



June 27, 2025

## A thought from the garden: St. Abigail and the buzz of relevance



Lately, the lavender in our garden has been buzzing—literally. The bees have returned in full force, working busily among the blooms. Their presence reminded me of a lesser-known but remarkable figure in Roman Catholic tradition: **St. Abigail**, also known as **St. Gobnait** or **Deborah**, the **patron saint of beekeepers**.

Abigail lived in 6th-century Ireland. As a young girl, she fled a troubled home in search of peace and purpose. According to tradition, an angel guided her to a place where nine white deer grazed, a sign that she had found her spiritual home. There, she established a religious community dedicated to caring for the sick, often using honey as a healing remedy.

She became deeply associated with bees, not just as a keeper, but as a protector. Legends tell of her commanding swarms of bees to defend her village from raiders. Her bond with these tiny, vital creatures continues to inspire.

In our own time, with environmental concerns growing, particularly the crisis facing pollinators like bees, St. Abigail's legacy takes on renewed meaning. She calls us to see the natural world not as a resource to be used up, but as a sacred trust. Her life encourages **ecological stewardship**, **healing**, and **compassionate service** to others.

St. Abigail may have lived over a thousand years ago, but her values care for creation as a Jesus follower. Perhaps, as we watch the bees at work, we're also being invited to rediscover our own roles as caretakers of a shared and fragile world.

Pastor Karis



Pastor Karis will be away for contextual education from **June 23 through July 11, 2025**. During this time, she will be unavailable and will not be responding to calls, texts, or emails.

For any pastoral care or ministry needs during this period, please contact **Pastor Carla Christopher**:

- cchristopher@lss-elca.org
- 717-875-7723 (call or text)

If you would like to share something with Pastor Karis, for when she returns, you may email her at [pastor@bridgebuilder.church](mailto:pastor@bridgebuilder.church). Please note she will not respond to any messages until after July 11. Please do not send emails to her personal email address or to her cell phone via text.

We ask that you give Pastor Karis the full space and grace she needs for this time of renewal and re-creation as she prepares for the next season in our shared ministry.

Thank you for your understanding and support.

## Facing outward: Community in community!

You're invited, appreciated, and celebrated...by Pastor Carla, as part of a special two-night Zoom event on what it means to be a community-centered and outward-facing congregation. We will explore reverent and **RELEVANT** ways to live into inclusion and outreach, sharing God's love with any and all people, especially those who have previously felt excluded!

**Night 1: July 2nd from 7 - 8:30 p.m.**

- Defining and clarifying mission, vocation/where you are called, needs, setting SMART and HARD goals, and praying into strategic plans
- Spiritual practice, self-care, and healthy boundaries for sustainability

**Night 2: July 9th from 7 - 8:30 p.m.**

- Know yourself and your neighbors (Asset and Community Mapping)
- Becoming culturally competent, trauma-informed, and building belonging
- Choosing next best steps for outreach 101!

Can't make these dates? Recordings will be available!

Let's build a community of true relationships and authentic belonging for the healing of God's people. Can't wait to be with you soon!



[Zoom link](#)



## In loving memory

**Ed Waluk**

*September 5, 1950 - June 16, 2025*



Our community of faith is mourning the loss of Ed Waluk, beloved husband of Kathy Waluk. Ed was a bright light to all who knew him, a devoted family man whose love and strength touched many lives. He shared his joy generously, whether coaching his grandson in baseball or playing basketball from his wheelchair with unwavering spirit.

As Easter people, we will gather to honor and celebrate Ed's life on Saturday, June 28, at 11:00 a.m. at Community Lutheran Church. A reception will follow in Luther Hall, where we will continue to share stories, memories, and the love Ed so freely gave.

Please keep Kathy and the Waluk family in your prayers during this time of grief and remembrance.

## Celebrating nearly 90 years of pastoral experience among us

As a pastor, I count it a true blessing to serve alongside others who bring wisdom, compassion, and deep-rooted faith to the life of our congregation. We are especially fortunate to have two such clergy walking with us in ministry: Pastor Earl, who recently celebrated 35 years of ordained ministry, and Pastor Ed, who marked an incredible 51 years.

Together, that's nearly 90 years of pastoral experience being poured into the life of Community Lutheran Church, a remarkable gift we do not take for granted.

Thank you, Pastor Earl and Pastor Ed, for your leadership, your hearts for service, and the unwavering love and support you continue to share with this congregation. Your presence among us enriches our ministry and inspires us all to walk more faithfully together.

With deep gratitude,  
Pastor Karis Graham



## Feeding the community: where our food comes from

The food and personal care items we distribute come



from a variety of sources.

We receive generous donations from individuals, community groups, and businesses, including Mountaire (400 lbs of chicken per month, packaged by Hockers), Family Butcher, Harris Teeter, Old World Bakery, Surf Bagels, and Weis. Some neighborhoods and communities also organize drives to collect donations for our pantry.

We also order food from the Food Bank of Delaware. This has been a wonderful blessing, as many items are free, and others are available at about a 50 percent discount. On average, we can purchase nearly a ton of food for around \$200.

In addition, we receive financial donations from several organizations, including St. Martha's, Frankford Presbyterian, Samaritan Thrift Store, and ACTS.

Another important source is you! The pantry receives an allocation from the church's Plan for Ministry, which is funded by the members and friends of Community Lutheran Church. We use those funds to purchase food and personal care items from the Food Bank of Delaware, as well as from Aldi, dollar stores, and other retailers as needed.

Thank you for your generous support of Community Lutheran and the Food Pantry!

## What's happening at Community

### CLC Food Pantry Donation Requests

- Canned vegetables and fruits
- Pasta
- Canned or dry beans
- Personal care and cleaning supplies
- Peanut butter and jelly
- Cereals

The Food Pantry Ministry is seeking volunteers who are willing and able to go out and purchase food and supplies for the Pantry. Reimbursement is available for approved items. Things we regularly shop for include produce (usually on Sundays or Mondays, just prior to the pantry dates), as well as cleaning and personal care items, which are typically sourced from dollar stores. Some non-perishable food items are also sometimes on the list, and we try to find the best prices. If you enjoy finding a good bargain and have some time in the evenings or weekends to shop, contact Mona, Susan, or Katie to request a list of things to buy.

[HTTPS://BRIDGEBUILDER.CHURCH](https://bridgebuilder.church)

# Food PANTRY

Let's Make a Difference

1st & 3rd Tuesday Mornings

Your generosity can help nourish the lives of those in need. Join us for a food drive dedicated to supporting families and individuals facing food insecurity in our community. Let's show that when we unite for a common cause, we can create incredible change. We can't wait to see you at our food drive event!

 **Luther Hall**

**Suggested Items**

- Canned Food** ✓
- Fresh Meat** ✓
- Cake & Bread** ✓
- Dried Pasta** ✓
- Fruit & Vegetable** ✓

The next pantry is July 1st, from 10 to 12. Volunteers are welcome to come around 8:30 for set-up. We will also serve lunch after the pantry for all volunteers, so plan to stick around for some food! Thank you for all you do to serve the community!





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### New Al-Anon Group

**Join us.**

**Every Wednesday**  
7 - 8 p.m.  
Families, friends, and observers welcome.  
Community Lutheran Church  
30897 Omar Road  
Frankford, DE 19945



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### Beachside Devotionals

**Thursdays**  
**Beginning May 29**

Whether you seek quiet morning inspiration or a serene evening moment, we welcome you to gather with us.

**Sunrise at 8 a.m.**  
**Tower Rd Beach**  
**Sunset at 5:30 p.m.**  
**3 R's Beach**



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### Grief Support Group

**You are not alone.**

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays**  
1:00 - 2:30 p.m.  
Community Lutheran Church  
30897 Omar Road  
Frankford, DE 19945



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### White Bag Lunch

**Mondays & Thursdays**  
9 a.m.  
Luther Hall

Note: Grief group will not meet on July 3.

We will meet every Monday and Thursday at 9 a.m. until August 28.



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### Council Retreat

**How to...**

**Rescheduled**

...  
Luther Hall



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### How Best to Lead a Small Group

**led by**  
**Pastor Carla Christopher**  
**Tuesday, July 8**  
10 a.m. to noon  
Luther Hall

## What is a prayer request?

In 1 Timothy 2:1, we are told, "I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them." Prayer is powerful, especially when we come together in God's name. As Jesus said, "Where two or three have gathered together in my name, I am there in their midst." At Community Church, we are committed to praying for you and those you hold dear—whether they are struggling with illness, grieving a loss, or facing any other hardship.



To ensure privacy, we will only include first names in prayer requests, though you are welcome to share your relationship to the person being prayed for. We also ask that you refrain from

sharing personal details about others without their consent.

How Can We Pray for You?

If you would like to submit a prayer request for yourself or a loved one, please contact [tech.clc.30897@gmail.com](mailto:tech.clc.30897@gmail.com).

We are here to support you in prayer, trusting that God hears and answers in God's perfect timing.

Submit a Prayer Request

Prayer requests: together in faith

No requests this week. Continue to lift one another in prayer.

*Each person mentioned in this newsletter publication has granted us permission to do so.*

### Team Leaders

Please submit e-newsletter articles every Tuesday at noon for publication each Friday.

Articles should be emailed to [tech.clc.30897@gmail.com](mailto:tech.clc.30897@gmail.com).



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