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*The Episcopal Epistle**From the Priest In Charge
The Rev. Jim Strader-Sasser*

Matthew 6:19-23

“Stop collecting treasures for your own benefit on earth, where moth and rust eat them and where thieves break in and steal them. Instead, collect treasures for yourselves in heaven, where moth and rust don’t eat them and where thieves don’t break in and steal them. Where your treasure is, there your heart will be also. “The eye is the lamp of the body. Therefore, if your eye is healthy, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how terrible that darkness will be!

Photo by [Maruf Choudhury](#) on [Unsplash](#)

I know a thing or two about depression. Depression for me is like abiding with an unwelcome guest. Truth is, metaphorically and pragmatically, I don’t always keep a neat and tidy house. Things are usually in order and clean – though never quite as organized as my inner critic demands. Nonetheless – when someone unexpectedly knocks on my front door and/or a sudden surge of unwanted thoughts barge their way into my mind, I can get quite anxious, sometimes desperate. I don’t presume that everyone reacts similarly. Some people live for unexpected moments and cope

quite well with challenging situations. That’s a healthy goal for everyone because, as Jesus says, hope guides us toward light while challenging the gloom’s shadows.

I infer that some people, including me, believe that being human means we should be able to consciously control what

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emotions we allow ourselves to encounter. Such a belief is objectively nonsensical – psychologically, physically, and spiritually. However, the skills of becoming more psychologically and spiritually aware require developing skills responding to our fears, rather than reacting to them. Living into the way of being involves devoting disciplined time to healthy mindfulness, contemplation, and prayer.

Dr. Martha Lineman, a founder of Dialectical Behavioral Therapy is quoted as saying:

“The bottom line is that if you are in hell, the only way out is to go through a period of sustained misery. Misery is, of course, much better than hell, but it is painful nonetheless. By refusing to accept the misery that it takes to climb out of hell, you end up falling back into hell repeatedly, only to have to start over and over again.”

Lineman, because of her own battles with mental health crises, developed the psycho-spiritual concept and associated practices of [“Radical Acceptance.”](#) Primary concepts include:

- *Accepting reality as it is – objectively.
- *Experiencing difficult thoughts and emotions without judging them to be good or bad.
- *Realizing that pain is inevitable while suffering may be unnecessarily self-inflicted.
- *Establishing some mental – neocortex space for higher order analysis and

decision making.

*Reframing the present moment to consider all of its meaning and act upon more value-based uses for personal time and energy.



Here's one important NOTE – Radical Acceptance practices are not appropriate for denying or blaming one's self when life-threatening, abusive, violent activities are happening. Rather, Radical Acceptance and DBT techniques should activate individual and communal means for adapting to current realities while managing emotions in healthier ways.

Jesus' Sermon on the Mount offers his listeners a definitive roadmap for living a morally righteous and sacrificial life. Lest we forget, love is the anchoring attribute of Christ's Gospel. Radical acceptance is implicitly a core tenet of Jesus' teachings. Being a peacemaker is not the same as maintaining an unjust peace. Humility is not the same as being victimized. Likewise, as Matthew's Jesus says in Chapter Six, it is truly righteous and good to strive for values

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and purposes benefiting humanity's common good. The Reign of God is democratic in the sense of living into the Gospel pursues egalitarianism and adopting divinely inspired principles and spiritual practices. Likewise, Jesus suggests that we must seek out light and value light if our goal is to become agents of light to the world around us. This goal is more than difficult when we are shrouded in exasperation's depths.

Creatively speaking, our fears and anxieties when they arrive without an invitation may be helpful in truly sorting out what is causing us pain and suffering. These signals' intent, from a particular psychological point of view, are to inform us of what is happening. They signal what values we uphold and offer responses to reality in positive rather than neglectful ways. As I've said before, and I personally need to hear again. God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Perhaps this message may be meaningful to you as well.

Blessings along The Way, Jim+



Holy Strollers



Join the Prince of Peace Holy Strollers on Saturday, September 13 for their next walk. We will be doing a "Market Ramble", walking from the church to the Adam's County Farmers Market at the Gettysburg Area Recreation park and walking the path at the park, finishing with a stroll through the market. Total length of the walk is approximately 1.25 miles. As always, bring a picnic lunch if you wish, or purchase items at the market.

A Quilter treasures life's moments one stitch at a time. She knows the joy of patiently creating a work of art that can only grow more precious with the gift of years. She tells a beautiful story with patterns and colors, and the patchwork of her life is woven with threads of laughter and tears, memories and dreams. A Quilter understands the value of preserving the past and has a heart gentle enough to stitch the gift of love into our lives for the future. A Quilter leaves the blessing of treasuring life's moments one stitch at a time.

Quilts for Comfort

Quilts for Comfort will resume holding monthly "quilt bees" on Tuesday, September 9th from 9:30am-2:30pm in the

conference room. We will continue to meet on the 2nd Tuesday of the month through May 12th, 2026. Last year we were able to deliver 100 adult lap quilts, baby crib quilts and children's quilts to human service and medical facilities in Gettysburg and surrounding areas. We're hoping to make and distribute even more this year.

Building Use

As parish groups begin to gravitate to a more regular use of the building, with groups being able to gather and meet in the building, it is important that the parish office be contacted and the meetings be placed on the calendar to avoid conflicts with other groups meeting in the building.

Sunday School



“Sunday School for children will be starting in late September or Early October, please watch the bulletin or other communications for more information. In preparation, we are looking for

another helper or two. At this time you would not have to plan or teach, if you do not want to. If you have any interest please speak to Margaret or leave a note in the office for her. We would also like to know who is planning to attend this year, please let us know if you have children that plan to attend or you just need more information.”

High Street Marching and Chowder Society Gathering

The High Street Marching and Chowder Society had a very successful gathering on August 14. Twenty men of the Parish shared a wonderful menu of clam chowder, chicken, shrimp, potato chips and various libations. The host for the evening was Ben Jones in whose home we met. Profits from the Society have been given to a

most
worthy
group
within
the
Prince of
Peace
parish.



Cat and Dog Product Donations



We continue our monthly ingathering of products for the two no kill shelters in the area we are supporting: Forever Love in Gettysburg and

the Helen Krause Animal Foundation in Dillsburg. When you go to the grocery store think about "God's Little Ones" and pick up a can or two or a bag of cat or dog food to help these shelters feed, rehabilitate and find good loving homes, "Forever Homes". We thank everyone for the very generous outpouring of support this past Sunday, July 31st. The bin was filled once again and Lee has picked the products up for delivery to the shelters. He expresses his sincere thanks to everyone who donated. The bin will be in place for the next scheduled intake date, Sunday, September 26th. **THANK YOU!**



Mark Your Calendars

Please mark your calendars for the upcoming events at Prince of Peace:

Sunday, Sept 7th: Annual service and picnic at Gettysburg Area Recreation Park. This year we have reserved the Lions Pavilion.

Friday, Sept. 19th:- 20th- Sibling Parish Relationship Gathering

Tuesday, September. 23th: Deadline for the September newsletter.

Help us keep our records up to date.

Have we missed listing your birthday or anniversary in the past?

We may not have the information in our database. Please contact Marrie at the office with your information.

717-334-6463

princeofpeace@gettysburgepiscopal.org

SERVICE SCHEDULE SUNDAY WORSHIP

8:00 a.m. Holy Eucharist
10:15 a.m. Holy Eucharist

TUESDAY Compline 7:00 p.m. via Zoom

Community Outreach

Beginning in September, Prince of Peace will join an initiative previously established by Flohr's Evangelical Lutheran Church to provide food assistance for children and families at Franklin Township Elementary School. The school, located in Cashtown, is part of the Gettysburg Area School District. Each Friday during the school year, Flohr's Church contributes non-perishable food items to *Franklin Friends*, a group who provides meals and snacks to children who may not have access to sufficient food over the weekend.

Throughout the 2025-2026 school year, our church will be collecting items to lend our support to this important program. Using the food list included here, we have committed to gathering donations and dropping them off on the 4th Thursday of each month (with some alterations to accommodate holidays). The specific dates for the 2025-2026 school year are as follows: **(9/25, 10/23, 11/20, 12/18, 1/22, 2/26, 3/26, 4/23).**
Please look for the donation box in the back of the church beginning, Sunday, September 7th.

This new community outreach effort at Prince of Peace emerged from a vestry retreat held in March of this year. Many parishioners, during the past year or two, have expressed a desire for our church to reinvigorate its focus on helping our neighbors as Christ calls us to do. This is a first step in what we hope will be an ongoing relationship with Franklin Township Elementary School and the children it serves.

Entrees (Individually Packed)

Beans & Franks
Chicken and Tuna Salad
Chef Boyardee Individual Cups
Mac and Cheese Individual Cups
Lipton Cup Soup/Crackers
Jif to Go with Deli rounds

Individual Servings of:

Fruit Cups
Vegetables
Applesauce
Small Boxes of Raisins

Snack Foods (Individually Packed)

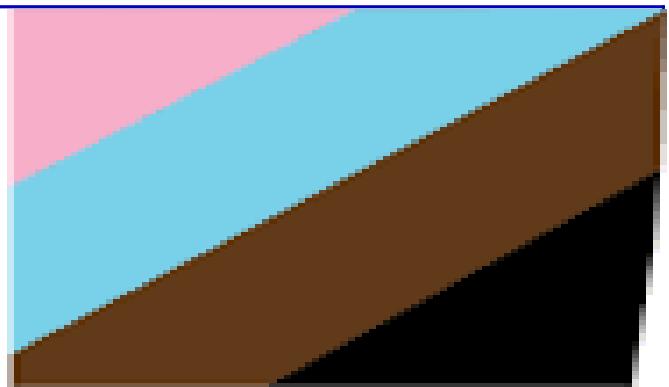
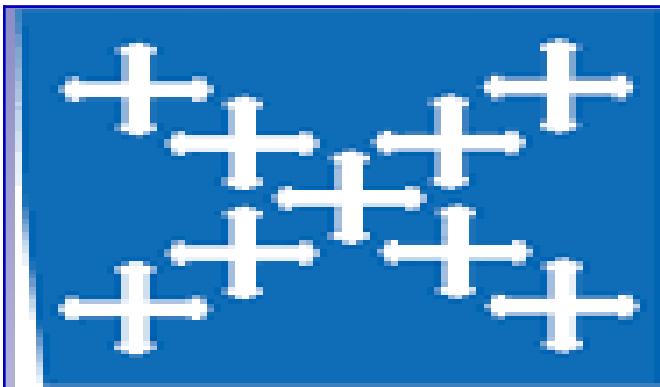
Pretzels
Goldfish
Fruit Snacks
Granola Bars
Pudding Cups

Breakfast Items (Individually Packed)

Cold Cereal
Shelf Stable Milk
Oatmeal

Drinks (Individually Packed)

Juice
Hot Chocolate Packets



September 7
Pentecost 13
Deuteronomy 30:15-20
Psalm 1
Philemon 1-21
Luke 14:25-33

September 14
Pentecost 14
Exodus 32:7-14
Psalm 51:1-11
1 Timothy 1:12-17
Luke 15:1-10

September 21
Pentecost 15
Amos 8:4-7
Psalm 113
1 Timothy 2:1-7
Luke 16:1-13

September 28
Pentecost 16
Amos 6:1a,4-7
Psalm 146
1 Timothy 6:6-19
Luke 16:19-31

**The Memorial Church of the
Prince of Peace**

P. O. Box 3005, 20 W. High St.
Gettysburg, PA 17325-3005
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The. Rev. Jim Strader-Sasser
Priest In Charge

The Rev. Pamela Cooper-White PhD
The Rev. Richard A. Ginnever
Priest Associate

Marrie Sanders
Parish Administrator
princeofpeace@gettysburgepiscopal.org

Office Hours:

Monday-Thursday
9:00 a.m. to 3:00 p.m.