

# CEDAR LUTHERAN CHURCH

As we progress through springtime, we may be sprucing up around the yard, the home, the office, and the garage. In doing that, we may want to also include our spiritual lives as well. Are there things that need to be thrown out, polished, or replaced? Looking at our garage, I am reminded of the definition for clutter. **Four words are offered as synonyms for “clutter”:** mess, disorder, litter, and confusion. Do we approach our spiritual lives with the same concern that we have for our physical wellbeing or our social wellbeing? Do the nagging questions about our relationship with God or our ability to remain faithful in our discipleship get placed with the other pile of thoughts in our garage? As you continue your spring cleaning, remember that God gives us life each day. That life does not belong to us, it belongs to God. When that fact finally sinks in, our need for spring cleaning will be minimal and we can spend more of our time giving God all the praise for the joy that fills our hearts. All of us wonder what we must do to clean house. Micah provides an answer in **chapter 6 verse 8: “...and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.”** And so, there you have it, a simple solution, yet so difficult to begin. My prayer is for fortitude and persistence and patience to wait on the Lord and to prepare your hearts to receive guidance from the Holy Spirit so that you may walk humbly with God.



MAY, 2018

## INSIDE THIS ISSUE:

COUNCIL HIGHLIGHTS

FROM THE PARISH NURSE

CALENDAR

WORSHIP ASSISTANTS

UPCOMING EVENTS

Moving? New Email?

New Phone Number?

We ask you to please ensure that the information we have is the most recent by either completing the form below or calling the church office (610-395-6332). Returned letters cost an average of \$1.00 per piece.

NAME

ADDRESS

CITY

STATE

ZIP

HOME PHONE

CELL PHONE (optional)

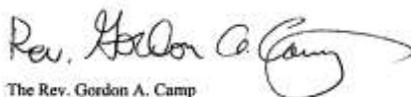
WORK PHONE (optional)

EMAIL

Please send my copy of the newsletter to me via:

Mail

EMail

  
The Rev. Gordon A. Camp



CE DAR

LUTHERAN CHURCH

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We're on the web:

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Rev. Gordon A. Camp, Pastor

Cell Phone: 610-554-8061

Email: [RevGCamp@ptd.net](mailto:RevGCamp@ptd.net)

Church Secretary: Hope Herschman

Office Hours: Mondays, Wednesdays, & Fridays:  
9 a.m. to 3 p.m.

Sexton: Don Hinderliter

Council President: Chris Ellis

Council Secretary: Jeannine Leonard

Treasurer: Phil Horlacher

Financial Secretary: Smoky Schelly

Joint Board President: Irv Becker

Cemetery Association President: Chris Molloy

*Questions or comments may be sent to the church office.*

On Sunday, May 20, (Pentecost) Ashlyn & Sara Cope, Shea Ashelman & Kia Mangahas will be affirming their Baptism in Christ Jesus. This is not an ending; rather, a beginning, as these three take a greater responsibility in faith.



The Rite of Confirmation is a time for Christians to confirm or affirm the promises made to them by God in their Baptism. This is also a time to publicly announce the understanding of our responsibilities as Christians, knowing that we live under the forgiving power of the risen Christ and how we are called to spread the good news of God's love in Christ by loving and serving others.

In Confirmation class, Ashlyn, Sara, Shea, & Kia have learned about the promises God made to them, why God made them, and how this impacts their lives today. In order to understand this, they looked deeply into the Bible, as a complete book, in order to see how God has worked throughout history and is still active in their life today.

We rejoice with Ashlyn, Sara, Shea, & Kia, but also we look to re-affirm our faith and see God active in our lives.

# Church Council Highlights

Feb 2018:

Council approved Phil Horlacher as treasurer of Cedar Lutheran Church.

Council approved Marian Bastian as Vice President of Church Council. This position was held by Phil Horlacher, but he resigned his position when he was voted in as Treasurer.

As of June 2018, we will be starting a quarterly newsletter. They will be downstairs for members to pick their copies up, those copies not picked up will be mailed. The C-News will continue in its weekly format.

The youth will be attending the worship service at Muhlenberg College Chapel on Feb. 14 at 4:30.

The young adult group is for college age youth, up to the age of 25 who are looking to grow in their faith. They are looking to do community service projects and to fundraise to help the church. one of the projects they are looking into is to help kids in disaster areas, through Camp Noah.

There will be no hymn sing during Lent.

The new phone system was installed on Feb. 14, That cost of \$674.00 was paid from Joint Board.

Ken Borger is overseeing the background checks to make sure all of them are in order. Council highlights continue on page 5.

## Offering Helpers

In need of offering helpers: if you are available on a Sunday morning please considering helping in this position. No experience is necessary. Sign up in the narthex. If you have any questions please contact Chris Ellis. Thank you!!!





## WANTED – 2018 GRADUATES

June 18th is Graduate Recognition Sunday. All graduates will be recognized at our 9:00 AM worship service. If you are graduating from high school, trade school, or college, PLEASE call the church office (610-395-6332), email us at [cedarlutheran-church@gmail.com](mailto:cedarlutheran-church@gmail.com), or fill out the form below and place it in the offering plate no later than June 10th. Graduates will also be recognized in the September-  
November Quarterly newsletter.

"\_\_\_\_\_"

Name\_\_\_\_\_

School/College\_\_\_\_\_

Degree/Course\_\_\_\_\_

Awards\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Future Plans\_\_\_\_\_

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# Church Council Highlights Continued

March 2018:

Council approved that any non-budgeted groups from Cedar Lutheran Church may keep a petty cash fund not to exceed \$250.00.

The Council approved a new Cedar Lutheran Church News Publication Policy. The purpose of any and all communications from Cedar Lutheran Church is to provide its members and friends with information and activities regarding Cedar Church, the Northeastern Pennsylvania Synod (NEPS) and the Evangelical Lutheran Church of America (ELCA). Only events and information that pertain to either Cedar Church, NEPS, ELCA or their sanctioned organizations will be permitted in Cedar Lutheran's communications.

The Council approved the recommendations of the Endowment Committee to donate specific monies to the following charities: Camp Noah \$500.00, Jerusalem House \$750.00 and **God's Garden \$250.00.**

The council approved to update the church windows program. The cost is \$250.00 for the upfront fee, and a \$65.00 monthly fee. There are donors from our congregation who have covered the start up fee and the March and April monthly fee. The information is backed up and updated automatically. It was recommended to update our church list before putting it on the updated site.

The joint picnic is to be held on July 22.

The Memorial Day service is a joint service this year starting at 10 am. on May 27. The service will stay inside, and a speaker will be speaking during the time allotted for the sermon. At the end of the service we will proceed outside for the laying of the wreath and the playing of Taps.

The youth retreat will be held at Wildwood, NJ Aug, 10th through July 13.

The choir and Sunday School staff will be recognized on May 6, during the worship service. Plans for the Sr, Brunch are underway. The Sr, Brunch will be held on April 22, after the worship service.

In May there will be 2 socials. One on May 5th and one on May 20th to honor the confirmands.

The church directors are in.

**On May 27th, there will be only one service at 10 am: Joint Memorial Day Service.**



# Sugar Hangover

## Why Everyone Needs to Understand “Sugar Hangover,” Including the Physical and Emotional Symptoms

If you are experiencing brain fog, fatigue, headaches or depression, you may be eating too much sugar! Find out why even a little sugar has negative health affects, what to do about it and how to satisfy your sweet tooth naturally.

Most of us are aware that [sugar in all its forms](#) can lead to health problems like: weight gain, lowered immunity, blood sugar problems, [diabetes](#), [acidic blood](#), [adrenal fatigue](#) and [candida](#).

### But did you know that sugar can also cause hangovers?

It's true. If you haven't given up sugar yet, pay close attention to how you feel after eating foods with sugar or even too many natural sugars in fruit.

#### Here are some of the symptoms of sugar hangover':

- Fuzzy thinking or foggy mind
- Fatigue or sleepiness after meals
- Gas, bloating or extended stomach after meals
- Headache
- Joint pain
- Constipation
- Diarrhea
- Skin problems
- Allergy symptoms
- Emotional - Mood swings like emotional highs and then lows (anger, sadness, lack of will power, depression, etc.)

Many of them are actually similar to how you might feel after too much alcohol. And there's a reason for that...

Too much alcohol, just like too much sugar, affects your kidneys, liver, stomach and small intestines, which explains some of what is happening in your body. Dehydration, electrolyte imbalances, gastrointestinal disturbances and disruption of sleep are some of the results.

And if you are aware of the symptoms of candida, they too carry a similarity.

Candida floods your body with a toxic by-product called acetaldehyde. Acetaldehyde produces similar symptoms to an alcohol hangover.

This serious toxin is poisonous to your tissues, is not easily eliminated and accumulates in your brain, spinal cord and muscles. Keeping in mind that your heart and intestines are muscles, you may now understand why you have symptoms of brain fog, muscle weakness and even pain.

And guess what feeds candida? SUGAR!

Unfortunately, the typical foods and drinks ([processed foods](#)) on the market have so much hidden sugar, **that the average American is (often unknowingly) consuming approximately ½ cup of sugar per day.**

And that's simply too much for the human body to digest effectively.

Here's what happens in your body after you eat too much sugar or processed foods::

Refined sugars enter your bloodstream.

Blood sugar levels rise.

Your pancreas is pressured to release insulin (a hormone that helps sugars get into your cells).

The insulin helps to use up the sugar rapidly, so blood sugar crashes.

Your body goes into a sugar low or hypoglycemia.

More hormones are released to deal with the sugar low and return your body to a balanced state. This actually causes a stress response in your body.

These hormones squeeze sugar from your liver, sending blood sugar back up.

Too much sugar causes your body to go on a roller coaster ride of ups and downs...and your moods often follow.

So what happens if you're an occasional sugar eater? Even a little refined sugar and processed foods can send you on a roller coaster ride. **Also, sugar is often combined with grains or protein in processed foods and desserts. This creates a slimy substance that coats your intestinal walls. Remember this if you are tempted to eat these so-called "protein" bars!**

**Sugar doesn't really combine well with anything...not even vegetables. However, the food combining rules do say sugar can be eaten alone on an empty stomach. An example of this would be honey in hot tea in the morning when your stomach is empty.**

**So while at Body Ecology, we recommend you eliminate sugar until you've healed candida or other health problems (and even then, you may want to avoid it) if you want to stay young and avoid aging.**

**We DO have solutions for your sweet tooth!**

## BODY ECOLOGY SWEET TOOTH SOLUTIONS

Here are some top Body Ecology solutions that allow you to indulge in your sweet tooth and still create good health:

Give up the so-called “natural” sweeteners too. While you may think natural sugars like honey, agave, brown rice syrup, barley malt and molasses are better than sugar, we recommend you avoid these too. They are still too sweet and contribute to ongoing acidosis of your body and they feed candida.

To learn more, read: [Honey, Sugar, Molasses, Agave, Stevia & Other Natural Sweeteners: Which Are Actually Good for You?](#)

Instead, we recommend you use the best safe and delicious zero-calorie, all-natural [Stevia](#). Stevia is an herb that is 300 times sweeter than sugar, so you only need a small amount to sweeten your favorite foods and beverages.

Lakanto is our newest and most exciting find because it's an all natural, zero calorie, one-to-one sugar substitute that you can easily use in baking! It is so versatile that you can use it to sweeten your tea or substitute it for sugar in your favorite baked goods.

Indulge your sweet tooth with Lakanto, Body Ecology's top pick for versatility. You can sweeten everything from liquids to baked goods for a delicious experience that is so like sugar, you'll hardly believe your taste buds! [Sweeten your food AND your health with Lakanto!](#)

Say Goodbye to Cravings with Fermented Foods and Drinks! When you include [fermented foods and drinks](#) in your diet, you will find that you crave sweet tastes less and less often. In fact, if you are having a craving for sugar or processed foods, reach first for [cultured vegetables](#) or your favorite [probiotic liquid](#) and watch those cravings disappear!

When you add fermented foods and drinks to your diet, you are adding the “sour taste” back into your diet, helping to combat too much reliance on the sweet taste. In addition, you're getting healthy [microflora](#) that eat up any natural sugars present in low sugar fruits (berries) and veggies (carrots, beets, corn. Microflora also help your body heal from candida.

If You DO Indulge in Sugar Recreate Balance Naturally. For a truly amazing, delicious and natural hangover cure, drink 2 oz. of Young Coconut Kefir or Coco-Biotic.

This probiotic liquid helps to rehydrate your body, balance your electrolytes, alkalize your blood and combat the effects of sugar hangover. For more, read: [The Incredible but Unknown Hangover Solution.](#)

**Don't Discount Your Emotions (Will Power?).** Your cells have a memory for what you last ate, which means you crave more because it's what your body remembers. If you stop eating sugar for 4 – 5 days, your body stops asking for it.

But how do we make it through the 4 – 5 days? Often it feels like we don't have the willpower. You may feel pulled toward sweet foods...like you have no willpower. This also sets up a roller coaster of guilt and bad feelings.

We highly recommend working with your emotions during this time. According to Dr. Darren Weissman, it's your subconscious mind that derails you. Because your subconscious mind is **BELOW** consciousness, it may feel like you have no choice but to give in to negative habits. When you work with your subconscious mind, it can help you overcome the feeling of letting your body take you on a roller coaster ride. Learn more by reading: [The Power of Infinite Love & Gratitude](#) .

At Body Ecology, our research and many years of experience of the positive and negative of food tell us that sugar is a dangerous poison. So why isn't it outlawed? When you take a closer look at who control our food supply, you realize that sometimes, food manufacturers are more focused on sales than they are on your health...or your children's well-being. This means you are the one that must be in charge of your or your family's health. Don't leave something as precious as your health or the quality of how you will age in the hands of greedy unscrupulous agri-business.

Put yourself in the driver's seat when it comes to creating the quality of your life. Choose options that keep you and your family healthy and happy. The choices you make now can positively impact your physical and emotional health for a long, long time.

**Yours in Christ,**  
Vicky Mace, RN, Parish Nurse

Information for the article was written by a Miss Appleton.

**Sources:**

Appelton, Nancy, PhD. Lick The Sugar Habit, 2nd Edition. Avery. 1988.  
Sugar. <http://www.askdrsears.com/html/4/T045000.asp>



# MAY, 2018

If you would be able to help with any of these tasks, please call the designated person.	SUNDAY MAY 6 9:00 AM Communion	SUNDAY MAY 13 9:00 AM Non-Communion	SUNDAY MAY 20 Pentecost 9:00 AM Communion	SUNDAY MAY 27 10:00 AM Non-Communion
Worship Assistant Marian Bastian 610-395-9158	Edward Reichard	Edward Reichard	Ellen Sherer	Joint Service
Bread Offering Linda Knauss 610-432-0460	OLinda Knauss		Darlene Bortz	Joint Service
Communion Assistants Marian Bastian 610-395-9158	Emily Leonard & Ashley Leonard		Emily Leonard & Ashley Leonard	Joint Service
Hosts Betty Derhammer 610-797-9518	Phyllis Wetzel	Joyce & Donald Ruch	Daniel & Debra Arner	Joint Service
Lector Jean Cope 610-433-1301	Edward Reichard	Kim Biscontini	Linda Knauss	Joint Service
Usher Helper Chris Ellis	Kim Biscontini	Kim Biscontini	The Borgers	Joint Service
Altar Flowers Mary Ann Herring 610-395-9204	Ray Fenstermacher	Roberta Brown	Mark Schelly	June & Edwin Knecht
Bulletins Mary Ann Herring 610-395-9204	Larry & Skip Ebert	Carol & Dale Tomel	Ruth & Thomas Yablonski	Carla Rieban

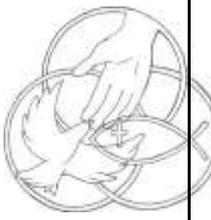
## Whole-Month Assistants

Altar Guild Nancy Otto 610-395-1605	Linda Knauss & Josie Litzenberger
Assistant Usher Nancy Otto 610-395-1605	Roberta Brown
Ushers Jeannine Leonard	Phil Horlacher & Shirley LaFaver
Lead Counter	Smoky Schelly
Daybreak (\$50.00)	Edie Kuhnsman
Newsletter (\$47.50)	Edie Kuhnsman

### ATTENTION Cedar GARDENERS!

Are you currently planning your garden layout for spring planting? Would you set aside one row of your garden to donate to your hungry neighbors in the Lehigh Valley? We are asking Cedar members to participate in the third season of Plant A Row Lehigh Valley during the 2018 harvest. This program asks home gardeners to set aside one row of their garden to donate to food-insecure individuals and families, and it also accepts any overflow produce. The produce will be collected weekly at church, along with our own harvest **from God's Garden and then distributed to food pantries and meal centers** around the Lehigh Valley. Your donation row can include anything that you like to plant; however, the program suggests produce that will keep well during transit to and distribution from food pantries. All kinds of veggies & fruits are needed. If you are **able to with God's Garden please speak with either Marian Bastian or Pastor Camp.**

# May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 9 AM-AA 7PM-Altar Guild 7 PM-Worship & Music	<b>2</b> 6:45 PM-ACA 7:30 PM-Choir	<b>3</b> 5 PM-AA 6:30 PM-TOPS	<b>4</b> 8:30 PM-NA	<b>5</b> 7:30 AM-Health Professionals 10:00 AM-NA
<b>6</b> 6 <sup>th</sup> Sunday of Easter/ Recognition of Choir/ Sunday School Teachers 9:00 AM-Worship/ Comm 10:00 AM-Social 10:00 AM-Sunday School/Adult Forum	<b>7</b> 2:15 PM- Daybreak	<b>8</b> 9 AM-AA 7 PM Council	<b>9</b> 6:45 PM-ACA 7:30 PM-Choir	<b>10</b> Ascension 5 PM-AA 6:30 PM-TOPS 	<b>11</b> 8:30 PM-NA	<b>12</b> 7:30 AM-Health Professionals 10:00 AM-NA 4PM to 7:30 PM- Boy Scout Spaghteti Dinner
<b>13</b> <b>Mother's Day</b> 7 <sup>th</sup> Sunday of Easter 9:00 AM-Worship 	<b>14</b>	<b>15</b> Newsletter Deadline 9 AM-AA 6:30 PM-Property 7 PM-Joint Board	<b>16</b> 6:45 PM-ACA 7:30 PM-Choir	<b>17</b> 5 PM-AA 6:30 PM-TOPS	<b>18</b> 11:30 AM-Newsletter 8:30 PM-NA	<b>19</b> <b>Armed Forces Day</b> 7:30 AM-Health Professionals 10:00 AM-NA 1:00 PM-Relay 4 Life Bingo
<b>20</b> Day of Pentecost Confirmation 9:00 AM-Worship/ Comm 10:00 AM-Sunday School/Adult Forum	<b>21</b>	<b>22</b> 9 AM-AA	<b>23</b> 6:45 PM-ACA 7:30 PM-Choir	<b>24</b> 5 PM-AA 6:30 PM-TOPS	<b>25</b> 8:30 PM-NA	<b>26</b> 7:30 AM-Health Professionals 10:00 AM-NA
<b>27</b> The Holy Trinity 10Am-Joint Memorial Day Service 	<b>28</b> Memorial Day 	<b>29</b> 9 AM-AA	<b>30</b> 6:45 PM-ACA 7:30 PM-Choir	<b>31</b> 5 PM-AA 6:30 PM-TOPS		