



October 2022 NEWSLETTER



UNITED IN CHRIST LUTHERAN CHURCH STAFF

The Rev. Justin G. Lingenfelter: Pastor

Vicar Katy Moran: Intern

Terri Cromwell: Office Administrator and OAKS Coordinator

Office: 570-568-2254

Email: office@unitedinchristlutheran.net

Marilyn Gresh: Music

WORSHIP: SUNDAYS AT 10:00 A.M.

www.unitedinchristlutheran.net/sermons/

Office Hours: Monday- Friday 8:00am - 12:30pm

UIC COUNCIL MEMBERS

Kathy Guffey, <i>President</i>	2 nd term, ends 12/2024
Emma Danowsky, <i>Co President</i>	2 nd term, ends 12/2024
Lisa Rabuck, <i>Vice President</i>	2 nd term, ends 12/2024
Jen Sheaffer, <i>Secretary</i>	1 st term, ends 12/2022
Ken Baker, <i>Treasurer</i>	2 nd term, ends 12/2023
Kathy Arndt	1 st term, ends 12/2024
Ken Criswell	2 nd term, ends 12/2022
Kim Criswell	1 st term, ends 12/2022
Theresa Furman	1 st term, ends 12-2024
Michelle Shearer	1 st term, ends 12/2024

Council Members are elected for a term of three years and no more than 2 consecutive terms.

United In Christ's Mission Statement:

Led by the Spirit, we follow Christ's call to honor God and neighbor through worship, learning, service, prayer, stewardship and invitation.

Mark Your Calendars

SUN, OCT. 2

**HARVEST HOME SUNDAY
PET BLESSING
CONFIRMATION
YOUTH GROUP**

SAT, OCT. 8

BABY STEPS DIAPER PANTRY

MON, OCT. 10

INDIGENOUS PEOPLES DAY
Office Closed

TUE, OCT. 11

OAKS SENIOR CENTER

SUN, OCT. 16

PASTOR JUSTIN: VACATION
Pastor Justin returns on Oct. 26

SUN, OCT. 16

YOUTH GROUP

TUE, OCT. 18

COUNCIL MEETING

SAT, OCT. 22

TRUNK-OR-TREAT

MON, OCT. 24

**NEWSLETTER DEADLINE
GRIEF SUPPORT GROUP**

SUN, OCT. 30

REFORMATION SUNDAY
Wear red!

SUN, NOV. 6

ALL SAINTS SUNDAY

SUN, NOV. 20

CONGREGATIONAL MEETING

SAT, NOV. 26

CHRISTMAS WORKSHOP

FROM THE PASTOR



"I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. . . But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth."

John 17:6, 13-19

Dear United In Christ,

Twenty-four days 'til Disney! At least that's what the countdown on my phone tells me as of writing this! Kelsey and I have been looking forward to this trip all year! We booked it just as the thought of such travel seemed conceivable again after the height of our pandemic days and we've been looking forward to it for *months* as the chance to get out of the house and get away from our routines and norms for just a little bit. After all this anticipation, we're really starting to understand what The Go-Go's meant when they sang "vacation, all we ever wanted// vacation, *had to get away.*"

That feeling seems almost universal, though, doesn't it? We know that sensation of just needing to "get away" from time to

time. It's often when the going gets roughest that we are hit with the feeling of just wanting to set it aside and escape for a while. We'd rather set all of the things causing stress and frustration on the backburner and take up some time away. The past few pandemic-laden years have certainly been no exception to that feeling!

As Christians, then, it's sometimes tempting to treat our practices, especially our Sunday morning worship, as the sort of getaway we long for. It's tempting to think that when we gather as communities of faith it's in order to get away from the problems of the world. We sometimes expect our Sunday mornings to be like a Disney World escape to fill us with enough feel-good energy that we can keep our heads above water until the next weekend rolls around.

Unfortunately, though, this clearly *isn't* what Jesus has in mind. As he prepares his disciples for his own departure here in John's Gospel, he makes clear to them that they still very much have a place within the world. They still have work to do – *hard work* – that will require a great deal from them ahead. They will still very much be *in* the world, even if they'd rather simply get away.

This is the same conviction that Martin Luther pursued in the midst of the Reformation as well. In more ways than one, he sought to reform a Church that was *very much* still a part of a hurting world. Luther's insistence on God's grace that centered his priorities led him to time and time again turn back to the world in loving service to the neighbors in his midst. It's even what gave him the conviction to tend to his neighbors well with all practical matters of good public health during the pandemic of his own time. He knew that as disciples of Christ, the call set before us is one that draws us *back* into the world, rather than escape it. In this month when we celebrate the contributions of the Reformation, our call remains the same; we, too, are called to turn back out facing God's beloved as the very hands and feet of God in the world.

But this is no easy task! Which is precisely why it's so important to hear how Jesus supports those he sends into the world. He does not leave them unequipped or unaccompanied. Recognizing the difficulty of remaining tethered to the world that can so often weigh us down, Jesus commits himself to the work of praying for his disciples-turned-friends. He prays for their encouragement and support. He prays for their accompaniment by the God who will work to protect them and move with them throughout that world.

When it feels like the going's getting unbearably rough and you're tempted to plan your escape, remember that Jesus is praying for you, too.

Yours, united in Christ,

~ Pastor Justin



PASTOR AWAY

Pastor Justin will be on vacation beginning Sunday, October 16 and returning on Wednesday, October 26.

If you need pastoral care while he is away, please call the office.

GRIEF SUPPORT GROUP

In partnership with:



GRIEVE WITH THOSE IN GRIEF

A grief support group for those on
the journey together.

You are welcomed here.

Joined together, the communities of Milton Lutheran Church, Saint Paul's UCC, and United In Christ have started a new monthly grief support group beginning on **Monday, October 24th at 6:30pm**. The location for each monthly gathering rotates between the congregations. **For October, we will meet at Milton Lutheran Church (100 Mahoning Street, Milton).**

Each month we focus on a chapter in Julie Yarbough's *Beyond the Broken Heart: A Journey Through Grief*. You can purchase a copy of the book directly through [Amazon](#) or [Barnes & Noble](#) or you can contact your church office about ordering a copy through the congregation.

If you find yourself struggling with grief after the loss of a loved one, a broken relationship, or the overall strain on your being, know that this group is for you. No matter where you are on the journey you are welcomed here.

FALL BIBLE STUDY

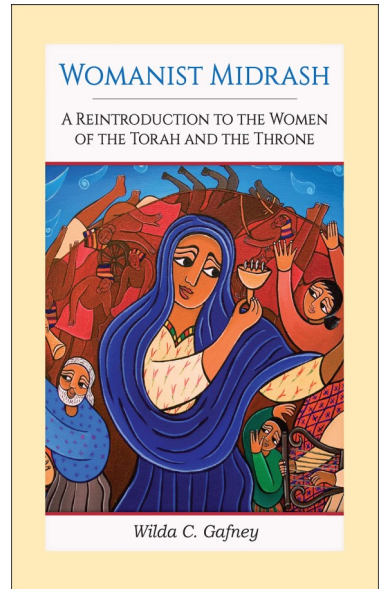
WOMANIST MIDRASH

Join us this Fall as we dive into scripture to explore the too-often overlooked stories of women from the Hebrew Scriptures. Each week you are invited to bring your favorite Bible as we focus on a new character and rediscover the ways in which they fit into the larger narrative of God at work. **This study continues every Wednesday night at 6:30pm through the month of October.**

There are no additional books/resources required for this study, but if you would like to follow along with those leading the group and do more exploration on your own, we will be using Dr. Wilda Gafney's *Womanist Midrash* as the grounding for our exploration of these characters. Dr. Gafney's work and experience of examining these figures in midrash (a Jewish tradition of wrestling, exploring, imagining, and challenging scripture) through a womanist lens offers an incredible accompaniment through these texts. Come and see!

From the publisher: "*Womanist Midrash* is an in-depth and creative exploration of the well- and lesser-known women of the Hebrew Scriptures. Using her own translations, Gafney offers a midrashic interpretation of the biblical text that is rooted in the African American preaching tradition to tell the stories of a

variety of female characters, many of whom are often overlooked and nameless. Gafney employs a solid understanding of womanist and feminist approaches to biblical interpretation and the sociohistorical culture of the ancient Near East. This unique and imaginative work that is grounded in serious scholarship will expand conversations about feminist and womanist biblical interpretation.”



NEWSLETTER DEADLINE MONDAY, OCTOBER 24



Worship Volunteers, please give the office **any dates in November** which **you will NOT be available** to serve during worship. After you are scheduled it will be your responsibility to trade with someone else on the schedule if you are not available to serve that day.

Any articles, events, photos and/or thank you notes you'd like to have printed in the November Newsletter need to be in the office **by Monday, October 24.**

A HARVEST OF SUFFICIENCY, CONTENTMENT, AND GENEROSITY

When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and the foreigner. I am the Lord your God.
~ Leviticus 19:9-10

“What I earn is mine, ALL mine, to do with what I want.” That’s the message our culture tells us again and again. Yet the Leviticus 19:9-10 clearly tells us that the “mine, all mine” attitude existed some 2,500 years ago as well. It’s hard-wired into us.

Our sinful human nature leads us to claim all we can for ourselves, which is why for thousands of years and up to the present God has called faithful people to live a better way. In this passage, “the Lord your God” instructs farmers and vintners to harvest only once, and not to the very edges of their land, and to leave the remnants of the harvest to the poor and the foreigner – people on the margins scavenging for their daily bread.

The teaching encourages landowners to find sufficiency in their first harvest, to be content that their needs are met, and then be generous with what is left over. Today, Leviticus 19:9-10 challenges us whose “harvests” of income are more than sufficient to satisfy our immediate needs. Do we *have* to take it all? What can we give for the needy?

In this traditional season of harvest, what blessings can you count from the last year? (Take a few minutes to prayerfully consider this, and make a list). Does your harvest more than adequately meet your needs?

Now prayerfully consider how much you can generously “leave” for the needy? Consider this in making a year-end contribution to your congregation, or in determining a pledge for 2023.

--Rob Blezard

Copyright © 2021, Rev. Robert Blezard. Pastor Blezard serves as pastor of St. Paul Lutheran Church, Aberdeen, MD, and works as content editor for www.stewardshipoflife.org. He blogs at www.thestewardshipguy.com.



CAMP MOUNT LUTHER'S

EVENING AT SHADE MOUNTAIN

Friday, October 28
6-8 p.m.

Details at
cammountluther.org



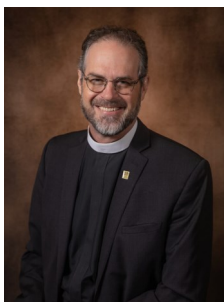
*Featuring music by
Mark Alexander*

Camp Mount Luther will have their annual Evening at Shade Mountain Winery on Friday, October 28. This is a fundraising opportunity to share fellowship, entertainment, and locally produced wine, all to benefit the camp. There will be a limit of 50 people for this year's event. Entertainment will be provided by Mark Alexander, a local acoustic musician. Menu to include heavy appetizers, desserts, and a complementary glass of wine. Cost is a donation. Consider a donation equal or greater to the food and entertainment provided. If you choose to purchase any bottles of wine that evening camp receives a portion of the proceeds.



Upper Susquehanna Synod ELCA

NEW BISHOP TAKES OFFICE



The Rev. Craig A. Miller began his six-year term as the fourth bishop of the Upper Susquehanna Synod on September 1, 2022. Miller served as Assistant to the Bishop and Director for Evangelical Mission in the synod since 2016. He served as pastor of Our Saviour's Lutheran Church in Brooklyn, N.Y., from 1996 to 2016. Miller earned his Bachelor of Science degree from the State University of New York College of Environmental Science and Forestry in Syracuse, N.Y., in 1985 and his Master of Divinity degree from the Lutheran Theological Seminary at Philadelphia (now United Lutheran Seminary) in 1996.

Miller succeeds Bishop Barbara J. Collins, who retired on August 31. He was installed on September 17 at Zion Lutheran Church, Sunbury. Here are some photos.





The four bishops of the Upper Susquehanna Synod.
(Bishop Collins, Bishop Miller, Bishop Main, and Bishop Driesen)

2023 BUDGET DRAFT



Join in for helping assemble the 2023 Operating Budget! As we prepare for the November Congregational Meeting, Ken Baker is assembling a team to produce a draft budget for Council! Contact Ken or Pr. Justin if you are willing to help be a part of the process!

Do you have a mind for numbers?

Interested in how to be faithful financial stewards of God's resources through UIC?

NEW MEMBER SUNDAY

Join in the celebration as we welcome another group of new members to UIC on **Sunday, October 30th** during our Faith and Fun Reformation service! We're looking forward to celebrating with all of our new folks! Interested in officially becoming a member here at UIC? Touch base with Pr. Justin to be a part of the celebration!

UNITED IN CHRIST'S PRAYER LIST

Prayer Requests: *Marilee, Jean Pfirmann, Melissa Baumer-Spear, Dennis Rearick, Baby Ellie, Melody Erb, Larry Erb, family and friends of Colin, family and friends of Grace Yost, Kim Pham, Walt Bingaman, Mark Rabuck, Shirley Russell, Russ Wynn, Viv Marsh, Gladys Fawcett, Alice Snyder, Marie Tanner, Peg Swinehart, Martha Ketchem, Bob Keifer.*



Are you or a loved one in need of prayer?

Submit your prayer request by calling 570-568-2254
or emailing it to office@unitedinchristlutheran.net.

IN-PERSON WORSHIP ATTENDANCE

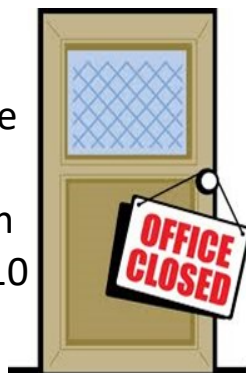
August 28 ~ 74

September 4 ~ 45

September 11 ~ 48

September 18 ~ 68

The office
will be
closed on
October 10



WORSHIP VOLUNTEERS

* Please remove from newsletter and post on your fridge.*

	Oct. 2	Oct. 9	Oct. 16	Oct. 23	Oct. 30
Social Hour	L - R	S - Z	A - D	E - K	L - R
Bread/Wine	C. Troxell	S. Weiser	D. Byerly	R. Baker	S. Bingaman
Altar Guild	D. Byerly	K. Guffey	T. Cromwell	S. Keifer	M.L. Keifer
Digital Host	K. Guffey	S. Bingaman	T. Cromwell	M. Shearer	K. Lingenfelter
Greeter Front Door	B. Swartz	Karen B.	K. Guffey	D. Byerly	Jen Sheaffer
	T. Swartz	R. Baker	L. Rabuck	J. Byerly	J. Sheaffer
Greeter Side Door	R. Kling	S. Brown	K. Noll	G. Weiser	K. Baker
Lector	T. McPherrin	P. Hauck	S. Keifer	B. Swartz	S. Bingaman
Ushers	S. McPherrin	K. Arndt	K. Criswell	T. McPherrin	T. Cromwell
	J. Mertz	BJ Koch	M. Shearer	M. Rabuck	K. Guffey
	R. Kling	D. Baker	B. Troxell	B. Swartz	B. Furman
	S. Brown	Karen B.	C. Troxell	T. Swartz	T. Furman
Comm. Asst.	S. Weiser	M.L. Keifer	M. Shearer	S. Bingaman	Jen Sheaffer
	T. Furman	K. Baker	B. Swartz C. Troxell	S. Weiser T. Furman	D. Baker
Guest Rel.	M. Rabuck	B. Troxell	K. Noll	G. Weiser	K. Baker
Offering Counter	P. Hauck	T. Furman	M.L. Keifer	L. Rabuck	J. Sheaffer
	K. Guffey	M. Shearer	C. Shreck	K. Baker	M. Rabuck

If you are unable to serve on your scheduled day, please try to trade with someone on the schedule and then notify the office of the change.

If you are unable to trade with someone, please call Terri Cromwell at the church, 570-568-2254, and she will find a replacement for you.



HAPPY *Anniversary*

John and Jen Sheaffer 10/6/01

Chris Lee and Dawn Warren 10/10/11

Randy and Kristin Sprenkle 10/14/00

Jeff and Tina Snyder 10/15/94

Tom and Marilyn Gresh 10/18/69

Rick and Kathy Guffey 10/25/86



Happy Birthday

Linda Caris 10/1

Bob Furman 10/3

Shirley Russell 10/10

Vivian Marsh 10/17

Ruby Baker 10/20



Kelsey Lingenfelter 10/20

Theresa Furman 10/21

Lizzie Sprenkle 10/22

Dylan Cromwell 10/23

Mel Baker 10/25



If we missed your birthday or anniversary, please call the church office with these dates.

YOUTH AND FAMILY

Annual Pet Blessing

BRING FLUFFY!

SUNDAY, OCTOBER 2ND
1:00P.M.

CHRIST'S EVANGELICAL
LUTHERAN CHURCH
100 S. 3RD STREET
LEWISBURG, PA 17837

JOIN US ON THE 3RD STREET
SIDE OF THE BUILDING!

DONATIONS OF PET FOOD AND
SUPPLIES ARE BEING ACCEPTED
FOR THE DANVILLE SPCA!

FREEWILL OFFERING TO BENEFIT
LEWISBURG WALK TO END FOOD
INSECURITY!



Join us on **Sunday October 2nd at 1:00pm** for our **Blessing of the Animals** at **Christ's Evangelical Lutheran Church (100 S. 3rd Street, Lewisburg)**! Together with Pr. Gary Schaeffer and the communities of faith at Christ's Lutheran and the Milton Lutheran Church, we will gather to give thanks for the blessing of all God's creatures. Traditionally falling close to the feast day of St. Francis of Assisi, this time will be an opportunity to give thanks for the creatures and critters in our own lives!

All are invited to join us for a short service of thanksgiving with a blessing for all of the faithful friends who gather with us! If Fido or Fluffy can't make it, feel free to bring a collar, food bowl, or picture as we give thanks for the

blessings they are in our lives! We will be collecting pet food/litter/supplies that will be donated to the Danville SPCA as we seek to reciprocate the blessing that these critters provide in our lives! We will also collect a free will offering to support the Lewisburg Walk to End Food Insecurity taking place on the same day! Come and see!

YOUTH GROUP



Our Youth Group will meet on Sunday, October 2nd at Christ's Evangelical Lutheran Church in Lewisburg (100 S. 3rd St.) for the joint Pet Blessing service with Youth Group and Confirmation following! Be sure to come out with cats/dogs/chickens/lizards for that blessing service!

After the Pet Blessing, we will plan to walk together to Sweet Frog for a snack for Youth Group! *If your student needs help covering the cost, please let Pastor Justin or Vicar Katy know; we will make sure they are able to fully participate that day.* We will plan to wrap up close to 3:30pm, so plan on that time for pickup from Sweet Frog!

On Sunday October 16th we will meet at Milton Lutheran Church in Milton (100 Mahoning St.) at 6pm for dinner followed by Youth Group.

Youth Group is open to all students in grades 7-12 and typically runs for about two hours! If you are or have a youth member interested in being part of Youth Group, please reach out to Pr. Justin and we'll get you connected!

FAITH AND FUN WORSHIP



Join us for worship on **Reformation Sunday, October 30th** at **10:00am** for the return of our “Faith and Fun Worship” service! This service is designed to invite our students who traditionally come forward during the children’s message to have a more hands-on role throughout the service. We will still have all of the pieces we come to expect during worship (confession, forgiveness, hymns, communion, etc.), but we will package them in new ways to help reinforce these parts of worship in tactile ways for our students. Be sure to mark your calendars; you will not want to miss it!



PRAYGROUND

UIC's new Pray Ground was dedicated on Sunday, September 18 and the kids love it!!



Be sure to keep your eyes peeled for new activities for our students in that space! As we learn and grow into our Prayground, we

look forward to hearing more about how to best engage our students in worship! If you have any observations or questions, please feel free to touch base with Pr. Justin!



Here are some photos from Vicar Katy's Welcome Luncheon we had on August 28th.



IMPORTANT LINK!



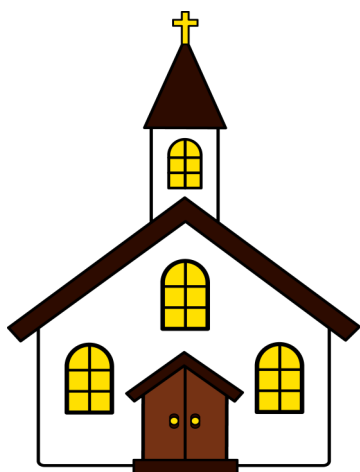
For easy access, bookmark this page on your computer or add the page to your tablet or smartphone's home screen.

Church Calendar: Stay up-to-date on everything that's happening at UIC and Sunday's Worship Volunteers are listed each week under each "worship" event.

www.unitedinchristlutheran.net/calendar

CONGREGATION MEETING

We are currently accepting nominations for council members. If you would like to nominate someone, or yourself, you may do so by either contacting a current member of council, Pastor Justin, or Vicar Katy.



On Sunday, November 20 we will hold our annual congregational meeting. At the meeting we will vote on the proposed 2023 budget and elect council members. The meeting will take place immediately following worship service. All members are encouraged to attend.

At the beginning of November, copies of the proposed 2023 budget will be in the fellowship hall.

Social Ministry



COMMUNITY MEAL

Sharing Our Tables community meal served 200 people on Saturday, August 27. We served roast beef (donated by Weis), coleslaw, mac and cheese, and chocolate pudding.

Upcoming meals will be served on Sunday, November 13 and a holiday meal on Sunday, December 11. The November meal menu will be baked ziti with optional meatballs, salad w/ ranch dressing, garlic bread, and chocolate chip cookies. Signup sheets for the November meal will do up at the end of October. The menu for December has not been planned yet.

RONALD MCDONALD HOUSE



On Tuesday, September 13 Social Ministry partnered with OAKS Senior Center and packaged up 15 meals that were taken over to the

® Ronald McDonald House in Danville.

HAM & BEAN SOUP

The results are in! With the help of the many volunteers, everyone that donated ingredients for the soup, and those who purchased soup, we have raised \$1,770 in ham and bean soup sales! All of this will be donated to Lutheran Disaster Response to support their continued efforts in Eastern Europe!

A great deal of gratitude goes out to everyone who supported this annual event, including the many volunteers throughout the weekend, and especially to UIC's Social Ministry for their leadership and coordination!





116 quarts within the church
108 bowls at the Harvest Festival
85 quarts at the Harvest Festival

*The best part was the
fellowship time we had on
Thursday, Friday, and Saturday.*

Priceless!





HARVEST HOME

SUNDAY

We will be collecting food for the Milton Panther Packs. Milton Panther Packs provides backpacks of food every weekend, when school meals are not available, for 347 children in the Milton School District. Items cannot be in glass and should be non-perishable foods that a child could open or prepare on their own. Food can be placed in the collection bin in the Narthex.

SUNDAY, OCTOBER 2

Oatmeal cups or packets

Individual cereal boxes

Ramen noodles

**Soup, stew, chili
(pop top lid)**

**Canned chicken or
tuna (pop top lid)**

Mac and cheese cups

Granola bar

Peanut butter crackers

Applesauce cups

Fruit snacks

Fruit roll-ups

**Canned pasta
(pop top lid)**

Fruit cups

Pudding cups

Pop tarts

Breakfast bars



SATURDAY, OCTOBER 22

3pm - 5pm

United In Christ and Milton Lutheran Church will be doing Truck-or-Treat at Saint Paul's Halloween Event on Saturday, October 22. We need you to do a trunk! Need ideas? See Vicar Katy, she has lots of trunk ideas!

**You can buy trunk kits on
Amazon for \$15!**

Signup sheet is in the fellowship hall.





OAKS

SENIOR CENTER

Tuesday, October 11

10:00 am - Doors Open

10:30 am - Free Bingo with prizes

11:30 am - Presentation about Senior
Chat by Melissa Bottorf

12:00 pm - Free Lunch



**OAKS IS OPEN TO THE PUBLIC.
ALL ARE WELCOME TO JOIN US!**

ALTAR FLOWERS



Altar flowers are a beautiful gift to our Lord and a wonderful expression of our love for God. It honors loved ones and gives thanks for special people and events in our lives.

The cost is \$35. You may take your flowers home with you after service.

Flower Chart is located in the Fellowship Hall.

WELCOME TABLE



The Welcome Table in the Fellowship Hall has the new Christ In Our Home and The Word In Season devotionals for July-September. On the Welcome Table you'll also find a pile of Living Lutheran Magazine. The church purchases this magazine for you, please stop by and take a copy.

ALL SAINTS SUNDAY

November 6, 2022

On ALL SAINTS SUNDAY we remember those who have died in the last year and those who have been born or baptized.

*Please **submit this form to the office by Monday, October 31st** of those who have been born, were baptized or died since Nov. 1, 2021, so their names can be listed in the bulletin on All Saints Sunday.*

Family members and friends will be invited to light candles in honor of UIC Members who have been born or baptized this year, and in memory of our Members who have passed into eternal life.

Additional sheets are on the bulletin board in the fellowship hall.

IN MEMORY (those who have died in the past year)

Name: _____

Date of death: _____

Your name: _____

Phone/email: _____

Yes, I WILL be present at the service to light a candle.

No, I WILL NOT be present to light a candle.

IN HONOR (those born or baptized in the past year)

Name: _____

Date of birth/baptism *(circle one)* _____

Your name: _____

Phone/email: _____

Yes, I WILL be present at the service to light a candle.

No, I WILL NOT be present to light a candle.

UNITED IN CHRIST LUTHERAN CHURCH
1875 CHURCHES ROAD
LEWISBURG PA 17837

CHANGE SERVICE REQUESTED

Location: 1875 Churches Rd., Lewisburg, PA
Office Phone: 570-568-2254
Email: office@unitedinchristlutheran.net
Website: www.unitedinchristlutheran.net
Office Hours: Mon-Fri, 8am-12:30pm