





From Wall Street Journal: Church and Mental Well-Being

Below are excerpts from an interesting article from the Wall Street Journal that Dan Gorge sent me. It's another good answer, among many, for the question, "Why Church?"

### (Excerpts):

The Mental-Health Benefits Linked to Going to Church, by Clare Ansberry.

Places of worship can provide community and belonging, which are big drivers in mental well-being. Active religious practice, such as going to churches, synagogues and mosques, is linked to mental wellbeing, according to a growing body of research.

The findings come at a time of declining regular attendance at services across nearly all faith denominations and rising rates of depression and anxiety. Young people in particular have low rates of church attendance and report often feeling lonely and anxious.

Believing in a higher power can foster a sense of connection, research has shown. Helping others, which many religions facilitate through organizedoutreach programs, builds compassion, which psychologists have found can improve mental health.

Religion provides a framework for coming together regularly, but you can't just show up to benefit, says Tara Thiagarajan, founder of Sapien Labs. "You have to actively participate," she says. When people are more socially engaged, she says, they tend to feel more love for others, which enhances mental well-being.

If you are feeling stressed and anxious, or know someone who is, church is a great place to help!

### **Opportunity Knocks** -Wayne Freese

Wayne Freese

On Saturday, May 4<sup>th</sup>, w had the chance to hear a program that can help us grow. Our Consistory invited the Rev. Cean James, Associate Conference Minister of the Pennsylvania Southeast Conference UCC, to present a program called "NATURAL CHURCH DEVELOPMENT." Rev. James has applied this program in other churches, and his own. This event was open to all members.

The 14 members in attendance took a survey that Rev. James will review, followed by helpful suggestions

for the next steps. All 14 agreed that this is a program worth pursuing. The congregation will hear more details in the coming weeks.



Pennsylvania Southeast Conference United Church of Christ

# St. Peter's Raises 1 Ark for Heifer!!!!

See details on page 2



# Heifer Project Gift Fair

## Heifer Fair raises an ARK for 2024 !

The Heifer Fair held April 21, 2024 has raised \$5,945 so far for Heifer Project International, fighting to stop world hunger.

Each \$5,000 gift is deemed an "Ark" because it ensures animals and training for an entire community!

This is the 26<sup>th</sup> year that the congregation will have contributed at least one ark. Really an amazing record of support and success!

Cumulative gifts from St Peter's to Heifer project since 1984 total more than \$223,000!

Congratulations to the congregation for your generosity.

### Creating Change!

For 77+ years Heifer's cornerstones have empowered people to change their lives.

Working in 125 countries to attain sustainable livelihood through community owned interventions.

Heifer has helped 30 million families lift themselves out of hunger and poverty.

Still more to do, 1 Billion people still live in extreme poverty. <u>The St Peter's Heifer Mission team consists of many members</u>, who perform wonderful and vital work out of the limelight but with so many congregation members involved we are thankful the continued support of the Mission. Special thanks to Sewing Circle Members who hosted the Fellowship time on Heifer Sunday and to Kat Bowman for all her musical support.



If you still want to donate to Heifer it is not too late, please make your check payable to St Peter's and be sure your check has Heifer on the memo line so it can be properly credited.

Thank you for your wonderful support of Heifer Project International and all the mission teams at St Peter's.







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### FEAST



On Saturday, April 27<sup>th</sup> some members joined together for a potluck dinner in Fellowship Hall. Great conversation was

held and a good time was had by all.



## SEWING CIRCLE NEWS

Heifer Fair: A Celebration of Fundraising, Fellowship and Food

On Sunday, April 21<sup>st</sup>, the women of the Sewing Circle hosted Coffee Hour during Heifer Fair. We had quite the array of food and everyone who came seemed to enjoy what we served. Please come next year and see for yourself what you have been missing out on.



# Thank You

A special thank you to Diane Yeakle... Many of you have noticed the beautiful improvements to the gardens in front of the church, especially the new bushes. Thank you to Diane Yeakle for once again tending our flower garden out front with all the weeding, mulching and happy new additions.



# **Call for Grads**



It's that time of year again and we are gathering the names of graduates.

We would like to recognize the accomplishment of all high school, vocational school, and college Graduates in the June Beacon and June worship.



It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far nobly advanced.

-Abraham Lincoln November 19, 1863

Travel Back in Time; A Trip with St. Peter's

- by Fred Wookey Jr.

### **Part Three**

### Who Really Owns the Land?

Pikelanders had lived on the land for more than half a century, paying taxes assessed under "Pikeland Township." With the lingering uncertainty of deeds to their land, they were all still tenants. Hoare administered the properties, pursuing collection of rents from the Pikelands tenants. After Richard's death, he moved to sell the land to the leaseholders, who formed themselves into the loosely-knit "Pikeland Company" in 1762 to negotiate with Hoare. A court battle with the Pike family contesting Richard's will continued, based on a charge of mental incapacity when it was written, but the outcome gave Hoare undisputed control, acting as owner of the properties by 1764. Hoare offered a deal to the Pikeland Company to enable the tenants to purchase their holdings, with L 2,500 down payment and L 4,000 per year for 3 years, beginning in 1763. This was divided on the basis of property value, and 68 tenants signed for it. Apparently Lightfoot, the agent, had great difficulty collecting. After years of frustration, Hoare replaced the Lightfoots in 1773 with Andrew Allen, attorney and member of the first Continental Congress. Hoare soon conveyed the properties to Allen for a L 16,000 mortgage.

Andrew Allen sold an conveyed parcels of it to one hundred and fifteen persons, and received from them the purchase moneys therefor. The mortgage given by Allen to Hoare not being paid, it was sued out against Allen, and the one hundred and fifteen purchasers from him, as terre-tenants, and the entire township--which was covered by the mortgage-was sold as one tract by Ezekiel Leonard, sheriff of Chester County, and repurchased by Samuel Hoare, the holder of the mortgage, and conveyed to him by deed dated Aug. 26, 1789.

*Our property was part of this transaction.* The persons to whom Allen had made sales had failed or neglected to procure releases of the lands purchased by them from him of the mortgage, and consequently the sheriff's sale to Hoare divested their titles. They generally, however, compromised with Hoare, and by making additional payment of purchase moneys received deeds of confirmation from him. Some of them, however, were unable to effect any arrangement, and lost their lands and whatever improvements they had made thereon. An examination of the proceedings on the mortgage above mentioned shows that the writ sued out was served on the various persons who held titles to the land covered by the mortgage, either by purchase or lease, and thus we are furnished with the names of those who occupied lands in Pikeland at that time, and who suffered in consequence of the neglect of Allen to pay the moneys secured by the mortgage given by him to Hoare. Many of the ancestors of the present inhabitants then resided in the township.

...... LOOK FOR PART 4 IN JUNE

# A NOTE FROM OUR MUSIC DIRECTOR

#### May 2024 - Interview with Veronika Roemer (conducted by Herman Nieuwenhuizen + Kat)



#### Where did Veronika grow up?

Born in Basel, Switzerland, Veronika was the youngest of four. She grew up with one sister and two brothers, and everyone was required to take piano lessons, as their grandfather was a pianist. Veronika still owns his 100-year-old Steinway grand piano! Veronika's parents made music an integral part of their childhood.

At the age of 14, Veronika picked up the violin because she was accompanying violinists on the piano, and took up an interest in the instrument. After taking violin for a year, her teacher suggested that she could get more work as a violist than as a violinist, and she was interested in playing with bigger orchestras than the student ensemble at school, which only included the string instruments. She was able to audition for and perform in two Basel orchestras, the Radio Symphony and the regular performing Symphony Orchestra as a violist, and decided to continue her studies in viola into her college years.

#### Where did Veronika study music?

Veronika attended the Musik-Akademie in Basel, Switzerland, where she began by studying piano. She eventually decided to take the entrance exam for viola as well, and studied both instruments during her undergraduate degree. She went to Zürich for her graduate studies, and decided to stick with the viola, as she was getting hired to substitute for professional viola players in local symphony orchestras.

#### Veronika's years in England:

After studying in Switzerland, Veronika went to England to stay with a cousin who was working at a Waldorf-Steiner school. Veronika was hired to be the assistant to the music director at the school, and began to learn about the Waldorf-Steiner educational philosophy. While assisting the music director, the school decided to put together a children's opera by Benjamin Britten, entitled "The Little Sweep". The experience of putting together the musicians and the children for the performance inspired Veronika, and began a life-long passion of using music to communicate with students of all ages and abilities.

Veronika valued her time in England, and found the country to have a deeply ingrained sense of music and culture. She loved the fact that music was part of the social landscape, and that musical education began early in British schooling. She also loved being able to collaborate with so many professional and amateur musicians alike, and enjoyed forming small quartets and quintets with her peers.

Realizing that she didn't want to return to Switzerland, Veronika headed to Emerson College in Sussex to study the Waldorf-Steiner model of teaching. Emerson College had a rich history of church music embedded in the social fabric of life there, and Veronika found many like-minded musicians to perform with. She also met her husband at this time, who was a teacher at Emerson.

Another important event occurred while Veronika was living in England; she discovered the lyre. She was first introduced to the lyre when she was looking for an easy and portable instrument that she could use to teach her music classes. She acquired a bourdon lyre (also known as a cradle lyre), which is essentially a small hurdy-gurdy. She really enjoyed working with this instrument, and eventually started exploring more styles of lyres after a teacher at her music school suggested that she take lessons with a colleague.

Veronika was introduced to the chromatic, or modern lyre, and fell in love with the instrument. She has been playing it ever since.



# Veronika Continued...

### The family moves to the States

After their time in England, Veronika and her husband moved to Wisconsin to continue their work with Waldorf schools. While living in Wisconsin, they had their first four children. Then, they moved to Chester Springs to live in the Camphill Village in Kimberton Hills, where they had their fifth and last child. The Camphill Village is a community of individuals and families living right down the road from us at St. Peter's. According to their

mission statement, "Our Mission is to create and maintain a land-based community together with adults with special needs. Inspired by Anthroposophy, members of the community support one another to contribute to the wider society through biodynamic agriculture, social, craft, cultural, and educational endeavors." Veronika found music to be a wonderful way to communicate with those with special needs, and she became the music director for the Camphill School at Beaver Run, as well as the Kimberton Village. She taught private and group lessons for her students, and found great joy in organizing her students into ensembles for small performances and musicals.

Eventually, Veronika and her family moved to the Lehigh Valley, but she has returned to Chester Springs to teach music for the Sungate School, which is how she connected with us here at St. Peter's. She teaches group music classes as well as private lessons to her students.

### What is a viola?

The viola is a beautiful instrument that is often mistaken for a violin, but it is larger and has a deeper tone than a violin. The four strings are tuned to lower pitches than a violin, and the bow is a little larger, creating a

deeper and richer sound than its higher counterpart. Violas do not come in a standard size, but can vary

depending on the instrument maker. In the symphonic orchestra, the violas sit in between the violin and the cello section, and they are often in charge of creating harmonic lines to support the violin section, which

usually has the melody. There is less standard classical repertoire for the viola than for the violin, but we are lucky to have the chance to hear these wonderful pieces in our concerts featuring Veronika.

Veronika will be performing with Kat on Saturday afternoon, June 8th at 3:00pm. We look forward to seeing you there!

We welcome everyone to join us on June 8 @ 3:00pm for this wonderful concert. A reception and a chance to meet the artists will follow the performance in Fellowship Hall. Spread the word, and we hope to see you on June 8!





Dylan Smiley	5/1
Susan Hanson	5/7
Julia Beatty	5/9
Jacqui Cornog	5/9
Chett Breiling	5/11
Kristen Wookey	5/15
Reagan Basile	5/15
Meg Zaro	5/16
Ashlee Bradbard	5/16
Allen Barry	5/16
Haley Smith	5/19
Shawn Nordhoff	5/20
Trevor Johnson	5/22
Thomas Page	5/23
Doug Yeakle	5/24
Jenny Osborne	5/25
Christy Bullard	5/25
Dave Wise Jr.	5/25
Bennett Nordhoff	5/25
Scott Barry	5/27
Pam Booraem	5/28
Courtney Sproule	5/28
Blake Boden	5/28
Lena Duffield	5/29
Rebecca Nieuwenhuizen	5/30
Debbie Spranger	5/30
Justin Mest	5/30
Andrew Wookey	5/30

# Wedding Anniversaries

Scott and Kathy Barry David and Victoria Cagliola TJ and Diane Dunn Charles and Virginia Garber Scott and Cindy Maguire Tom and Sandy Raichle



ther's Day

Anna Jarvis of Philadelphia, whose mother had organized women's groups to promote friendship and health, originated Mother's Day. On May 12, 1907, she held a memorial service at her late mother's church in Grafton, West Virginia. Within five years virtually every state was observing the day, and in 1914 U.S. Pres. Woodrow Wilson made it a national holiday. Although Jarvis had promoted the wearing of a white carnation as a tribute to one's mother, the custom developed of wearing a red or pink carnation to represent a living mother or a white carnation for a mother who was deceased. Over time the day was expanded to include others, such as grandmothers and aunts, who played mothering roles. What had originally been primarily a day of honor became associated with the sending of cards and the giving of gifts, however, and, in protest against its commercialization, Jarvis spent the last years of her life trying to abolish the holiday she had brought into being.



**Outdoor Worship Service** 

On Sunday, June 2nd, come around back of Fellowship Hall to enjoy another outside worship service. Then, stick around for the ice cream social afterwards!

The Thin Line will play some beloved old Gospel hymns for the service, and our graduates will be recognized also.

Before and after the service, games for the young and young-atheart will be enjoyed out back.

Be sure to mark this date down, and invite family, friends and neighbors!

Stay in touch with us

# Www.StPetersPikeland.org

On FaceBook as St. Peter's Pikeland United Church of Christ



### Church Staff

Rev. Douglas Hanson, Pastor Kat Bowman, Director of Music and Organist Jill Cook, Church Secretary Deborah Wetty, Nursery Attendant Debbie Wolk, Bookkeeper Wayne Freese Cemetery Manager

#### Church Officers 2024

President of Congregation – Mark Myers

Secretary of Congregation – Kathleen Wachsmuth

President of Consistory – Pete Warner

Secretary of Consistory – Kathleen Wachsmuth

#### Elders

Kathleen Wachsmuth-Chair Deb Wetty, Peter Wilson

#### Deacons

Herman Nieuwenhuizen, Sarah Hackman Pete Warner

#### Trustees

Fred Wookey III- Chair Bob McClimon, Dave Wise Jr.

# Our Prayer List

Please keep the following members and friends in your prayers:

Allison Lockhart, sister of Rev. McLemore Andrea Lafleur Angie Schlessman Ann Kieffer, cousin of Eric Johnson Barbara Broyles, friend of the Wachsmuths Barbara Shivers Bill Cochran, friend of Fred and Maureen Wookey Carol Meyer Connie Hershey, friend of Micki and Alyssa Menkins Charlie Fishman, Pete Warner's Nephew and Godson Chris Webb, son of a friend of Lynn Mailey Debbie Rittenhouse, mother-in-law of Mitchell Warner Earl Harvey, friend of Mackenzie Wookey Friends and family of Barbara Hetrich Friends and family of Lois Pollard, Karen Wilson's mother Gail Grealey, cousin of the Wise family Gwen Davidson Grady Dendunnen, grandson of Ted and Helen Morgan Heidi Kieffer, daughter of Eric Johnson's cousin Jamie Glennon, friend of Eric Hanson Jean Neiman Jeff Johnson, Co-worker of Eric Johnson Jennifer Osborne Jim Smith, Denise Harlow's brother John Pandjak John Pittock, friend of Grace Merryman Laura Dick Lia Sawyer, friend of Cherri Romano Lisa, cousin of Eric Johnson Mary Andersen, friend of the McCarthys Michelle Ralston, friend of Maureen Wookey Melinda Greenwood, cousin of Joe Thomson Mike Brown AL. Nancy Pittock, friend of Grace Merryman Pattie and Charlie Freeman, friends of the Bowman's Patrick, friend of Dee McClimon Richard, friend of Dee McClimon Sally Kramer, Cherri Romano's sister Sally Mehrens, sister of Lynn Mailey Sandy Pereni, Joyce Rosen's sister Sharon Basile, Jennifer Basile's mother-in-law Sylvia Houff, Kathleen Wachsmuth's sister Tara Cantello, friend of Denise Harlow