



Paradise Falls Lutheran Association

The Spray

July 7, 2023

This Weekend at a Glance

Be sure to check the [PFLA calendar](#) for events and activities that fit your schedule.

Friday, July 7

7-10 p.m. Tea Room open

Saturday, July 8

8:30 a.m. Yoga, Beach (Lounge in case of rain) *Special time for this week only*

9-10:30 a.m. Pancake Breakfast, Lounge

7-10 p.m. Tea Room open

Sunday, July 9

10:30 a.m. Worship, Social Hall

7-9 p.m. Tea Room open

Also open Tuesday through Thursday, 7-9 p.m. Closed Mondays.

Religious Activities

This week we welcome Pastor Miles Hopgood from Abiding Presence Lutheran Church, Ewing, NJ, to lead the Sunday service at 10:30 a.m. Linda Beck will be the pianist. Read more about Pastor Hopgood [here](#).

Spiritual Nurture Small Group/Food for Thought

This new small group is sponsored by the Religious Activities Committee and will meet Wednesdays at 6:30 p.m. at the Beach Pavilion. A light dinner will be served. All are invited. Contact [Nancy Tkacs](#) with questions.

The group will discuss and reflect on the week's daily meditations from (Father) Richard Rohr and the Center for Action and Contemplation. Sign up for the daily meditations [here](#).

Pancake Breakfast Tomorrow

It's not too late (almost not-too-late) to sign up for tomorrow's Pancake Breakfast in the Lounge. Add your name to the list outside the Tea Room -- or last-minute planners can email [Beth Reindl](#).

Coming Up

Saturday, July 15 (details in next week's Spray)

10 a.m. Arts and Crafts in Social Hall

4 p.m. Bier Club

Saturday, July 22

Wellness Day, all day. Sign up [here](#): RSVP by July 12 for a variety of classes, such as pickleball, building a terrarium and yoga. The cost is \$45, which includes lunch and many opportunities to get to know one another. There is an extra charge for massages.

Contact Kristen Olson at [908.334.0252](tel:908.334.0252) or [Kristen Olson](#).

The second Wellness Day will be Saturday, August 19.

Trinity/Perkasie Women Visit the Bells

Be sure to greet the women from Trinity Lutheran/Perkasie who are making an annual day trip to the Bell's cottage on Saturday. You might see them on paddleboats on the lake, hiking to the Falls, enjoying ice cream, or digging into a Bible study on the cottage porch.

Olympics and Duck Race: What a Day!

Many thanks to Bill Simolike and Jennifer Monson (plus Judge Cy Fritz) for organizing and managing an enthusiastic group of Olympians at the games last Saturday. The morning featured basketball drills, javelin throws, balloon tosses, relay races galore, and, as a finale, the Tug-of-War. To the best of our knowledge, no one was sent to the Shed of Shame!

Watch for the 4th Annual Olympics next summer.

Also, thanks to Mary and Cy Fritz for organizing the Duck Race on Lake Crawford. While the gale-force winds did not materialize, the ducks managed to get a little breeze while crowds cheered from the beach. Winner: Ada Rein (granddaughter of the Grimms), shown here with her brother Niko.



New Hymnals

Thank you to St. John's Lutheran in Bethlehem for donating 40 ELW_hymnals to Paradise Falls for Sunday worship. Most Lutheran congregations use the ELW (short for Evangelical Lutheran Worship). St. John's has recently closed, and we are grateful they thought of Paradise Falls for this donation.

Walk and Talk

Meet Mondays through Fridays at the Center at 9 a.m., all summer, to enjoy some exercise and conversation.

Etc.

Wi-Fi: Remember that Wi-Fi is available at the Center and the Beach. Log into the PFLA network and use the password PFLA1922.

Bulletin Board: Looking for a recommendation (plumber, house cleaner, lawn

care) or have something to sell, trade, or donate? Use PF's [Bulletin Board](#) found in the Member section of [PFLA.org](#). It's easy to register and post.

The Spray will be emailed every Friday throughout the season, starting June 24 until the end of the season (final issue will be September 1).

If you have news and information to share, send it to pflaspray@googlegroups.com no later than noon on Wednesday of the week in which you want it to appear. If we don't receive your message by noon Wednesday, we can't guarantee it will appear that week.

To promote an event, send a brief description of the event including the day and date, time, contact person's email/phone, and any other relevant information regarding fees or registration. Questions? Email pflaspray@googlegroups.com.

To add an event to the [pfla.org](#) calendar, email the information to pflainfo@yahoo.com or to [Liz Malantonio](#) with "calendar item" in the subject line.

Past newsletters may be found [here](#).