



May 1, 2025 | Volume 2025:5

Peace-Tohickon Lutheran Church Newsletter



Highlights:

- Peace Church Newsletter
- A Message from the Pastor
- Peace May 2025 Calendar
- Peace Bulletin Board
- May Birthdays
- Thank you Notes



A Message from Pastor Gary ...

In the Merry Merry Month of May

During May it really starts to feel like Spring. The fact that May has more than its share of holidays probably contributes to this feeling. Cinco de Mayo, Mother's Day, and Memorial Day all fall in May.

Did you also know that May is Mental Health Awareness month? Approximately 20% of American adults will suffer from clinical depression and or anxiety each year. That would mean that one out of five people in a room will likely suffer in this way. And out of the 80% of people who presumably will not suffer from anxiety or depression, many of them will have someone close to them who will.

First, let's establish a distinction between a feeling and clinical depression. Sometimes people feel depressed for one reason or another but it passes like any other feeling. Clinical depression is a heavy weight of sadness that is unaltered by circumstances: that is to say, a clinically depressed person could win a million dollars and the depression would be unaltered by the news. On the anxiety end, imagine someone sneaking up on you and scaring you. As soon as you realize what happened the startled fear feeling quickly goes away. Clinical anxiety is like having that feeling all the time.

When someone is suffering from anxiety or depression, the beautiful things about life can actually intensify the torment. Things like holidays, warm weather, and barbeques create more of a demand to be seen and to be social.

Unfortunately, while we have come a long way, we still are in denial about how prevalent mental illness is. We still stigmatize it to some degree. We can even be in denial about the state of our own mental health.

High levels of stress for extended periods of time can cause us to break down mentally. Being overstressed at home and at work simultaneously is a killer. Managing stress can be tricky. Most of us, for one reason or another, can't remove the stressors but we can add things that reduce stress like exercise or entertainment.

Two signs that something may be clinically wrong are a change in appetite and or a change in sleep. Some may lose their appetite; others may want to eat constantly. Some can hardly sleep at all; others can hardly get out of bed.

As we manage our lives during the present times, we need to be mindful of how life is affecting us. May is Mental Health Awareness month. That's right, the merry merry month of May.

Please be mindful of your own mental health and the mental health of those around you, not only in May, but all year around.

Pastor Gary

May 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 8:15am+10:15am Worship Service 9am-Sunday School 9:30am-Peace Choir Rehearsal 5pm-WELCA Banquet @Peace 7pm-NA 7:30pm- ConfirmClass	5 Cinco de Mayo	6	7 6pm-9pm-Girl Scout Meeting @Fellowship Hall 6:45pm-Peace Choir Rehearsal 7:45pm-Bells Rehearsal	8	9	10
11 Mother's Day 8:15am+10:15am Worship Service 9am-Sunday School 9:15am-Bells Rehearsal 11:15am-Blood Pressure Check 7pm-NA No ConfirmClass	12	13 7:00pm-Music & Worship Meeting via Zoom	14 6:45pm-Peace Choir Rehearsal 7:45pm-New Spirit Rehearsal	15 1pm-Exec Council Meeting via Zoom	16	17 Armed Forces Day 
18 8:15am+10:15am Worship Service 9am-Sunday School 9:15am-New Spirit Rehearsal 7pm-NA 7:30pm- ConfirmClass	19	20 7pm-Church Council Meeting via Zoom	21 6:45pm-Peace Choir Rehearsal 7:15pm-New Spirit Rehearsal 7:45pm-Bells Rehearsal	22	23	24
25 8:15am+10:15am Worship Service 9am-Sunday School 7pm-NA No ConfirmClass	26 Memorial Day  Church Office Closed	27 June Newsletter Deadline	28 6pm-9pm-Girl Scout Meeting @Fellowship Hall 6:45pm-Peace Choir Rehearsal 7:15pm-New Spirit Rehearsal 7:45pm-Bells Rehearsal	29	30	31

Important upcoming dates and information...

Peace Bulletin Board ... May

Upcoming Meeting/Events @ a Glance

- Sunday, 5/4 - 9:00AM Adult Discussion Group + Sunday School + 9:30AM Peace Choir Rehearsal + 5:00PM WELCA Annual Banquet + 7:30PM Confirmation Class via Zoom
- Wednesday, 5/7 – 6:45PM Peace Choir Rehearsal + 7:45PM Bells Rehearsal + 6:00PM-9:00PM Girl Scout Twilight Camp Planning Meeting @Fellowship Hall
- Sunday, 5/11 – Mother's Day + 9:00AM Adult Discussion Group + Sunday School + 9:15AM Bells Rehearsal + 11:15AM-Blood Pressure Check @Peace + No Confirmation Class
- Wednesday, 5/14 – 6:45PM Peace Choir Rehearsal + 7:45PM New Spirit Rehearsal
- Thursday, 5/15 – 1:00PM Exec Council Meeting via Zoom
- Sunday, 5/18 – New Spirit Sunday + 9:00AM Adult Discussion Group + Sunday School + 9:15AM New Spirit Rehearsal + 7:30PM Confirmation Class via Zoom
- Tuesday, 5/20 - 7:00PM Church Council Meeting via Zoom
- Wednesday, 5/21 – 6:45PM Peace Choir Rehearsal + 7:15PM New Spirit Rehearsal + 7:45PM Bells Rehearsal
- Sunday, 5/25 - 9:00AM Adult Discussion Group + Sunday School
- Monday, 5/26 – Memorial Day – Church Office Closed
- Tuesday, 5/27 – June newsletter deadline
- Wednesday, 5/28 – 6:45PM Peace Choir Rehearsal + 7:15PM New Spirit Rehearsal + 7:45PM Bells Rehearsal + 6:00PM-9:00PM Girl Scout Twilight Camp Planning Meeting @Fellowship Hall



Important upcoming dates and information...



WELCA 2025 Spring Banquet Sunday, May 4, 2025 at 5:00PM

WELCA will host a "Birthday Bash Banquet" on Sunday, May 4th at 5:00PM in Fellowship Hall. Tickets will be \$15.00 for adults; and \$5.00 for children under 10 years old. Tickets will be available to purchase this Sunday 27th. Tickets can also be purchased by contacting a WELCA member.

Please plan on joining us for an evening of good food, fellowship and fun. Birthday cake and ice cream will be served for dessert. Join us in some fun games and activities. Looking forward to seeing you there and Happy Birthday!



BAKE SALE



Bake Sale for RamPacks Sunday, May 4, 2025

RamPacks is having a bake sale on Sunday, May 4th Food Festival at Pennridge High School. Please help RamPacks by bring in a baked good item to church on Sunday, May 4th. If you have questions, please contact Dottie Ritter at 215-896-3095 or dmritter4@gmail.com. A sign-up sheet is in the narthex. Thank you!



Important upcoming dates and information...

RamPack News for Spring 2025

RamPacks is holding their Food Fest Fundraiser on Sunday, May 4th from 12:00PM to 4:00PM at the Pennridge High School. The event will offer children's games, raffles, a corn hole tournament and food trucks. Join all for the 2nd Annual Food Festival and celebration 6 years of feeding students in Pennridge! This is a rain or shine event, and their main fundraiser for 2025.



Important upcoming dates and information...



Blood Pressure Check Sunday, May 11th – 11:15AM

The Faith and Fellowship Committee is sponsoring a free blood pressure check at Peace Church. These checks will be held on the second Sunday of the month in the Library, after the 10:15AM worship service.

Please take advantage of this valuable screening.



Peace Education Scholarship Fund

- Peace Education Scholarship applications are available in the narthex.
 - For students who are planning to attend college or a vocational school in Fall 2025.
 - To qualify must be a voting, active and contributing Peace Church member.
 - Applications must be submitted to the Faith & Fellowship Committee Chairperson, Mrs. Dottie Ritter, by June 1, 2025.
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Mother's Day 2025

To All of Our Mothers ~

Happy Mother's Day! Thank you for being a source of strength, guidance, happiness and inspiration to the family every day.

Thank you!



Important upcoming dates and information...

Date Saver ... Upcoming Music Concert at Peace



In coordination with Peace-Tohickon Lutheran Church

Presents

Ed Bara
and Friends

From Radio City and Carnegie Hall, to the Kimmel Center and Salzburg Castle, Ed has delighted audiences and critics all over the world. His ability to use his rich | bass voice in a seemingly endless list of styles, gives concert-goers an unforgettable experience filled with laughter, tears and lots of joy.

Saturday, June 7, 2025
7:00 P.M.

Peace-Tohickon Lutheran Church
100 Old Bethlehem Road
Perkasie, PA 18944
215.257.3294
www.peace-tohickon.org

With his great friend and spectacular sax player, Tony Sandor, a few surprise guest singers and an assist from Peace's Senior Choir, Ed will perform jazz standards, broadway, blues, tv show themes, folk songs from all over, as well as works by Leonard Cohen, Ray Charles, Johnny Cash and many more. Between songs he will weave stories that captivate and make you laugh.

You'll be glad you came.

This concert is fully funded by the concert series at Peace-Tohickon and is free to the public!



May Birthday Calendar at Peace

Happy Birthday to you!

2	Sydney Bara
3	Doris Renner
4	Sue Keer Tom Neary
7	Michael Miller
8	Ruth Cook
9	Alex Bara Denise Wrigley
11	Jen Bara Kristina Doherty Carol Heverly
12	Brian Gonet
13	Tyler Heverly Diane Stump
15	Emily Scholl
16	David Bryde
18	Sandy Miller
19	Daniel Bryde
22	Jayden Rivera
24	Diana Long
27	Joyce Schneider
29	Erik Schneider



Peace Bulletin Board ... Recent Thank You Letters:



Thank You!

March 19, 2025

Peace-Tohickon Lutheran Church
100 Old Bethlehem Rd
Perkasie, PA 18944-3715

Dear Friends,

Thank you for caring for neighbors in California affected by the devastating wildfires. Your \$1,005.00 gift will do so much good for families who are feeling overwhelmed and helpless.

Because of you, our emergency response team is working with organizations in and around Los Angeles to ensure people get the care and support they need, like food, water, shelter and essential supplies. Your act of compassion and kindness provides them with immediate aid and ongoing support.

We are so thankful to have you by our side because you truly go above and beyond when disaster strikes, whether at home or abroad. Thank you for extending God's love where it is needed most.

Thank you for always thinking of others and letting your faith guide you.

In faith and gratitude,

A handwritten signature in black ink, reading "Daniel Speckhard". The signature is fluid and cursive, with the first name "Daniel" written in a larger, more prominent script than the last name "Speckhard".

Ambassador Daniel V. Speckhard
President and CEO

Peace Bulletin Board ... Recent Thank You Letters:



*I hope you can
celebrate with
us!*

Dear Friends at Peace Lutheran Church,

We're so grateful for the support your church has provided to the people we serve, and I want to thank you for your commitment to the urgent work that we do every day. I'm reaching out with an opportunity to connect in a different way. **Will you consider sponsoring our annual event?** Your support will help thousands of people find safety, stability, and hope.


Powerful Together will take place on Tuesday, April 29th from 6-8:30pm at the Event Center at Rivers. It's a uniquely joyful event, bringing together donors, volunteers, staff, and clients to celebrate people's strength and all we can accomplish together. And the food is amazing! Some of Fishtown's best restaurants, including Suraya, Mulherin's, Lilah, LMNO, Johnny Brenda's, and many others, each serve a signature dish.

Last year, nearly 350 people helped us raise over \$160,000. This year, we'd love your help raising even more to support our life-giving and life-saving work. I hope you will join us at the event, and I hope you will invite members of your church to join you. We are happy to offer discounted or complementary tickets to those who would like to celebrate with us.

We cannot do this work alone. Our community makes us stronger, and we rely on churches and people of faith, people who believe in the dignity and worth of all people, to help us expand our reach and increase our impact. Please let me know if there are ways we can let your congregation know about Lutheran Settlement House and the event, such as coming to give a talk or providing language for the bulletin. We're always happy to share our work caring for some of Philadelphia's most vulnerable children and families.

Please reach out anytime if you have questions. I included my email address below. Since 1902, our Lutheran community has been there for us so that we can be there for the nearly 6,000 people who rely on us each year. Thank you for your help, and please know how much we appreciate all that you do for the people we serve. **We are powerful together.**

Sincerely,



David Chiles | Executive Director
dchiles@lshphilly.org

Peace Bulletin Board ... Recent Thank You Letters:

Dear *Peace Lutheran Church,*

DATE *4-11-25*

Thank you for your contribution of \$315.- to RamPacks in support of our mission to provide food on weekends and school holidays to children in the Pennridge School District so they can come to school ready to learn. We truly appreciate your support of the children in the Pennridge area.

Remember to check our website **RamPacks.com** and Facebook page to keep up with our progress toward the goal of serving all schools in the district.

Thank you!!

Sincerely,

Libby Hollebach
on behalf of
RamPacks
Provided with love from the Pennridge Community



Thank You!

Peace Church Members