

Grace&Peace Gatherings

Women's
Bible Study
TOMORROW!
See first box
below

Grace to you and Peace from God our Father, and the Lord Jesus Christ. Galatians 1:3 Issue IV, May 2021

WREATH-MAKING

On Saturday, 4/17, the women enjoyed time together making Spring wreaths at



^ Front L-R: Katie Meilahn, Paula Kancianic, Ella Susek, Hannah Walsh, Emily Susek, Sarah Walsh. Standing L-R: Marilyn Susek, Vicky Lewis, Karin Rhoads, Lorrie Walsh, Alice Zorn (Paula's mom.)

the church. It was particularly lovely to see the two girls, Ella and Hannah, join the adults.

Thank you to everyone who attended and thank you, Karin Rhoads for your initiative.

We will have another craft event later in the year. We host a variety of activities not just for recreation but also to build up the body of Christ!

Life and Breath and Everything*

Have you ever watched a baby sleep? When you're a new mother, you may be too exhausted to notice *anything* but that she is breathing, and alive. You will see her stomach rise and fall with each breath. As we age, the fallenness of the world weighs upon our shoulders and as we try

to shirk it off, we begin to breathe not with our diaphragm but from our upper chest. This way of breathing adds to our anxiety. God designed us to breathe the way babies do, but how do we get back to this healthier way?

I personally found it fascinating to learn that humans can control our in-

stincts—even our instinct to breathe. Maybe it's not tools that distinguish us from animals, but this ability God gave us to overcome our very nature. After all, doesn't the Spirit allow us *not* to sin? Do you know humans can breathe rapidly from the upper chest to give ourselves a panic attack? Equally,

Women's Bible Study *Beholding & Becoming*

MONTHLY IN-PERSON meeting at the church on April 24, May 29, and June 26, from 9:30 to 11:30.

ZOOM WEEKLY on Tuesday evenings 7:00-8:45 pm, until May 25.

It's never too late to join the group. Feel free to contact Sarah Walsh at 610-764-3800 if you have questions.

All-church Bible Study *Philippians*

Every-other Thursdays at 7:30 pm:

- May 6
- May 20
- ...until July 15

You are all welcome to study His Word together! Lead by Elder SantaMaria via Zoom.

we can receive oxygen efficiently through our nose into our diaphragm and calm ourselves down!

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* Acts 17:25

HEARD IN THE AISLES

There's word out that people are calling each other to go for walks at local parks or neighborhoods! Good for your soul, good for your body, and good for The Body! Why don't you give someone a ring?

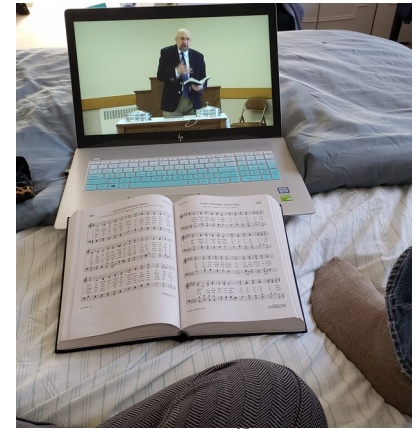


Daniel Mayk working with youth as a bb coach. (pre-break)

Grace, Dave, & Keith visiting in the parking lot.



Keith Triebel has been drawing and painting a lot. Some of it has been in preparation for an Art Show to be held in Philly. The other reason is Patti's way of keeping him off the streets. Or parking lots.



What worship has looked like at the Kraybills for the past year plus ...and for others too.

4/24 L-R: Paula Kancianic, Patti Triebel, Emily Susek (leader), Jo-Lynne Shane, and Mary Friggle, with Sarah Walsh taking the picture, at the *Beholding & Becoming* study being held monthly in person.



CATCH-UPS

- Renee Mayk was discharged from the hospital 4/17, after brain surgery, y'all!!
- Christian & Sarah Walsh & their littles will be away in Bend, OR to visit Stephen & Jess Desch & infant daughter, 4/21-28.
- On 4/16, Daniel Mayk broke his elbow!
- Frank Carr's mom is having some health difficulties.
- Hailey Allen is working hard to focus on preparing for the 5/ 14 MCATS (Medical College Admission Test).
- Josh Kraybill has accepted an offer to attend the Cleveland Institute of Music, to pursue a BMus in Organ Performance! Orientation is 8/16.
- Bob & Darlene Dilfer's daughter Ali is still struggling through medical issues. She lives in Philly.

Intentional Community

"Like apples of gold in settings of silver, is a word spoken at the proper time" Proverbs 25:11 NASB

In her book, *Streams in the Desert* (1925), Mrs. Charles Coleman tells this story:

There is a story of an old man who carried a little can of oil with him everywhere he went, and if he passed through a door that squeaked, he poured a little oil on the hinges. If a gate was hard to open, he oiled the latch. And thus he passed through life lubricating all hard places and making it easier for those who came after him. People called him eccentric, queer, and cranky; but the old man went steadily on refilling his can of oil when it became empty, and oiled the hard places he found.

There are many lives that creak and grate harshly as they live day by day. Nothing goes right with them. They need lubricating with the oil of gladness, gentleness, or thoughtfulness. Have you your own can of oil with you? Be ready with your oil of helpfulness in the early morning to the one nearest you. It may lubricate the whole day for him. The oil, of good cheer to the downhearted one -- Oh, how much it may mean! The word of courage to the despairing. Speak it.

Our lives touch others but once, perhaps, on the road of life; and then, mayhap, our ways diverge, never to meet again. The oil of kindness has worn the sharp, hard edges off of many a sin-hardened

life and left it soft and pliable and ready for the redeeming grace of the Saviour.

"A word spoken pleasantly is a large spot of sunshine on a sad heart."

While we currently find ourselves at a distance from each other, there are ways to spread the "oil of kindness" to our brothers and sisters in Christ. One way to spread the oil of kindness and to "speak a word at the proper time" is to reach out to others via old-fashioned "snail mail." Admittedly, each of us is very busy with many pursuits in life, whether working outside the home, rearing children, coping day by day with health issues or, what I call "the stuff of life."

Here are some ideas, given our many commitments, how each of us might continue to reach out:

1. If the post office is difficult to get to, grocery stores sell stamps at the check-out. Add "stamps" to your grocery list.
2. The [Dollar Tree](#) sells affordable cards, including from [Dayspring](#). Stock up on a variety.
3. Buy cards [online](#). Some are [Christian](#); some are [not](#). You could even support a [small business](#)!

When you think of it, get

Mirthful May

When God approached

Adam about eating the

fruit, he blamed Eve. Eve in

turn blamed the serpent,

 but the serpent didn't

have a leg to stand on.



out the church directory, and write a simple, "Hello, I thought of you today." Mail it off with a prayer that it would encourage that person.

A Christian speaker once challenged his audience:

"Rather than saying, 'I'm one person, what can **I** do?', I ought to say, 'I'm one person, what **can** I do?'"

Each of us can begin today to do *one* thing to reach out to a brother or sister in Christ.

- Becky Albrecht



The Fridge List

Sat	April 24—9:30	MONTHLY B&B Women’s Study (5-8)
Tue	April 27—7:00	Zoom Weekly Women’s Study (7-8)
Tue	May 4—7:00	Zoom Weekly Women’s Study (9-10)
Thu	May 6—7:30	Philippians Study
Sat	May 8—3:00	Mother’s Day Tea
Tue	May 11—7:00	Zoom Weekly Women’s Study (11-12)
Sun	May 16—11:45	BYO Lunch @the Pavilion
Tue	May 18—7:00	Zoom Weekly Women’s Study (13-14)
Thu	May 20—7:30	Philippians Study
Tue	May 25—7:00	Zoom Weekly Women’s Study (15-16)
Sat	May 29—9:30	MONTHLY B&B Women’s Study (9-12)
Thu	June 3—7:30	Philippians Study
Sun	June 13—11:45	BYO Lunch @the Pavilion
Thu	June 17—7:30	Philippians Study
Thu	Jun 24—7:00	Women’s Book & Movie Club
Sat	June 26—9:30	MONTHLY B&B Women’s Study (13-16)
Thu	July 1—7:30	Philippians Study
Thu	July 15—7:30	Philippians Study (last)
Sun	July 18—11:45	BYO Lunch @the Pavilion
Fri	July 24—7:00	Women’s Book & Movie Club
Sun	Aug 8—11:45	BYO Lunch @the Pavilion
Sat	Mid-September	Men’s event?
Wed	Mid-September	Women’s event?
Sun	Oct 10—Noon	Church Picnic
Sat	Dec 4—2:00	Women’s Christmas Tea

I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.
- Jeremiah 31:33

Picture Parade



^ Is this Esther’s Easter bonnet??



^ The Meilahn kids (Ruby, Rhys, and Rhett) participating in an American tradition!



^ Former members Kim & Paul Brandon, who live in Lynchburg VA. Kim is holding Jennifer’s son (Tyrone), the 4 boys in matching outfits are Jamie’s son (Matt), and the other 2 are Josh’s children (Beth). Kim was on the women’s leadership and Paul was an Elder.

GATHERINGS HIGHLIGHT

BYO Lunch

A time of gathering for the whole church! The first monthly time will be 5/16 right after Worship. Bring your own meals, drinks, & wares. You may sit in the pavilion, or feel free to bring a blanket or chairs to sit

out on the lawn.

We will practice social distancing, and please have masks handy. Contact Sarah Walsh if you have any questions.



A MEILAHN MINUTE

Katie Meilahn emails that she and Eric continue to work from home and he will continue to do so for the foreseeable future. Rhys is close to finishing his Kindergarten year at French Creek Elementary. His favorite subject so far is gym! Ruby has been enjoying a Zoom ballet class once a week. On the weekends, our favorite activity is hiking. Rhys, Rhett, and Ruby especially love going to the river to search for creatures. Katie's main projects have been managing virtual Kindergarten and maneuvering through the "trying threes."



Grace & Peace PCA is meeting at St. James United Church of Christ 321 S Limerick Road Limerick PA 19468-1607 Watch on YouTube or sign-up to attend in person on the [website](#). www.graceandpeacepc.org/

To submit articles, updates, and photos, email Grace Kraybill any time at: graceok@comcast.net

Cont'd from p. 1 Life & Breath

When your child won't listen, or your boss is being impossible, you feel your blood pressure rise. God has made your body so that you can control the natural response.

Start by sitting in a chair, or laying down on the floor. This is important because you may feel

light-headed the first time!
Lay your hands gently on your stomach. Breathe through your nose, and let the air go to your stomach (diaphragm.) Hold. Then breathe out of your mouth. Count 4 in, hold 4, breathe out 6. (The numbers don't matter so much as needing to do it slowly and steadily.)

When you've got that rhythm down and if you haven't passed out, try to breathe as deeply as you can to fill your diaphragm completely. *Make sure your shoulders are relaxed.* When you breathe out, press the air out completely.

Do this diaphragmatic breathing 10 times at a sitting. It only takes a few minutes. I've been thankful God has given me a way to calm my body and I can hear His voice more easily!

- Grace Oh Kraybill



^ Were you there? Do you remember the year, location, and event?

Women's Steering Committee

Please contact Becky Albrecht, Grace Kraybill, Emily Susek, or Sarah Walsh, if we may be of service to you.

SUMMER PLANS

Julia and Renalia Dudek have summer plans worked out! Julia plans to work at Handi*Camp as a support staff member this summer from 5/31—7/2. It is a ministry of Handi*Vangelism Ministries Int'l. She'll be serving during the 5 weeks of camp for people with disabilities, which is held at Camp Innabah in Spring City.

Renalia plans to volunteer as an assistant counselor at Camp Good News in Telford. She'll be there for 7 of their 8 weeks of day camp, starting in late June and ending in mid-August. It is a ministry of Child Evangelism Fellowship (CEF). Their camps are for 5-12 year olds and run Monday to Friday.

"No one is more influential in your life than you are, because no one talks to you more than you do. We never stop talking to ourselves. We are in a constant conversation with ourselves about God, others, ourselves, meaning and purpose, identity, and such. The things you say to you about you, God, and life are profoundly important because they form and shape the way you then respond to the things that God has put on your plate. You see, you are always preaching to yourself some kind of worldview, some kind of "gospel," if you will. The question is, in your private moment-by-moment conversation, what are you saying to you?"
~ Paul David Tripp, New Morning Mercies
[See 2 Timothy 3:16]