



The Epistle

Grief for the New Normal

BY TERRI DEANGELIS



I heard a very interesting news report the other day, and I thought that we all might benefit from its content. The interviewee was a grief specialist who deals with people who are experiencing grief at its deepest levels. Normally, this doctor

counsels people who are so devastated by their grief that they cannot function at the most basic levels of life. This particular report dealt not just with the grief we feel at the loss of a loved one, but grief at the loss of all aspects of our lives.

People are feeling grief from the loss of a job or career, the loss of freedom that comes from shelter-in-place orders. People are grieving from financial loss, from loss of security. There is grief from the loss of certainty, from the loss of participating in life's milestones, grief from the loss of the illusion that we were in control of our lives, grief from present and future economic stability, grief from being unable to connect mentally, physically, and spiritually with others, and finally grief from being unable to grieve. As you can see, grief comes from the loss of anything we thought we were secure

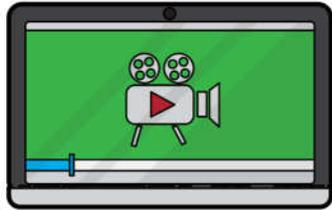
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Worship and Bible Study Continue Online in May



Christ was raised from the dead. Even after, people continued to die—even believers! Even

though we live on the other side of Christ’s resurrection, death remains a reality for us, so we need to hear that Christ will raise us from the dead!

This Easter Season, we will continue to proclaim this good news as a congregation online rather than in person. Council met April 20, 2020 and after prayerfully considering recommendations from the CDC, the Ohio Department of Health, and Governor DeWine’s Executive Orders, Council decided to refrain from worshipping in person through the month of May. We hope to be able to worship together again in person in June; Council will meet on May 20 to make that decision.

We will continue to offer Bible Study and Sunday morning worship online through our YouTube channel, which is also featured at www.stpaulreading.org and our Facebook page.

We will soon be mailing DVD’s of worship services and Bible studies to our members and friends who are unable to access our online services; if you cannot access our online services and would like a weekly DVD, then please contact Jane Owen either by emailing mail@stpaulreading.org or by calling the church and leaving a voicemail at 513-821-0987.

We know how much we all long to be together again. We will wait patiently to do so trusting that as the Holy Spirit was poured out on Pentecost to all believers, that same Spirit dwells in all of us wherever we are.

In Christ,
Pastor Emily Beckering

Celebrations in May



- 2 **Kris & Rhonda Kreiner**
- 4 Marie Calhoun, Jane Erbeck, Barry Prince

- 11 Addy Kruse
- 13 Annie Lohmeier, Grant Lohmeier, Cindy Sieckman
- 15 Kevin Harbaugh
- 18 Jean Winkle
- 19 Mary Ellen Welsh

- 21 Amanda Harbaugh
- 22 Kristopher Keith & Kate Wollenburg**
- 23 Jack Baumiller
- 25 Chloe Cameron
- 26 Kayla Kreiner
- 29 Michael Coulehan

Eye Protection Donations Requested

We received this note from Pastor Lisa Bernheisel, our former interim pastor. If you have protective eyewear to spare, or can purchase some, please drop it off at church at your convenience this month.



“My husband, a Family Physician, works in an under-served clinic in downtown Cincinnati. His patients are homeless, just released from prison and in halfway houses, etc. His clinic and other underserved clinics in the area are in need of eye protection. Do you have any access to any work goggles or eye protection? They specifically need some with a side wall (see image at left). The physicians and staff do not have enough to protect themselves and their patients.”

My Cup is Filled!

I usually do not attend worship services when out of town and therefore upon returning home I always look forward to and feel a need to attend worship at St. Paul's. Similarly, our stay-at-home orders had the potential to create a huge void in our worship life. Nothing can replace the experience of worshipping together on Sunday mornings. However, for me the on-line services and bible studies offered the past several weeks have been the “chicken soup for my soul.” I cannot begin to adequately express how much I appreciate, admire, and respect all who contributed their talents in production of the first-class online worship experiences during this time.

There were many participants in the services and many doing behind the scenes work as well. Jane Owen is a master at assembling and creating audio-visual experiences that bring us into the room. Being able to actually see those who participated made me feel like we were all

together. The photos of everyone waving their palms on Palm Sunday reassured me that folks were doing well. Janet King's scene/stage design for Maundy Thursday was phenomenal; Kate, Kris, Addy, Pastor, & Carolyn's music during Holy Week services was well choreographed and beautiful; Carroll Mayhugh's organization of the Vigil was masterful. I was often moved spiritually and emotionally during the Holy Week services, but the most memorable were the fireworks and seeing the Sturgill family giggling together in a “blooper” at the end of the Vigil. That made me really miss and realize how much I love our church family. Pastor Emily's coordination of our church family's spiritual gifts and delivery of inspirational sermons tied it all together, reassuring us that in time-we'll be back together again!

Linda Miller
Chair, Worship and Music Committee



DORCAS CIRCLE

Due to the limits placed on all of us recently, it was decided to NOT meet in May. Hopefully, we can return in

Grief for the New Normal

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in or over which we had control. First and foremost, we have to acknowledge that all of the above mentioned items are grief, real honest-to-God grief.

David Kessler, who co-authored two books with Elizabeth Kubler-Ross, states that “all grief counts” and that people many times “feel grief is only real or valid when someone dies.” Kessler believes that people need to give validity to the smaller losses and grieve them as a means of taking care of ourselves. Kessler goes on to say, “if we don't honor it, it

“Grief comes from the loss of anything we thought we were secure in or over which we had control.”

June and perhaps meet twice in a month or two before the shipment in October. Meanwhile, stay well, rest and be ready to go to work when next we meet.

shows up in our bodies, in our wellbeing - physically, emotionally, and spiritually.” In essence, it is important now to be in the moment with our grief, to experience the pain, the sorrow, and the uncertainty the grief brings into our lives.

At St. Paul Lutheran Church's bereavement group we have several “rules” or suggestions to assist someone as they move through the stages of grief. First, grief takes time, so allow yourself as much time as it takes. There is not a “one size fits all” timetable for grieving. Grieving can take months or years, and I will let you in on a little secret, time does not heal all wounds; healing only comes if you deal with your grief. I like to tell people “YOU ARE NOT CRAZY,” someone, somewhere has experienced what you are experiencing or done what you have done. Finally, your life has changed and you now have a “new normal,” not better or worse, just different. I try to let people know that their lives will never be the same again. So, knowing those things, how does someone navigate the grief brought about by this “new normal”?

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Grief for the New Normal

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Experts say that it is most important to express your grief however you feel you need to express it. If that means you cry, scream, laugh, are depressed, let yourself just feel however you feel. Denying your true feelings does no one any good, especially you. Self-care must include, during this difficult time, reaching out to others while sheltering in place. Since we cannot actually be face to face with others, we should use any measure of social media we are comfortable with. Productivity is very difficult when grieving. No one ever gets as much done when they are grieving as they would normally accomplish. Have a little compassion for yourself and acknowledge you are living in difficult abnormal times. Do not judge yourself too harshly, keep telling yourself that this is not how things normally are, and you cannot hold yourself to a standard established during normal times. Everyone is going to have a point when they will have had enough, a time when they are going to “freak out.” It is important to not live in the “freak out” stage indefinitely. If you find yourself spending too much of your time “freaking out,” experts suggest scheduling a certain amount of time each day to “freak out” and to grieve. Set an alarm clock for a certain time each day and make a pact with yourself to grieve or “freak out” for a specific amount of time, 15 or 20 minutes per day, for example. It is not to say that you never think about your grief or feelings throughout the day, but you do not let it get the best of you. Things may not improve immediately, but they will get better given patience and time. Life will return to normal, perhaps a new, different normal in which you can learn to function.

Revelation 21:4 states, “He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

Take care and Amen.

Terri DeAngelis

JEAN WINKLE'S NEW ADDRESS

Our beloved Jean Winkle is doing well in Georgia with her family and she misses her church family! Her new phone number is 678-725-6342 and her mailing address is 1720 Hamlin Dr., Marietta, GA, 30064, if you would like to reach out to her with a call or note. Jean's birthday is May 18!

THANK YOU FROM PAUL AND KATHY

Paul Pieper and Kathy Crosby wish to thank the congregation for the greeting cards and prayers for Paul during his recent illness. Thanks for your kindness!

Paul is currently in physical therapy rehab. His direct phone number is 513-712-9436 if you'd like to give him a call.

Leadership while Pr. Emily Beckering is on Maternity Leave

June 6th is fast approaching and so we shall soon discover if this baby Beckering shall be early, late, or right on time! You are so generous as a congregation to allow me to be out on maternity leave for 12 weeks once she arrives! Thank you so very much, with our whole hearts, from the whole Beckering family!

While I'm on maternity leave, you shall be in good hands. First and foremost, as always, you are in Almighty God's hands! Just as constant, you have the wise and faithful leadership of our Council and Committee Chairs on whom you can call and rely. Thanks be to God, you shall also have the pastoral leadership of Pastor Joan Armstrong. Pastor Armstrong will serve as our Interim Pastor during the full 12 weeks of my leave and will not only preach and lead worship (either in person or online depending on the pandemic's status in June), but will also attend Council meetings and provide emergency and end of life pastoral care for our congregation. Pastor Armstrong is a very experienced pastor who specializes in interim ministry. I know that you will find her engaging, caring, and a joy!

Please see the chart below as a guide for who to contact in various situations during maternity leave. A special thank you to all of these saints of God for their leadership! For contact information for individuals please see the church directory.

TOPIC/IN THE EVENT OF	CONTACT
Hospitalization, Death/Funeral, and other pastoral emergencies (if visits are permitted)	Pastor Joan Armstrong—call the usual emergency line 513-760-5884 (calls will be forwarded to Pr. Armstrong)
Long-term hospitalization, residency in a care center or rehabilitation facility, or ongoing support (if visits are permitted)	Terri DeAngelis—Terri will coordinate St. Paul's members to visit one another in non-emergency situations.
Prayer Chain Requests	Church office 513-821-0987 / Penny Huber
Worship/Music Questions	Carolyn Koehl, Interim Music Director
Music Director Search Questions	Cindy Mayhugh, Chair.
Capital Campaign Questions	Doug Lohmeier, Chair.
Thrive! Campaign Questions	Chet Laine and Carroll Mayhugh, Co-Chairs
Building use / Virtual meetings	Church office (Jane Owen) 513-821-0987
Offerings / Giving statements	Dennis King, Financial Secretary

Leadership while Pr. Emily Beckering is on Maternity Leave

For ministry-specific questions or general business, here is a reminder of our Council officers and committee chairs:

Executive Council

President: Nelson Langefeld

Vice-President: Donald Harris

Secretary: Kathy Crosby

Treasurer: Linda Miller

Financial Secretary: Dennis King

Council Members and Committee Chairs	
Christian Education Committee	Chair: Bess Sturgill Council Liaison: Donald Harris
Drama Ministry (St. Paul Players)	Nick Huitger and Sarah Papin, Co-Chairs
Evangelism Committee	Chair: Diana Hawkins Council Liaison: Joyce McDowell
Finance Committee	Chair / Council Liaison: Linda Miller
Worship & Music Committee	Chair: Linda Miller Council Liaison: Dottie Deloatch
Property Committee	Chair: Dennis King Council Liaison: Joyce McDowell
Social Concerns Committee	Chair: Penny Huber Council Liaison: Kathy Crosby
Stewardship Committee	Chair / Council Liaison: Carole Replogle

Thank you for providing so generously for this critical time in my family's life. God bless you for accompanying one another in ministry.

In Christ,
Pastor Emily Beckering

First Quarter Financial Reports

Since we are unable to meet in person for a first-quarter congregational meeting, an update about our financial status and ministries are included below, along with financial reports on the following two pages.

Our first quarter operating income and expenses overall were about the same as first quarter in 2019. Generous frontloaded 2020 member contributions in the first quarter offset the decline in our stock market equity value (-\$13,000). We are optimistic that the stock market value will increase over time, but it may take a while. Though we are not meeting together, the ministry continues. We expect that expense categories such as

utilities, office supplies, and committee expenditures will be less than usual. However, salaries continue and are the major portion of our budget. Our current financial status is relatively good and should stay that way if our offerings keep up with our expenses. Please refer to the 2020 Financial Summary and Quarterly Account Balances reports (next pages).

Linda Miller, Treasurer



New LVT flooring installed in the sanctuary. New carpet coming soon!

An Opportunity to Obey the Lord

Stimulus Sharing in the Name of Jesus

Have you received your stimulus payment? While for some of us, this check will be an answer to prayer, others of us are not really in need of this money at this time. If you aren't in need of this stimulus money and you would like to share it to make a difference, then consider donating your stimulus check to the Good Samaritan Fund at St. Paul Lutheran Church. The Social Concerns Committee will see to it that such donations will be given to our sisters and brothers in Christ at

St. Paul's who have lost their job, been furloughed, or are trying to live on decreased hours during this pandemic. If you find yourself in this situation and in need of God's provision of financial support, then please contact Pastor Emily. For those who are able, donating this extra money can be a powerful way to obey Christ's command to love one another as he loved us, and in doing so, actually be Christ to and for one another.

In Christ,
Pastor Emily Beckering

Our Life Together

For emergency pastoral care, please call Pastor Emily Beckering, 513-760-5884.

If you have requests for the Prayer Chain, call Penny Huber, 513-931-6420. To remove people from the list, contact the office.

We pray for **Mary and her granddaughter Kyra** (friend of Paul Pieper); **Berkeley** (Carol Curless's great-grandson); **Pr. Lisa Bernheisel**; **Louise Barry**; **Teresa Bell** (former member); **Stephen Black** (Kim Coulehan's nephew); **Bobby** (Christian Lohmeier's friend); **Brett** (Kings' step-nephew); **Jodie Calhoun**; **Christian**; **Kathy Curless**; **George Demetriades** (Portmanns' friend); **Katie Demopoulos** (Diana Hawkins's niece); **Dick** (Linda Miller's brother); **Jeremy Doan** (Jean Winkle's grandson); **Jerry Doan** (Jean Winkle's son-in-law); **Norb Eble** (Portmanns' friend); **Eckerle and Wuestefeld families**; **Tom Eckerle** (Les Eckerle's cousin); **Lee Erbeck**; **Larry Faulkner** (Freda's son); **Justin Feldman** (Bess Sturgill's father); **Ben Ferguson** (Les Eckerle's cousin); **Micki Ford** (Fords' niece); **Jeanne Fuller**; **Clara Garcia** (Cindy Mayhugh's sister); **Nathaniel Gibson** (Les Eckerle's step-nephew); **Hannah**; **Matthew Harrison** (Seals' neighbor); **Sandy Hatcher** (Linda Holt's sister); **Elain Heskamp**; **Richard Hoffman** (Cindy Mayhugh's brother); **Andrew Horton**; **Ellen Hunter** (Jeni Cathcart's grandmother); **Jo and her daughter** (Jeanne Fuller's friends); **Joan** (Penny Huber's friend); **Kate** (granddaughter of Dennis King's friend); **Dennis King**; **Jay King** (son of Jamie King); **Loretta Kombrink** (Marilyn Portmann's aunt); **Lewis Laine** (Chet Laine's brother); **Richard Lane** (Elinor Schieman's nephew); **Regina Laursen** (Portmanns' friend); **Carroll Mayhugh Sr.** (Carroll Mayhugh's father); **Samantha Mersch** (Mayhughs' daughter, Sarah Papin's sister); **Jessica Mink** (Donald Harris's cousin); **Doris Minton**; **Barbara and Jack Moorhouse**; **Jean Nolte**; **Ervin Oerther** (Portmanns' brother-in-law); **Ann Ohr** (Barbara Moorhouse's cousin); **Richard Osborn** (Betty Pack's brother); **Rosie Osborn** (Betty Pack's sister); **Eric Papin**; **Richard Pe-**

terson (Shirley Harbaugh's brother); **Don Pflieger** (Kings' brother-in-law); **Ginny Pape**; **Linda Perin** (Moorhouses' cousin); **Paul Pieper**; **Faith Pirrmann**; **Pat Popplewell** (Dennis King's friend); **James Savoy** (Jean Winkle's great-grandson); **Shawn Schnetzer** (Sturgills' cousin); **Sheila Schultz** (Betty Pack's friend); **Brenda Schumacher** (Marilyn Portmann's friend); **Shannon and Dane** (friends of Riddle family); **Teresa Shepherd** (Marty Lohmeier's friend); **Keith Shupe** (father of Kelly Shupe); **Jason Simpson** (Freda Faulkner's grand-nephew); **Elizabeth Smith** (Elain Heskamp's sister); **Scott Songer**; **Judy Songer** (friends of Jean Winkle); **Crosley Spelman** (Spelmans' grandson); **Jack Spelman**; **Betsy Stone** (Portmanns' granddaughter); **Britney Jean Teems** (Jean Winkle's granddaughter); **Teresa** (friend of Marty Lohmeier); **Randy Thaman** (friend of Marie Calhoun); **Treasure** (Les Eckerle's cousin); **Ralph Turner** (friend of Dennis King); **Jack Wagner**; **Daryl Wesselman** (Betty Pack's granddaughter); **Jean Winkle**; **Susan Winkle** (Jean Winkle's daughter-in-law).

We pray for those with ongoing health concerns who are unable to come to church every week: **Louise Barry**, **Jack and Barbara Moorhouse**, **Jean Nolte**, **Heather Segar**.

We pray for our armed forces members: **Graham Barton** (Fords' neighbor); **Paul Cordes** (Elinor Schieman's grandson); **Victoria Derry** (Elinor Schieman's great-granddaughter); **Jared Forst** (Jim and Loretta's grandson); **Beau Glenn** (Karen Koehl's son-in-law); **Kylie Hahn** (Gretta Hahn's granddaughter); **Donald Hosea** (Karen Koehl's son); **Samuel McLoughlin** (friend of Cindy Sieckman); **Scott Minton** (Doris Minton's son); **Jobeth Ramirez** (friend of Karen Koehl); **Joshua Rodriguez** (friend of Karen Koehl); **Trent Schwegman** (cousin to the Erbecks and Fords); **Dustin Silvey**; **Mack Thompson** (Freda Faulkner's grandson); **Alex Wisecup** (son of Nadine and Barry Wisecup).

St. Paul Family Photos

Since we couldn't celebrate Easter together as a congregation this year, here are some photos from St. Paul members of their Easter celebrations at home. We also asked for your pics of pets, household projects, and other stay-at-home activities.

Thank you to all those who sent in photos—if you didn't get a chance to submit your pictures this month, please consider sending them for the June issue!



Carole's jigsaw puzzle
"Evening Rendezvous"



Hobo and Maxwell "helping"
Carole with a solitaire game



John and Jeni



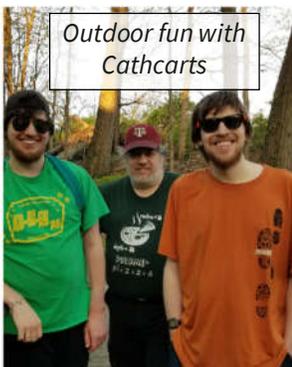
Anne & Skip's daughter set up an
Easter Beer Hunt in their yard!



Outdoor fun with
Cathcarts



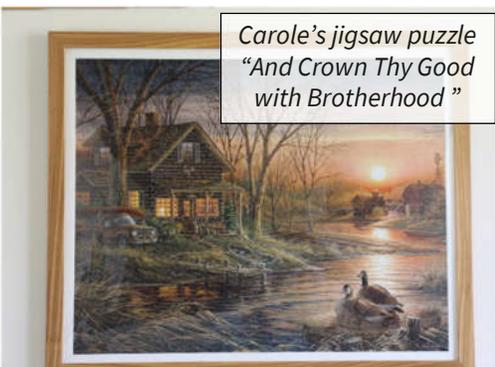
Addy, sister Joy, and
partner Rhys dye eggs



Outdoor fun with
Cathcarts



Outdoor fun with
Cathcarts



Carole's jigsaw puzzle
"And Crown Thy Good
with Brotherhood"



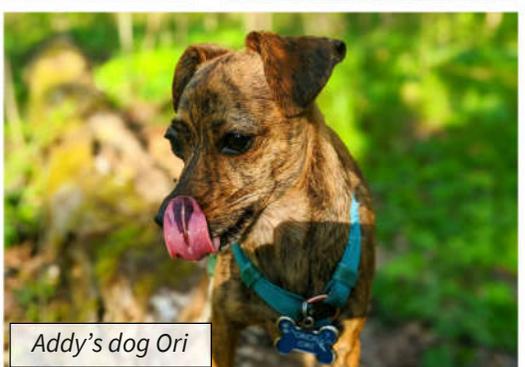
Anne's spring flowers



Carole's jigsaw puzzle
"Shoreline Neighbors"



Carolyn working at
Lodge of Montgomery

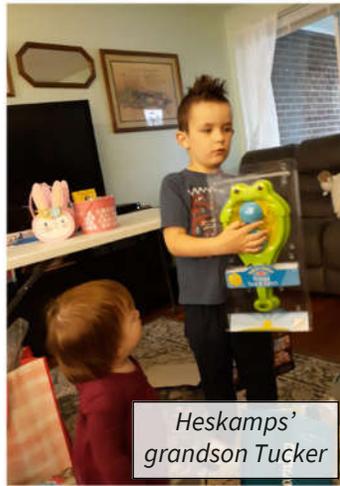


Addy's dog Ori

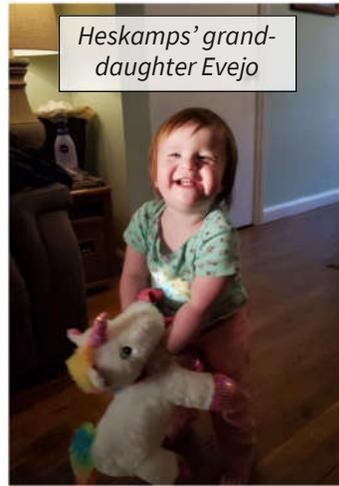
St. Paul Family Photos



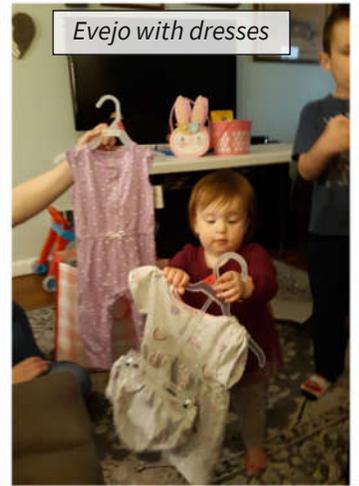
Kate, Kathryn, and Kris



Heskamps' grandson Tucker



Heskamps' granddaughter Evejo



Evejo with dresses



Korben hunts eggs



Spelmans' family brought food and a message of love!



Egg dyeing with Kathryn and Kris



McDowells' Easter dinner



Easter lily at the Spelmans'



Spelmans' grandsons making a special delivery



Elain's 12x20 cross-stitch



Easter Kathryn



Artwork with Kathryn



Henry with egg hunt loot!



Korben ready for baseball



Tucker with a new toy

St. Paul
Lutheran Church

As a community of Christian believers, we are called by God to use the many gifts He has given us, within the church and the community, so others may come to know Him.

Can You Read in a Foreign Language?



Sunday, May 31st is Pentecost! As a reminder of the Spirit's presence in the whole Church throughout the world and in heaven, we would like to include the reading of Acts 2 in as many languages as possible. If you can read in a foreign language and have the ability to make a

recording on your phone or computer, then please notify Pastor Emily via email (stpaulpastor@gmail.com) or phone (513-821-0987) so that we can coordinate this online worship service.

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