sunday, May 31, 5 to 8 PM, St. Stephen Lutheran Church, 30 West Main Street, New Kingstown.

Submitted by Randy Barr



Ken & Myrna Eshleman packing medical supplies for tech4Tanzania shipment Summer, 2015.

A SERMON REVISITED

Sometimes I visit slatehillmennonite.org to catch a sermon I missed. It's a great tool to keep connected when vacations, illnesses or obligations prevent me from hearing a sermon. Today, however, I listened to a sermon I knew I had already heard. I was scanning the list of available sermons and vaguely remembered Richard Mininger's sermon entitled "Thanksgiving: From Easy to Hard." Hmmm...I remembered some of the points he made and realized that this topic was especially relevant to my life at the moment.

When Richard delivered the sermon, I have to admit my life was rolling along pretty smoothly. I appreciated the message but the impact I felt listening to the sermon this morning was significantly stronger. As I navigate through loss and grief, I'm learning in a new way that Christ walks with me and that my church family cares for me. I'm also learning that sometimes the emotions I feel overpower the tremendous love and care by which I'm surrounded. Richard's sermon helped to re-frame my circumstances and give me strength to face another rollercoaster day of emotions.

I encourage you to log onto our church website and check out the sermons! Maybe you missed a Sunday or you could benefit from a refresher on a topic that is particularly relevant to issues you are facing. Or, (O.K., this is a thinly veiled plug) you may want to check out the sermon from January 11th entitled "Connect, Engage, Relate" that introduced the 2015 Challenge for our congregation.

Submitted by Jen Fredrick

An Escape Into His Presence

That was the theme for the annual women's retreat at Camp Hebron this year. I anticipated that invitation! We arrived to snow covered Camp Hebron Friday evening and soon we were headed to our first session. Jessie Seneca, who is affiliated with Life Ways Bookstore lead the retreat. The first session focused on our commitment to Christ by reviewing Samuel, then we headed to James. In chapter 4 verses 7-8 James writes, "Submit yourselves, then, to God. Resist the devil and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded." As James continues through chapter 4, he gives us direction for how we can submit ourselves to God. Jessie focused on those teaching moments and equipped us with plenty of scriptures to be still in God's presence. That evening we were also given our goal for the retreat—read Psalm 119. With that homework assignment I knew God was serious about our time together!

Saturday morning welcomed us with the smell of Camp Hebron's wonderful breakfast plus a full day of activities and sessions with Jessie. Sylvan View was a nice cozy refuge from the winter winds that were swirling outdoors. Even though plans were being cancelled all around us, for the ladies at Camp Hebron we were right on God's schedule. The morning session focused on 'spiritual pruning'. Jessie brought us back to James, this time the very first chapter. She related our relationship with God to that of a master gardener. She explained spiritual growth happens in three stages; just pruned, recovering from pruning and full bloom. She gave tips and scripture to aid us in each stage of growth. She used teaching moments from scripture and her personal life to show us God uses hardships, illness and adversity in our personal spiritual walk to shape us into His masterpiece. Just like a master gardener with plants, God knows when we need pruning to shape us into better Christians. This session was followed with a wonderful reflection time, and for my group, the message gave us a greater appreciation for our times of 'pruning'. We then made flower pens to remind us of the Master Gardener. This cute project led to great fellowship and many interesting conversations with lots of laughs.



This year, I had a very exciting opportunity to lead an afternoon workshop on essential oils. This beginner essential oils class identified common essential oils and gave examples of how we can use different oils in our everyday lives to draw us closer to God during meditation and prayer time. We talked about how oils were used during biblical times and each guest was given a chance to experience the aroma of Frankincense, Myrrh and Spikenard. I am so grateful to God for that wonderful experience to share my passion and knowledge of essential oils as a way to connect with the women around me.

Saturday evening continued with praise and worship and a third session led by Jessie. This session was titled 'Living Loved'. Through out the bible God not only tells us how valuable we are to Him but He also teaches us how to love and value those around us. The third session left us with this acronym: **Love Others in View of Eternity**. We have no higher calling than to love; in the end God measures our spiritual maturity on how we love. We ended this session by pinning our personal 'love obstacles' on the cross then we asked God to replace them with His 'love patterns' outlined in chapter 13 of 1 Corinthians. On Sunday morning, our final session recapped the previous sessions and left us with tips and scripture to take with us as we left our mountain top refuge and descend to the "real world". We received biblical tips on how to prepare for our daily walk with Christ. Time was spent in the book of Joel to focus on our call to repentance. Jessie ended the retreat by passing out a basket of stones. Each of us was instructed to take a stone as a take-away to remember our weekend and it would serve as a daily reminder of the Rock that is Christ.

I encourage and invite women of Slate Hill to attend this wonderful annual retreat offered by Camp Hebron. The weekend was such a blessing to me and has given me the divine time needed for an uninterrupted weekend with God.

The two best parts of this retreat were the warm hugs I received when I arrived at camp by the friends I met last year and the warm hugs I gave to those new friends as we departed Sylvan View.

“WHAT DO THOSE STONES MEAN?”

That is the question predicted in Joshua 4:6 (NIV). Here, Joshua is describing the stones that were placed to memorialize God’s control of the Jordan River and deliverance of the Israelite people. The people would forever remember God’s greatness when they saw these stones.

Perhaps you, too, have been asking “What do those stones mean?” as you’ve seen people placing them in the front of the sanctuary during the offering time. Again, these stones remind us of the greatness of our God. They serve as a memorial to the opportunities that God is providing us to Connect, Engage, and Relate with others in 2015. The stones are a way of thanking God for the opportunities and reminding us that God is with us in each interaction.

Connect Engage Relate is our theme for 2015. We are asking each person to commit to intentionally sharing God’s love with the people they meet each day. You can find your invitation on the table outside the sanctuary. Please RSVP to indicate your plans to pay close attention and follow God’s leading this year.

Those who accept this challenge are asked to find one way to Connect, Engage, or Relate each week. So far, we’re focusing especially on Connect. For the month of April, we offer the following ideas for ways that you might Connect to the people God puts in your path. You could do the same activity every week, a different activity each week, or anything in between. Let God be your guide!

- Create a change in your life that will increase your interaction with people who are not-yet Christians.
- Use the chicken barbecue flyer to invite someone you’ve never invited before to come up the hill on April 11. (But remind them to come before noon as we sell out quickly!)
- Deliver chicken barbecue to your neighbors.
- Send a handwritten note, email, or facebook private message to encourage someone.
- When you have a group project, choose to work with someone you’ve never worked with before.
- When grocery shopping, interact with multiple shoppers & workers. Choose to check out with a clerk and make eye contact, smile and share a friendly hello.
- Initiate at least one conversation with someone where you intentionally listen a lot and speak only a little. Ask a question or two and then let the other person’s needs and interests be the focus of your attention.
- Attend the Sunday School class discussing the book *Walk Across the Room*.
- Something else that God lays on your heart. We’d love to hear what it is! Share your story to jfasick@comcast.net. This might be just the idea to inspire other people, too!

The Connect Engage Relate team consists of Jen Fredrick, Myrna Eshleman, Sunny Gandem, Chris Zimmerman, Ron Hershey, Tom Miller, Lynn Shertzer, and Joy Fasick. We welcome your ideas on how to spread the Good News in 2015.



Safe Church Preparations Begin at Slate Hill in April

Slate Hill Mennonite Church will participate in and host Safe Church training sessions beginning April 25, 9AM to noon. The Lancaster Conference is encouraging churches to update their child protection policies to become compliant with new laws passed in 2014. The Slate Hill board authorized participation in the Safe Church initiative. At least three other churches, Diller Mennonite, Steelton Mennonite, and New Hope Mennonite will participate in six cluster-group training sessions over the next 11 months.

Jeff Rioux will chair Slate Hill's team of participants. Others include: Myrna Eshleman, Chair, Christian Education Commission, Sandy Crouse, Tara Hess, Lori Manivong and Rachel Zimmerman. Joy Fasick will serve as an ad hoc member.

Deborah Saline (Slate Hill) and Joanne Halteman (Diller Mennonite) will serve as the Safe Church Facilitators.

BACKGROUND. Pennsylvania's Child Abuse reporting laws changed significantly after Pennsylvania and the nation learned about Jerry Sandusky and child sexual abuse in 2011. When it was all said and done, Pennsylvania's legislature passed more than 20 pieces of new legislation to significantly expand the universe of people considered "mandated reporters" and increase penalties for failure to report suspected abuse. Many of these changes came from recommendations of the 2012 Pennsylvania Task Force on Child Protection, which was formed in the wake of the Penn State Sandusky case.

The last set of bills, signed into law by then Governor Corbett, became effective December 31, 2014. There is a grace period for churches and other organizations to become compliant but it is imperative church leaders upgrade policies, training, and procedures in order to comply with the new laws.

Last September Lancaster Mennonite Conference, in partnership with Samaritan Counseling Center, provided training for representatives from churches in the District. Bishop Richard Mininger asked Joanne Halteman (Diller Mennonite Church) and Deborah Saline (Slate Hill) to participate. Joanne and Deborah attended three days of training to become Safe Church facilitators. More than 25 Lancaster-Lebanon-York congregations completed the Safe Church program and received updates to their policies, as well as training, at a workshop earlier this fall.

During the six cluster meetings, each church team will develop policies to fulfill the legal requirements; develop a theological framework for their church; provide opportunity for adults to become approved with required clearances; hold two congregational education sessions and provide for a survivor's retreat.

Even the best policy and training does NOT necessarily create a "Safe Church" for children! That is why Samaritan's Safe Church program is designed to shift the culture of a congregation so all adults become proactive about protecting children from sexual harm – not only in church but in the community. In addition to providing best practice policies and faith-integrated training, which is necessary but insufficient, the program helps congregations accomplish the following three core aspects to truly become a "safe church":

- ♦ Integrate child sexual abuse prevention and response practices in congregations as a core theological commitment and community covenant.
- ♦ Educate and empower parents, children and other congregants to prevent sexual abuse in the broader context of a child's "safe world" of school/scouts/sports, etc.
- ♦ Lift up and empower adult survivors in congregations to become leaders in creating resources for their faith communities.

Submitted by Deborah Saline

Top 6 Reasons Caregivers Need Sleep

Anne-Marie Botek

Editor-in-chief AgingCare.com



A good night's sleep. For the ever-vigilant, ever-stressed caregiver, the thought of getting a solid eight hours may seem like a pleasant pipe dream. And you're not alone. The National Center for Sleep Disorders estimates that between 10 and 15 percent of American adults suffer from chronic bouts of insomnia. Yet, studies linking inadequate sleep to a number of physical and mental ailments continue to pile up. Begging the question: Can anyone, especially those taking care of an elderly loved one, afford to skimp on their snoozing?

There are a multitude of reasons why a caregiver needs to prioritize getting a solid amount of shut-eye. Among other things, sleep:

Slashes stress: There's a reason that AgingCare has an entire section devoted to caregiver stress—it's perhaps the single most common affliction of family caregivers. And it can be greatly affected by how much shut-eye you're getting. Studies show that, when you fail to get the necessary amount of sleep, your brain will hit the panic button, causing your stress levels to elevate. Conversely, when you're stressed, it can be nearly impossible for you to fall and stay asleep—no matter how tired you are. If you're unable to control your stress levels, this can turn into a vicious cycle.

Magnifies memory: Worried that you're loved one's dementia might be rubbing off on you because you keep forgetting where you put your keys? It might just be that you're not getting enough sleep. Though the exact process remains elusive, scientists have concluded that sleep plays an essential role in the processing and retention of new information. Memory can be spilt up into three parts: acquisition, consolidation, and recall. While acquisition and recall can occur while a person is awake, consolidation—the process that makes a memory a permanent fixture in a person's mind—is believed to only occur when a person is asleep.

Decreases depression: The trials and tribulations of caregiving are enough to make anyone feel hopeless, but evidence indicates that sleep deprivation can also play a role in regulating your mood. According to the National Sleep Foundation, not getting enough sleep may increase a person's risk for developing depression. It can also intensify symptoms in people who already suffer from the mental disorder. This connection partially explains why certain sleep disorders, such as restless legs syndrome and obstructive sleep apnea, have also been linked to depression.

Curbs cravings: Find yourself reaching for that tub of ice cream more and more often? Compared to their well-rested peers, those who don't get enough sleep may be less able to resist the temptation to dig into unhealthy comfort food. Recent research conducted by scientists from Columbia University and St. Luke's Roosevelt Hospital Center discovered that when a person is sleep-deprived, the reward centers in their brain respond strongly to images of unhealthy food, while images of healthy food provoked little or no reward response. Other studies have connected not getting enough sleep to an increased craving for sweet and salty foods as well as an uptick in a person's risk for becoming obese.

Heightens health: Even if you can find the time and finances to exercise and eat healthy, if you're not getting enough restful sleep, your efforts may be for naught. Countless research studies have linked inadequate sleep with a variety of health problems, including: increased risk of developing certain cancers, higher blood pressure and cholesterol levels, and heightened inflammation.

Axes anxiety: Too little sleep can make you go from concerned caregiver to wound-up worrywart in no time. Researchers from the University of California, Berkeley, recently discovered that people who don't get enough sleep have the tendency to become far more anxious about an upcoming emotional event than those who get a normal amount of Zs. Brain scans of sleep-deprived participants showed that they experienced a dramatic increase in the brain activity linked with heightened anxiety. For some of the sleepest, their brain's negative anticipatory reaction was heightened by over 60 percent. ¹

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Submitted by Deborah Saline

2015 Spring Fling

Guests ventured from as far away as Shippensburg, Chambersburg, El-litsburg and Carlisle. Some lived nearby in Camp Hill, Harrisburg, Mechanicsburg and Dillsburg.

All came with one goal in mind: to have fun at the 2015 Spring Fling!

On Sat. March 7th, over 50 persons with developmental disabilities converged at Slate Hill for an afternoon of pure joy. Some guests were accompanied by group home staff, while others came with family members.



Let's Limbo

Guests were blown away by the open arms and thoughtfulness that was invested in the afternoon. "The volunteers were amazing," noted Craig from Camp Hill, whose wheelchair bound and non-verbal daughter attended the event. "Everyone was joyful in their interaction and incredibly accommodating. I left there feeling blessed and I know that my daughter, Laura, was blessed by your thoughtfulness." Al, who left his daughter, Jill, in our care for the afternoon was equally blessed. "You blessed my daughter, Jill, and the dozens of others by your ministry. Jill came home excited and delighted, and her 'butterfly face' picture has now been circulated into our family's 'cyberspace'."

The afternoon began with guests getting their faces painted and having their pictures taken in a modified "Photo Booth." After a delicious lunch of pizza, carrots and fruit cups, the guests tested their skill and luck at 20 carnival games. Homemade Rice Krispie treats and grapes followed. After the brief refreshment, the guests enjoyed the limbo, several relays and music fun. Throughout the afternoon, shoulder massages were available provided by two professional massage therapists.

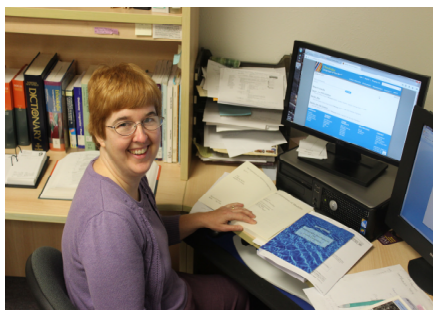
Some guests needing additional care were paired up with Messiah student buddies, who did a fabulous job. Melissa Class was a buddy to Debbie. Debbie's sister, Linda, noted: "My sister especially enjoyed the games and the music. She talked and talked about everything she did that afternoon." In turn, Melissa noted "I enjoyed spending the day with Debbie! I feel so blessed to have gotten to meet her and her smile has definitely left a lasting impact on my heart. I am so happy I am involved in such a wonderful ministry!"

Rachel Hoover was a buddy to Caley. They hit it off from start to finish. Group home staff was impressed at how volunteers encouraged participation. Said George, staff at a group home in New Cumberland, "I have one resident that usually will not do anything, but she did and all three of our residents all had a great time."

Trena, a group home staff member in Boiling Springs added: "The music was awesome. Everyone had a great time moving to the beat and playing games. The helpers were awesome and I never expected to have volunteers befriending our residents. Everyone has already said they'd love to come again next year."

Slate Hillers were also impacted by the event. Jen Fredrick noted: "It was a wonderful day and it was inspiring to be a part of. I'm glad I got to be a part of the energy, excitement and joy that was generated by the mingling of different people in such a welcoming environment!" Fran Leiter was glad to be able to help. "The sheer joy on the faces of invited, families, caregivers, and volunteers throughout the day made the event a treasured memory!" "EVERYONE looked like they were having an amazing time," observed Sue Weigel. "This truly is a remarkable event! I am glad I could be a part of it!"

The event could not have been possible without the generous financial support from a non-Slate Hill neighbor, an in-house donation and some proceeds from a Chicken BBQ in early 2014. It also would not have been possible without a boatload of volunteers. 21 volunteers came from Slate Hill, 8 were Messiah College students, 5 were Messiah College graduates living in the area, 5 came from St. Stephen Lutheran Church in Kingstown, 4 attend spinning classes with Ulli at LA Fitness, 2 work for the Dept. of Corrections, and 6 comprised a loving Mechanicsburg family. All pitched in, befriending the guests and enjoying the afternoon together.



Hello from Dallas!

Greetings from Marty, Glenna and Paul Sollenberger

March 2015

What does cataloging books have to do with Bible translation? More than you might think. Recently I catalogued some unpublished materials, including a New Testament draft, in the Roma language of Western Europe. Right away I knew it would be helpful for a GIAL alumna who works with the Roma people in Eastern Europe. She was excited to hear about the translation I had just catalogued. It will really help them when her team is ready to start translating the Bible into their dialect of Roma.

The Graduate Institute of Applied Linguistics is an exciting place to work. Many of the faculty and staff are Wycliffe members who have already completed a Bible translation. We have both graduate and undergraduate programs of study in language and culture learning, Abrahamic studies, multicultural partnerships, international studies and World Arts, in addition to linguistics, literacy, and Bible translation. Our alumni have served with more than 300 people groups in over 60 countries under the direction of 75+ agencies, including Wycliffe Bible Translators.

Marty continues his work in Global Technology Information Services. They provide computer support for Dallas-based translators and administrators of Wycliffe Bible Translators and SIL International. They also provide technical support for workshops, seminars, and Bible Translation conferences when they're held at the International Linguistics Center in Dallas.

With a network of over 500 computers, the International Linguistics Center produces a lot of e-trash. Marty sorts through this outdated equipment and decides how to dispose of it. Some computers can be refurbished and donated to national translators in developing countries. Others are too old and obsolete; Marty breaks them down and sends them to a responsible recycling company.



Praise:

We thank God for the partners who are supporting our ministry through prayer and financial support. We are also grateful for God's blessings on our son Paul. He knows a great deal about computers and has taught himself some programming languages. He has also been blessed with good friends at church and with the Wycliffe Missionary Kid Group.

Prayer:

Please pray with us for some health concerns. Marty has sleep apnea. His CPAP machine makes a big difference, but he is still struggling to adapt to it. Please pray he can get the sleep he needs to feel better and to be more productive at home and work.

I have been having problems with my right arm and thumb since October. X-rays showed a degenerative disc and bone spur in my neck. The tingling and numbness in my arm have improved, but I still have numbness and swelling in my thumb that gets worse whenever I try to use it. Please pray for wisdom for doctors to figure out what is wrong with my thumb and how to treat it.

Please pray with us for wisdom regarding Paul's schooling. Decisions we make during high school will have a real impact on college and career opportunities (he is currently in 10th grade). Please pray that God will direct us to the best options for Paul.

Please pray with us for wisdom and guidance regarding our finances. We are grateful for God's provision through our ministry's financial partners and Glenna's inheritance. However, monthly support for our Wycliffe ministry is still very low. We continue to look for ways to reduce our expenses so that we can pay our bills without relying on savings. Please pray for wisdom for us to make the best use of the finances God has given us.

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In His Service,
Marty,
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For online giving go to: <https://www.wycliffe.org/Give/MissionaryMinistries.aspx>.

Click on "I'd like to give to the ministry of a specific missionary," type in "Sollenberger", click "Search" to bring up our picture, then follow the prompts.

The Burden of Israel

By Annie Johnson Flint

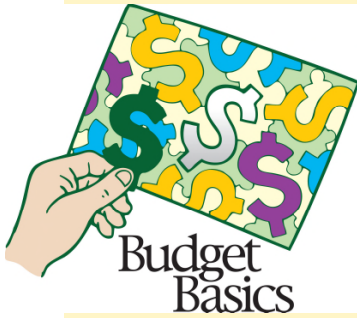
Behold, thou art a burden, O house of Israel,
A curse among the nations wherever thou dost dwell,
They hate thee and they fear thee as all the world can tell.

Thou art a fire, O Jacob, among the forest leaves;
A flame of fear devouring, a torch among the sheaves;
A trouble to the countries, for which the whole earth grieves.

A thorn art thou, O Judah, a terror to the lands,
Sharp stone and rock of stumbling that cuts the meddler's hands,
A snare to the oppressor who binds thee with his bands.

Thou art a cup of trembling, Jerusalem, today;
The mighty men are gathered, the battle in array,
The Gentile hosts assembled, that God may have His way.

A joy unto the nations, O Judah, thou shalt be,
When out of all the countries the Lord hath gathered thee,
And thou shalt be a blessing from sea to farthest sea.



PREPARING FOR THE JOURNEY – HOW FINANCIAL PLANNING CHANGED MY LIFE

By Shawn Persing CFP®

Early in our marriage, my wife, Lori, and I lived with no real financial direction or goals. When I accepted a job with a pretty hefty pay cut, however, we knew we needed to make some changes.

We reached out to a financial planner, expecting him to focus solely on our income and savings.

Instead, the first few meetings centered on how we wanted to use the resources God had given to us. Knowing we wanted to start a family, we realized one purpose-filled goal: to be financially stable enough for Lori to stay home with the baby for several months.

Despite thinking this was nearly impossible, we worked with our planner to determine our path.

He walked us through the various areas of our financial life – including cash flow, protection, investment, retirement, tax and estate planning – to see where we might improve our habits. After that, we regularly met to review and update our progress.

Over the next two years, Lori and I experienced our lowest income levels. Yet we managed to pay off our debt, establish an emergency fund and create a cash flow plan.

And we met our goal. Not only did Lori take six months off from work after our first son was born in 2008, but another 12 months in 2011, when our second son was born.

Now our financial plan helps us to live free of financial worry and make an impact on our family and community.

Submitted by Ben Myers

What's your plan?

Becoming an effective steward of your financial resources is a multi-faceted journey – and one that can be complicated to walk through by yourself. In general, a complete financial plan encompasses seven branches – cash flow, protection, investment, tax, retirement, estate and charitable planning.

Everence advisors specialize in helping you identify your important values and finding ways to incorporate them in your financial

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