Evangelical Lutheran Church of Durham

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May 24, 2026

Pentecost- Affirmation of Baptism

Pentecost derives its name from the Jewish festival celebrating the harvest and the giving of the law on Mount Sinai fifty days after Passover. Fifty days after Easter, we celebrate the Holy Spirit as God's presence within and among us. In Acts the Spirit arrives in rushing wind and flame, bringing God's presence to all people. Paul reminds us that though we each have different capacities, we are unified in the Spirit that equips us with these gifts. Jesus breathes the Holy Spirit on his disciples, empowering them to forgive sin. We celebrate that we too are given the breath of the Holy Spirit and sent out to proclaim God's redeeming love to all the world.

You can find the live stream at the following location:
www.youtube.com/@DurhamLutheran

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Prelude:

OPENING

P: Alleluia! Christ is Risen!

C: Christ is Risen indeed. Alleluia

GATHERING

P: The Holy Spirit calls us together as the people of God.

THANKSGIVING FOR BAPTISM *(Stand if you are able)*

P: Salvation belongs to our God who is seated on the throne and to the Lamb!

C: Amen

P: Merciful God, you are the one who was, who is, and who is to come. You lead us beside still waters. We thank you for the waters of creation: morning dew, gentle rain, roaring waves. We thank you for the waters that nourish us. Blessed are you.

C: You guide us to springs of the water of life.

P: Jesus Christ, you are the faithful witness who accompanies us on our journeys. We give you thanks for your life-giving death and resurrection. We praise you for joining us in joy and sorrow. Blessed are you.

C: You guide us to springs of the water of life.

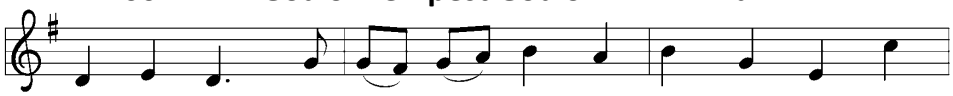
P: Holy Spirit, you anoint our head with oil and our cup overflows. Break down barriers that divide us. Fill us with the breath of peace. Blessed are you.

C: You guide us to springs of the water of life.

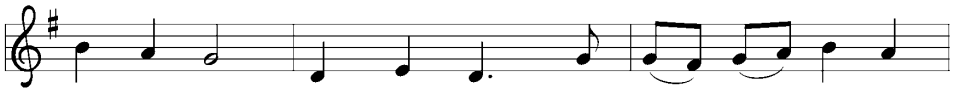
P: Holy One, we thank you for the gifts and grace of baptism, and for making us a new creation. We join with saints and angels, giving you honor and praise, now and forever.

C: Amen.

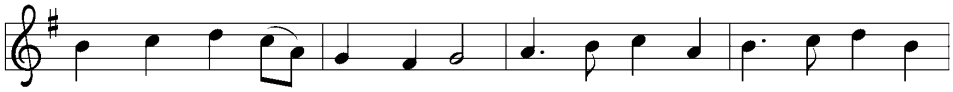
Gathering Hymn: ELW 400 God of Tempest God of Whirlwind



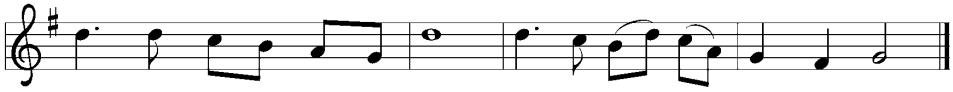
1 God of tem - pest, God of whirl - wind, as on Pen - te -
2 God of blaz - ing, God of burn - ing, all that blocks your
3 God of earth - quake, God of thun - der, shake us loose from
4 God of pas - sion, God un - sleep - ing, stir in us love's



cost de - scend! Drive us out from shel - tered com - fort;
pur - pose, purge! Through your church, Christ's liv - ing Bod - y,
leth - ar - gy! Break the chains of sin a - sun - der,
rest - less - ness! Where the peo - ple cry in an - guish,



past these walls your peo - ple send! Sweep us in - to cost - ly ser - vice,
let your flam - ing Spir - it surge! Where de - ceit con - ceals in - jus - tice,
for earth's heal - ing set us free! Crum - ble walls that still di - vide us;
may we share your heart's dis - tress. Rouse us from con - tent with e - vil;



there with Christ to bear the cross, there with Christ to bear the cross!
kin - dle us to speak your truth, kin - dle us to speak your truth!
make us one in Christ our Lord, make us one in Christ our Lord!
claim us for your king - dom's work, claim us for your king - dom's work!

Text: Herman G. Stuempfle Jr., 1923–2007
Music: CWM RHONDDA, John Hughes, 1873–1932
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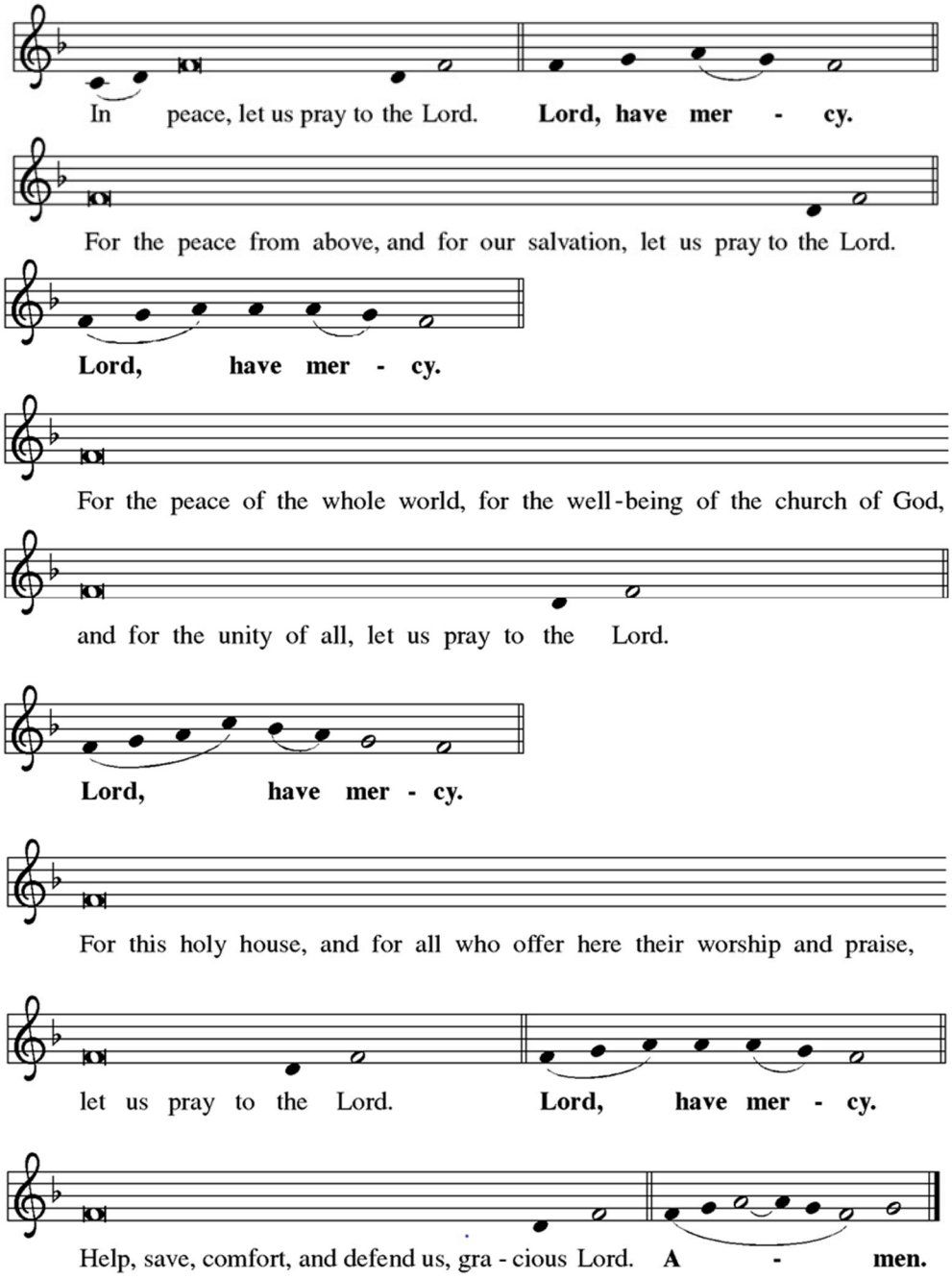
INVOCATION

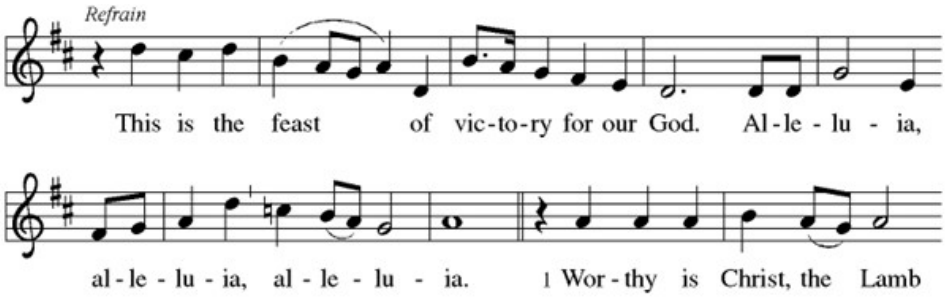
P: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

C: And also with you.

KYRIE- Congregation sings response "Lord, have mercy."



CANTICLE OF PRAISE



who was slain, whose blood set us free to be peo - ple of God.

Refrain

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 2 Pow - er, rich - es, wis - dom, and

strength, and hon - or, bless - ing, and glo - ry are his.

Refrain

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 3 Sing with all the peo - ple of

God, and join in the hymn of all cre - a - tion: Bless - ing, hon - or,

glo - ry, and might be to God and the Lamb for - ev - er. A - men.

Refrain

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 4 For the Lamb who was

slain has be - gun his reign. Al - le - lu - ia.

Final refrain

This is the feast of vic - to-ry for our God.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Prayer of the Day

L: Let us pray,
O God, on this day you open the hearts of your faithful people by sending into us your Holy Spirit. Direct us by the light of that Spirit, that we may have a right judgment in all things and rejoice at all times in your peace, through Jesus Christ, your Son and our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

C: Amen.

(Please be Seated)

First Reading- Acts 2:1-21

Pentecost was a Jewish harvest festival that marked the fiftieth day after Passover. Luke portrays the Holy Spirit being poured out upon the disciples before the gathered and astonished people assembled in Jerusalem for the festival. Filled with the Spirit, the disciples were able to witness to the power of Christ's resurrection.

L: A reading from the second chapter of Acts.

[1] When the day of Pentecost had come, the apostles were all together in one
place. [2] And suddenly from heaven there came a sound like the rush of a violent wind,
and it filled the entire house where they were sitting. [3] Divided tongues, as of fire,
appeared among them, and a tongue rested on each of them. [4] All of them were filled
with the Holy Spirit and began to speak in other languages, as the Spirit gave them
ability.

[5] Now there were devout Jews from every people under heaven living in
Jerusalem. [6] And at this sound the crowd gathered and was bewildered, because each
one heard them speaking in the native language of each. [7] Amazed and astonished, they
asked, "Are not all these who are speaking Galileans? [8] And how is it that we hear, each
of us, in our own native language? [9] Parthians, Medes, Elamites, and residents of
Mesopotamia, Judea and Cappadocia, Pontus and Asia, [10] Phrygia and Pamphylia, Egypt
and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and
proselytes, [11] Cretans and Arabs—in our own languages we hear them speaking about
God's deeds of power." [12] All were amazed and perplexed, saying to one another, "What
does this mean?" [13] But others sneered and said, "They are filled with new wine."

[14] But Peter, standing with the eleven, raised his voice and addressed them, "Fellow
Jews and all who live in Jerusalem, let this be known to you, and listen to what I
say. [15] Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the
morning. [16] No, this is what was spoken through the prophet Joel: [17] 'In the last days it
will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your
daughters shall prophesy, and your young men shall see visions, and your old men shall
dream dreams. [18] Even upon my slaves, both men and women, in those days I will pour
out my Spirit, and they shall prophesy. [19] And I will show portents in the heaven above
and signs on the earth below, blood, and fire, and smoky mist. [20] The sun shall be turned
to darkness and the moon to blood, before the coming of the Lord's great and glorious
day. [21] Then everyone who calls on the name of the Lord shall be saved.' "

L: Word of God, Word of life.
C: Thanks be to God.

Psalm: Psalm 104: 24-34, 35b

L: [24] How manifold are your works, O Lord! In wisdom you have made them all; the earth is full of your creatures.
C: [25] Yonder is the sea, great and wide, with its swarms too many to number, living things both small and great.
L: [26] There go the ships to and fro, and Leviathan, which you made for the sport of it.
C: [27] All of them look to you to give them their food in due season.
L: [28] You give it to them; they gather it; you open your hand, and they are filled with good things.
C: [29] When you hide your face, they are terrified; when you take away their breath, they die and return to their dust
L: [30] You send forth your Spirit, and they are created; and so you renew the face of the earth.
C: [31] May the glory of the Lord endure forever; O Lord, rejoice in all your works.
L: [32] You look at the earth and it trembles; you touch the mountains and they smoke.
C: [33] I will sing to the Lord as long as I live; I will praise my God while I have my being.
L: [34] May these words of mine please God. I will rejoice in the Lord.
C: [35b] Bless the Lord, O my soul. Hallelujah!

Second Reading- 1 Corinthians 12:3b-13

Paul is helping the Corinthians understand the relationship between our God-given unity and Spirit-created diversity. The Spirit creates the unity of faith and gives all Christians diverse gifts for the common benefit of all. We need one another's diverse spiritual gifts because the same Spirit has given them to each person for the common good.

L: A reading from the twelfth chapter of 1 Corinthians.

[3b] No one can say "Jesus is Lord" except by the Holy Spirit.

[4] Now there are varieties of gifts but the same Spirit, [5] and there are varieties of services but the same Lord, [6] and there are varieties of activities, but it is the same God who activates all of them in everyone. [7] To each is given the manifestation of the Spirit for the common good. [8] To one is given through the Spirit the utterance of wisdom and to another the utterance of knowledge according to the same Spirit, [9] to another faith by the same Spirit, to another gifts of healing by the one Spirit, [10] to another the working of powerful deeds, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. [11] All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

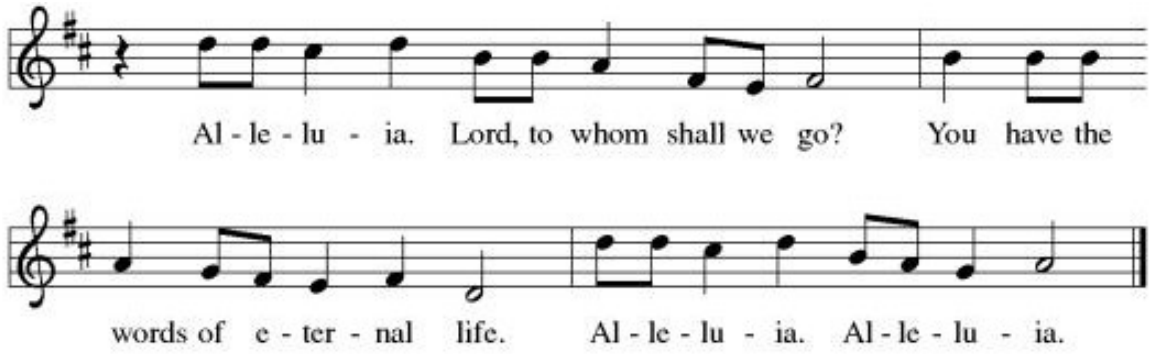
[12] For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. [13] For in the one Spirit we were all baptized

into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

L: Word of God, word of life.

C: Thanks be to God.

Gospel Acclamation: *(Please stand if you are able)*



The Gospel: John 7:37-39

Jesus describes the Holy Spirit as living water, quenching the thirst of all who come to him and filling the hearts of believers until they overflow.

P: The holy gospel according to John, the seventh chapter.

C: Glory to you, O Lord.

P: [37] On the last day of the festival of Booths, the great day, while Jesus was standing in the temple, he cried out, "Let anyone who is thirsty come to me, [38] and let the one who believes in me drink. As the scripture has said, 'Out of the believer's heart shall flow rivers of living water.' " [39] Now he said this about the Spirit, which believers in him were to receive, for as yet there was no Spirit because Jesus was not yet glorified.

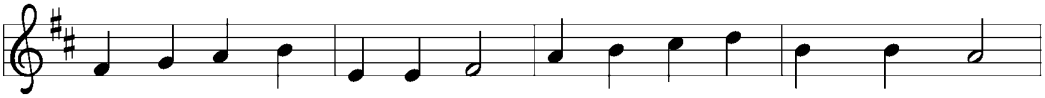
P: The gospel of the Lord.

C: Praise to you, O Christ.

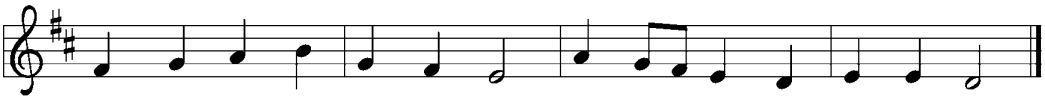
Children's Sermon / Sermon (please be seated)

Hymn of the Day: ELW 398 *(Stand if you are able)*

Holy Spirit, Truth Divine



1 Ho - ly Spir - it, truth di - vine, dawn up - on this soul of mine;
2 Ho - ly Spir - it, love di - vine, glow with - in this heart of mine;
3 Ho - ly Spir - it, pow'r di - vine, for - ti - fy this will of mine;
4 Ho - ly Spir - it, peace di - vine, still this rest - less heart of mine;
5 Ho - ly Spir - it, right di - vine, king with - in my con - science reign;



breath of God and in - ward light, wake my spir - it, clear my sight.
kin - dle ev - 'ry high de - sire; purge me with your ho - ly fire.
by your will I strong-ly live, brave - ly bear, and no - bly strive.
speak to calm this toss - ing sea, stayed in your tran - quil - i - ty.
be my guide, and I shall be firm - ly bound, for - ev - er free.

Text: Samuel Longfellow, 1819–1892
Music: SONG 13, Orlando Gibbons, 1583–1625

PRESENTATION

Council Representative: I present Lilly Marie O'Brien and Benjamin Cole Roberts who desire to make public affirmation of their baptism.

P: Dear friends, we give thanks for the gift of baptism and, Lilly and Benjamin, one with us in the body of Christ, who are making public affirmation of their baptism.

P: Let us pray. Merciful God, we thank you for Lilly and Benjamin, whom you have made your own by water and the Word in baptism. You have called them to yourself, enlightened them with the gifts of your Spirit, and nourished them in the community of faith. Uphold your servants in the gifts and promises of baptism, and unite the hearts of all whom you have brought to new birth. We ask this in the name of Christ.

C: Amen.

PROFESSION OF FAITH

P: I ask you to profess your faith in Christ Jesus, reject sin, and confess the faith of the church.

Do you renounce the devil and all the forces that defy God?

Response: I renounce them.

Do you renounce the powers of this world that rebel against God?

Response: I renounce them.

Do you renounce the ways of sin that draw you from God?

Response: I renounce them.

P: Do you believe in God the Father?
C: I believe in God, the Father almighty, creator of heaven and earth.

P: Do you believe in Jesus Christ, the Son of God?
C: I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary, suffered under Pontius Pilate,
was crucified, died, and was buried; he descended to the dead.
On the third day he rose again; he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.

P: Do you believe in God the Holy Spirit?
C: I believe in the Holy Spirit, the holy catholic church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and the life everlasting.

AFFIRMATION

P: You have made public profession of your faith. Do you intend to continue in the covenant God made with you in holy baptism:
to live among God's faithful people,
to hear the word of God and share in the Lord's supper,
to proclaim the good news of God in Christ through word and deed,
to serve all people, following the example of Jesus,
and to strive for justice and peace in all the earth?

Response: **I do, and I ask God to help and guide me.**

P: People of God, do you promise to support Lilly and Benjamin and pray for them in their life in Christ?
C: We do, and we ask God to help and guide us.

P: Father in heaven, for Jesus' sake, stir up in Lilly Marie O'Brien and Benjamin Cole Roberts the gift of your Holy Spirit; confirm their faith, guide their lives, empower them in their serving, give them patience in suffering, and bring them to everlasting life.
Amen.

Council Representative: Let us rejoice with Lilly and Benjamin as new brother and sister in Christ.
C: We rejoice with you in the life of baptism. Together we will give thanks and praise to God and proclaim the good news to all the world.

PRAYERS OF INTERCESSION

The pastor will read the first and last prayer, those in the congregation are invited to read the other prayer aloud as they feel called. The congregation may turn and face the aisle.

P: Trusting in the power of Christ's resurrection to heal and redeem our broken world, let us pray for the needs of all creation.

A brief silence.

O God, you send the Holy Spirit to gather your church into one. Inspire all ministers of the gospel to speak prophetic and hope-filled words to all whom they encounter. Bless the work of interreligious dialogue. Merciful God,

C: receive our prayer.

You send the Holy Spirit to renew the face of the earth. Protect all living things, bring forth clean water and abundant food, and grant us wonder as we contemplate all you have made. Merciful God,

C: receive our prayer.

You send the Holy Spirit to break down the barriers of communication among nations. Bestow peace in war-torn areas, guide all in government and society to work for justice, and guard those serving in the armed forces, especially this weekend as we remember those who died in service to their country. Merciful God,

C: receive our prayer.

You send the Holy Spirit to accompany those who feel abandoned. Provide food for those who hunger and drink for those who thirst, soothe those who are anxious or bereaved, comfort those who are sick or suffering, and answer all who call upon your name (especially those we mention now or in the comfort of our hearts). Merciful God,

C: receive our prayer.

You send the Holy Spirit through the gift of baptism. Bless both those preparing for or affirming their baptism. May they be encouraged by this community of faith as they live out their baptismal promises. Merciful God,

C: receive our prayer.

You send the Holy Spirit to console us in our grief. We give you thanks for our ancestors in the faith whose witness to your mighty works continues to inspire our lives. Merciful God,

C: receive our prayer.

Here other intercessions may be offered.

P: God of resurrection power, use us and these prayers to proclaim the good news of new life to all the world, through Jesus Christ, our risen Savior.

C: Amen.

PEACE

P: The peace of Christ be with you always.

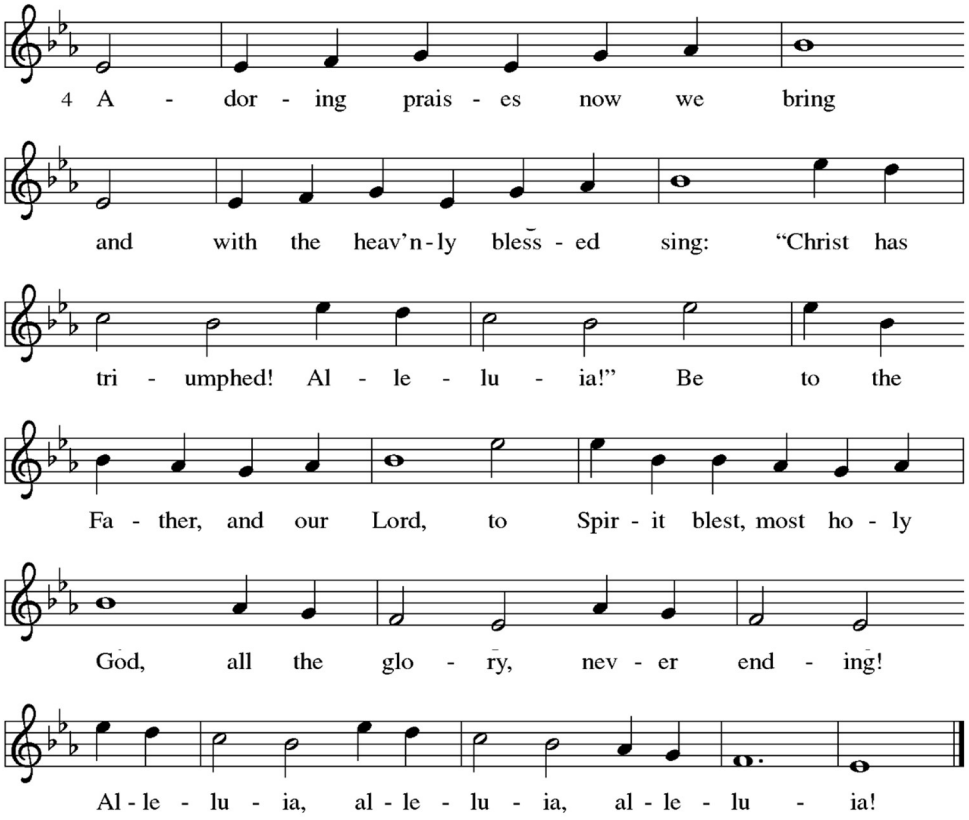
C: And also with you.

OFFERING –

Scan this QR code to give electronically

Choir Anthem: "Spirit, Come Down" – Mark Hayes

PRESENTATION OF THE GIFTS- Now All the Vault of Heaven Resounds



Text: Paul Z. Strodach, 1876–1947, alt.
Music: LASST UNS ERFREUEN, *Geistliche Kirchengesänge*, Köln, 1623
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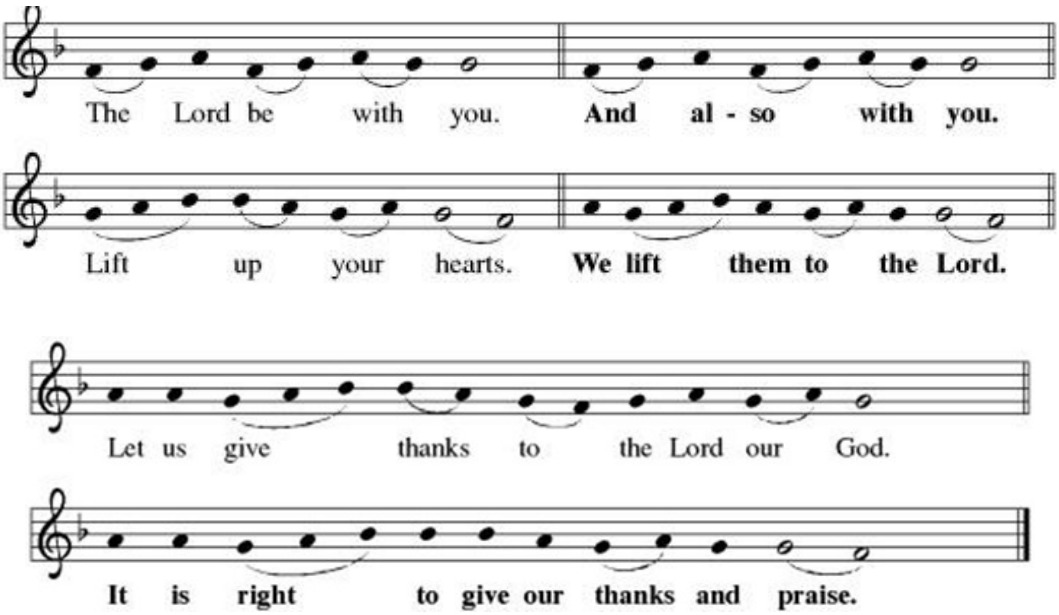
Offering Prayer

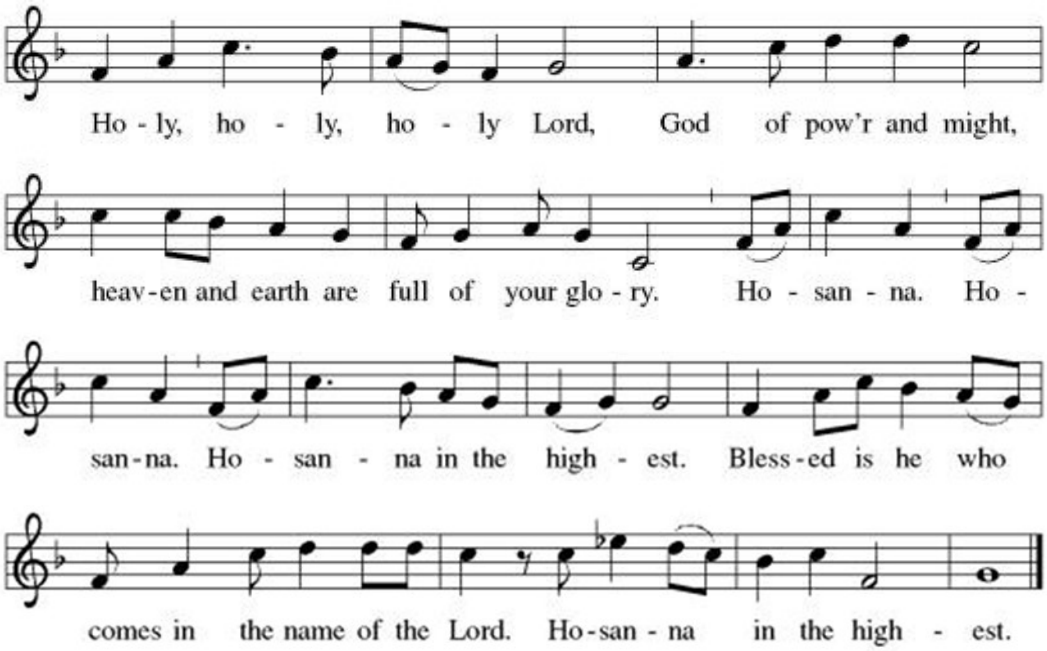
P: Let us pray, Merciful God, accept the fruits of our labor, gathered to give you glory. You have set a table before us, a glimpse of that great day when we will hunger and thirst no more. Nourish us with the body and blood of Jesus, that goodness and mercy may follow us and bless the world you love. In the name of Jesus,

C: Amen.

THE HOLY COMMUNION



P: It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, for the glorious resurrection of our Savior Jesus Christ, the true Paschal Lamb who gave himself to take away our sin; who in dying has destroyed death, and in rising has brought us to eternal life. And so, with Mary Magdalene and Peter and all the witnesses of the resurrection, with earth and sea and all their creatures, and with angels and archangels, cherubim and seraphim, we praise your name and join their unending hymn:



THANKSGIVING AT THE TABLE (said by Pastor)

P: We give you thanks, Father, through Jesus Christ, your beloved Son, whom you sent in this end of the ages to save and redeem us and to proclaim to us your will.

He is your Word, inseparable from you, through whom you created all things, and in whom you take delight. He is your Word, sent from heaven to a virgin's womb. He there took on our nature and our lot and was shown forth as your Son, born of the Holy Spirit and of the virgin Mary. He, our Lord Jesus, fulfilled all your will and won for you a holy people; he stretched out his hands in suffering in order to free from suffering those who trust you.

He is the one who, handed over to a death he freely accepted, in order to destroy death, to break the bonds of the evil one, to crush hell underfoot, to give light to the righteous, to establish his covenant, and to show forth the resurrection, taking bread and giving thanks to you, said: Take and eat; this is my body, given for you. Do this for the remembrance of me.

In the same way he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

Remembering, then, his death and resurrection, we take this bread and cup, giving you thanks that you have made us worthy to stand before you and to serve you as your priestly people.

Send your Spirit upon these gifts of your church; gather into one all who share this bread and wine; fill us with your Holy Spirit to establish our faith in truth, that we may praise and glorify you through your Son Jesus Christ; through whom all glory and honor are yours, almighty Father, with the Holy Spirit, in your holy church, both now and forever.

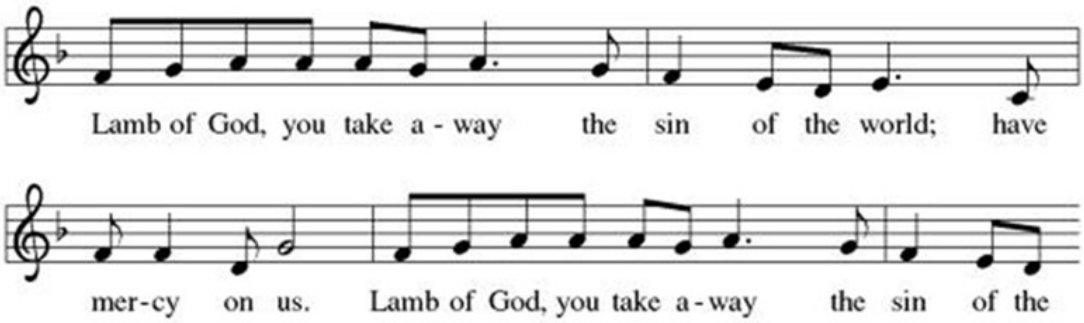
C: Amen.

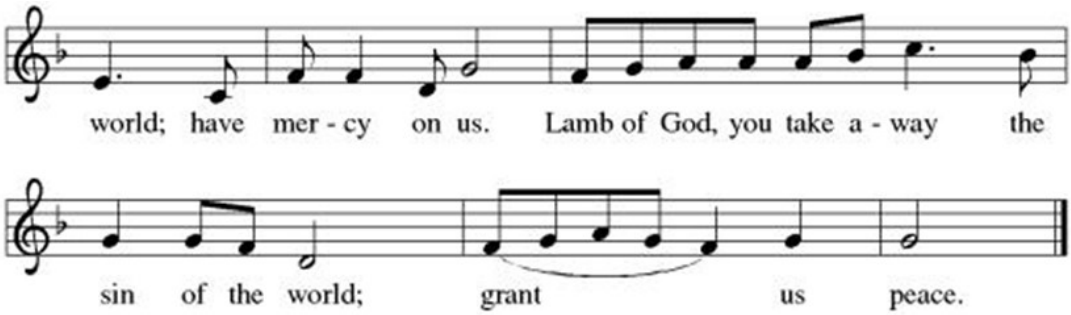
P: Let us pray with confidence in the words our Savior taught us:

C: Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

INVITATION TO COMMUNION

P: Come to the table of new life. Receive the risen Lord.

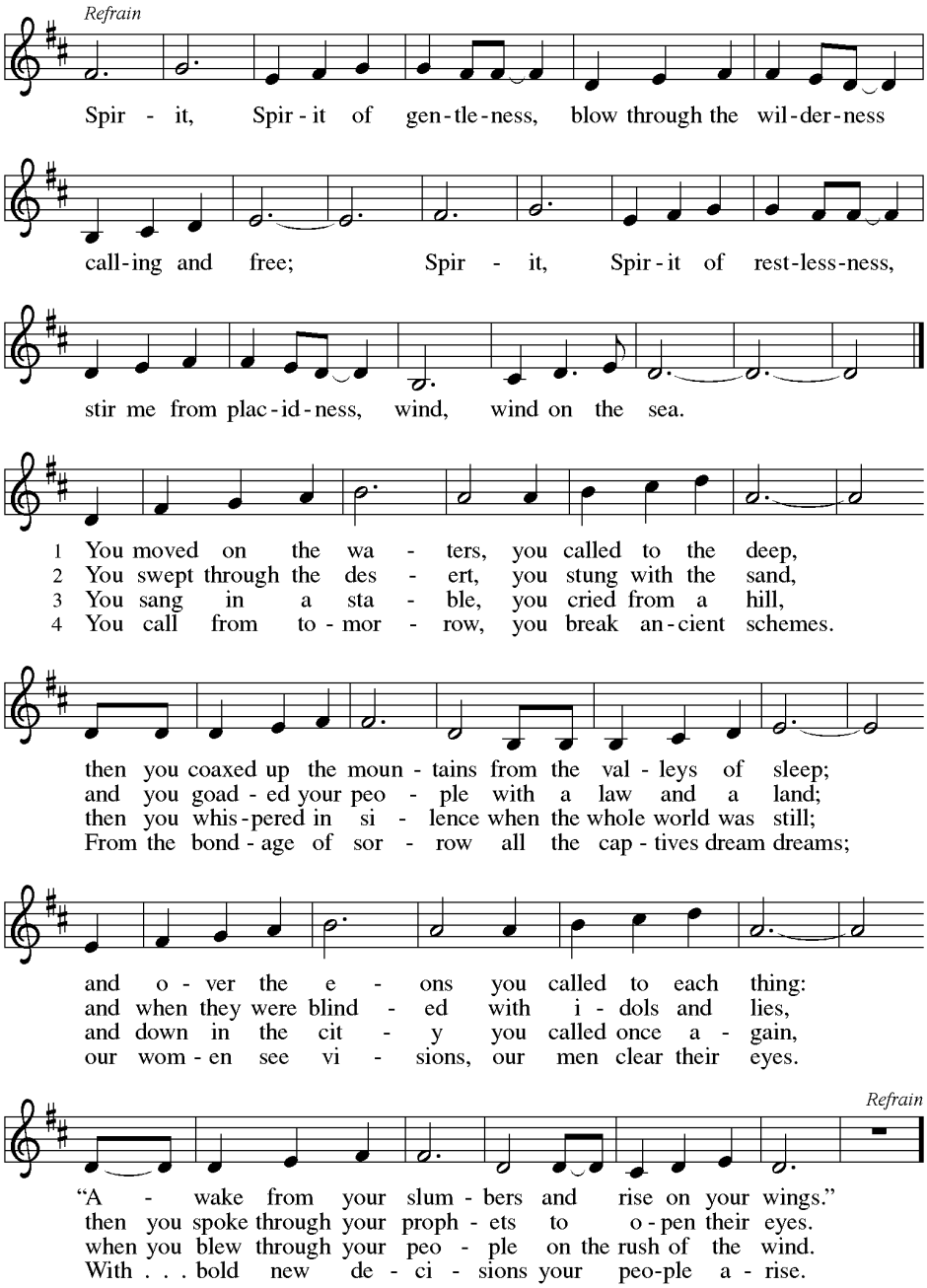




Distribution of Bread & Fruits of the Vine (please follow usher)

SONG DURING COMMUNION: ELW 396

Spirit of Gentleness



Text: James K. Manley, b. 1940
Music: SPIRIT, James K. Manley
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Prayer after Communion

P: Let us pray, Holy One, through this meal you have made your home among us and are making all things new. Send us now to speak peace to anxious hearts, to love our enemies, and to bring your healing to the nations. In the name of Jesus,

C: Amen.

Announcements

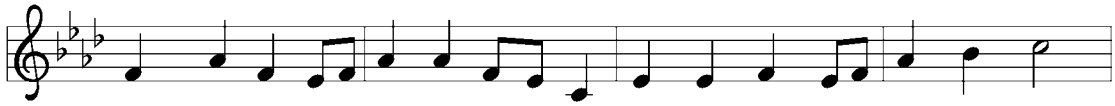
BLESSING

P:. God Almighty, who is the beginning and the end, Jesus Christ, the firstborn of the dead, and the Spirit, our advocate and peace, ☩ bless you now and forever.

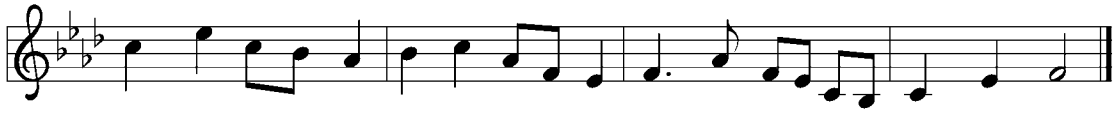
C: Amen

Sending Song : ELW 397

Loving Spirit



1 Lov - ing Spir-it, lov-ing Spir - it, you have cho - sen me to be—
2 Like a moth-er you en - fold me, hold my life with - in your own,
3 Like a fa - ther you pro - tect me, teach me the dis - cern - ing eye,
4 Friend and lov - er, in your close - ness I am known and held and blessed:
5 Lov - ing Spir-it, lov-ing Spir - it, you have cho - sen me to be—



you have drawn me to your won - der, you have set your sign on me.
feed me with your ver - y bod - y, form me of your flesh and bone.
hoist me up up - on your shoul - der, let me see the world from high.
in your prom - ise is my com - fort, in your pres - ence I may rest.
you have drawn me to your won - der, you have set your sign on me.

Text: Shirley Erena Murray, b. 1931
Music: RESTORATION, W. Walker, *Southern Harmony*, 1835
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DISMISSAL

P: Go in peace. Praise the Lord. Alleluia!

C: Thanks be to God. Alleluia!

Postlude:

Our Outreach envelopes for May are supporting Care-A-Lot Scholarship Fund.

May	BIRTHDAYS	ANNIVERSARIES	BAPTISMS
24	Brian Ashmore, Sr.		
25	Joel Roney	Sara and Joe Aquino	
26		Kristy Lee and Dane Reiman	
27		Maggie Fischer and Bob Starling	

For Healing of those in our Congregation: Barbara Altemus; David Antoni; Virginia Hager; Joe Hlavaty; George Kreitz; Paul McGinn; Bradley Mundt; Barbara Naska; Joanne Ziegenfuss; Pat Zion

For Healing of Friends and Family: Phyllis Allebach; Bob Benoure; Jason Bigley; Brier Bower; Hans Buss; Melissa Carafa; Deb Carmichael; Jane Carr; Christine Connelly; Stephanie Courtney; Dan Crooke; David Davis; Charlie DeLorenzo; Nancy Edelen; Marissa Embardino; Carol and Leon Errico; Barbara Foster; Gabriella Froehlich; Debbie Gardner; Candie Gimbar; Baree Lee Goodman; Penni Griffith; Dolores Hess; Penny Houck; Bill Hunt; Lois James & family; Martine King; Priscilla Ballek Kintner; Tim Koplin; Carole Korrupp; Devon Kramer; Jake Kramer; Linda Lyle; Colleen Marshall; Jim McAnally; Letitia McCrea; Connor McDevitt; Stacy Mecham; Helen Mundt; Larry Munford; Hunter Nebbia; Keith Newcomb; Lucia Otero; Jennifer Phelps; Jax Reidinger; Adrienne Rozzi; Connie Rugen; Laurel Sheetz; Holly Snyder; Lillian Staiger; Donna Storm; Edward Thaler; Russ Trauger; Joe V.; Janet Vanderlely; Karen von Ruffer-Hills; Kelly Walsh; Jacqueline Ward; Dean Erika Wesch; Ann & Henry Wong and Family; Barbara Yob.

For those who are Homebound: James Altemose; Cheryl Mesko

For families and friends grieving the loss of: Al Boorse; Althea Crouse, Esther Crouse; Rose Elcavage; Jayne Miller; Dennis Phillipps; Stephen J Rohs Jr; Ruth Sauter; Jami Silfies; Jeff Starling; Linda Wetherill; Wayne Yeisley

If you want to add or remove someone from the prayer list, please contact Joan Mammana either by phone (610-258-5717 or 610-417-6553) or by email at: joanmammana@icloud.com

Worship Assistants

Pastor	Rev. James Heckman
Organist and Choir Director	Carolyn Williams
Altar Guild	Val McGinn and Nancy Moskella
Greeter(s)	Confirmands Lilly and Benjamin
Acolyte	Confirmands Lilly and Benjamin
Lector	Joe Hlavaty
Head / Communion Usher	
Council Communion	Nancy Moskella, Lilly, and Benjamin
Counting Team	
Technology & Livestreaming	Ken Anderson
Administrative	Kathryn Wagner
Custodian	Dawn Margeson

This week- * JOY ** Pineapple *
* HEARTwork *

We don't often put much value on cultivating joy, though it can positively impact our health and increase resilience and resistance to life's challenges. Joy is like a sweet, natural medicine that can improve the overall quality of our lives. At the very least, having something joyful to look forward to can make the weekdays feel a bit lighter.

Here are a few research-backed ways to add more joy into your life and the life of others. I call it "My Bundle of Joy."

WALK-THE-WALK WEDNESDAYS
At the start of the week, the weekend can feel so far away. Having something planned for Wednesday (AKA Hump Day) can make the week go by faster. Whether it's making plans with friends or gifting yourself with some takeout food or shopping (@HOME GOODS or Hobby Lobby, for me!), Wednesday can be made to feel like Friday!

SOOOOOOOOO...If anyone would like to meet at Lake Nockamixon's marina each Wednesday, starting May 27 at 10:00 a.m. for a trail walk and light snack (BYOB...Bring Your Own Bag!) please let Leslie know. You can call or text. My number is 215.262.2235. Leashed or harnessed puppers are also welcome!

A SMILE A DAY
This is an especially fun and rewarding activity when the intended recipient is selected randomly. Surprise someone by leaving a handwritten note somewhere they'll see to make them smile! 😃

HAPPY CAMPERS
Pay attention to the people in your life you feel your best around. Put more energy into those relationships and try to minimize relationships with those who are overly critical or judgemental. JOY BRINGS JOY! Find the POSITIVITY and steer clear of the NEGATIVITY.

EXERCISE YOUR BODY, MIND, & SOUL
From the stress relief to the rush of endorphins we get from movement, we already know how beneficial exercise is for our well-being. But if hitting the gym isn't your thing, do some dancing or yoga in your house! Or maybe simply spend some extra time playing with your pets or grandchildren. Anything that gets you moving and puts a smile on your face is a win/win!

JOURNAL OF JOY!
Take at least one picture each day of something that brings joy into your life or puts a smile on your face. Print the pictures and create a photo album to gift to someone. Or if the pen, crayon, brush, or clay is you choice of medium for expression, write a page of joyful messages or create oodles of joy doodles!

Even if you do none of these activities, you can add joy to your life by intentionally slowing down your daily pace and savoring the pleasant moments you experience or encounter each day. Breathe in. (Count to four.) Breathe out. (Count to four.) Shampoo! Rinse! Repeat!

THIS WEEK AT CHURCH

Sunday, May 24 Pentecost	**10:00 AM**	**Communion Worship- Confirmation** Memorial Day Weekend
Wednesday, May 27	10:00 AM - 2:00 PM	Office Hours
Thursday, May 28	10:00 AM - 1:00 PM 10:00 AM 12:00 PM 1:00 - 3:00 PM	Office hours Mid-Week Choir Rehearsal Chat & Chew with Pr. Jim Adult Bible Study @ Hlavaty's

Upcoming Weeks

Sunday, May 31 The Holy Trinity	**10:00 AM** After Worship	**Communion Worship** Durham Dialogue

Monday, June 1	1:00 PM- 3:00 PM	Admin Office Hours
Wednesday, June 3	10:00 AM - 2:00 PM	Office Hours
Thursday, June 4	10:00 AM - 1:00 PM 12:00 PM 1:00 - 3:00 PM	Office hours Chat & Chew with Pr. Jim Adult Bible Study @ Hlavaty's
Sunday, June 7 2nd Sunday after Pentecost	**10:00 AM**	**Communion Worship**
Monday, June 8	1:00 PM- 3:00 PM	Admin Office Hours
Tuesday, June 9	7:00PM	Council Meeting
Wednesday, June 10	10:00 AM - 2:00 PM 6:30 PM -8:00 PM	Office Hours Open House Ice Cream Social
Thursday, June 11	10:00 AM - 1:00 PM 12:00 PM 1:00 - 3:00 PM	Office hours Chat & Chew with Pr. Jim Adult Bible Study @ Hlavaty's
Friday, June 12	10:00 AM	WELCA

James H. Altemose - US Army Reserves - 1958-1964
Austin Apgar - US Army
Edward J. Ballek (Deceased)- US Army, Battery C, 75th Gun Battalion - 1948-1954
Edward Crouse - (Deceased) Private, US Army - 1948-1954
Leo P. Fox - (Deceased) US Navy, Ship's Cook Class 3 - 1944-1946
Robert Fox - US Army
Scott Gaun - Senior Airman, US Air Force - 1984-1988
Gene Gribbin - (Deceased) Sergeant, US Army - 1950-1952
David H. Holland - (Deceased) US Marine Corps - Killed in action 1967
Myron Kressman - (Deceased) US Army - 1969-1971
W. Robert Litzenberger - (Deceased) Corporal, US Army - 1950-1952
John Luther - (Deceased) Private, US Army 351st Infantry, 88th Division, KIA Italy 1944
Paul McGinn - Specialist 4, US Army - 1970's
Wayne Mesko - Staff Sergeant, US Air Force, 99th Bomb Wing - 1966-1970
James Miller - US Navy - 1965-1968
Robert J Newcomb - (Deceased) Corporal, US Army, Medical Technician - 1951-1953
Harold E. Nicholas - (Deceased) Corporal , US Army, 2nd Armored Division - 1951-1953
David Pyne - Petty Officer 2nd Class E-4, US Navy, USS Gettysburg - 1994-1998
Elizabeth Roberts - US Air Force
Chrisopher Roberts – US Army
Blake Rodd - US Army - 2010-2014
Silas Rodenbach – (Deceased) US Army - 1952-1954
Christopher S Seifert - (Deceased) Captain, US Army, 101st Airborne, KIA 2003
Hal Taylor - (Deceased) Lieutenant, US Navy, Field Intelligence - 1966-1969
Edward H Xander – (Deceased) Corporal, US Marine Corps - 1955-1959