

# REFORMATION TIMES

VOLUME 37 No. 11

NOVEMBER 2016

## THANKSGIVING WORSHIP

Thanksgiving "Eve" Worship will be held on November 22, the **Tuesday** night before Thanksgiving, at 7:30 p.m. Come, give thanks to the Lord whose goodness never ends!

## ADVENT GOSPEL PROCESSION BY CHILDREN

There will be a special opportunity for children to be involved in worship during the season of Advent (which begins on November 27). Children will be invited to help the preaching pastor bring the Bible forward from a table in the back of the sanctuary and stand around the pastor for the reading of the gospel. Pastor and children will then continue with the Sermon on the Steps as usual in the service.

## DECEMBER PREVIEW

There are many upcoming events in December – please mark your calendars and plan to join us! Look for more details in next month's newsletter, the weekly bulletin announcements, and on our website.

### December 4

St. Nicholas Gift Giving during both worships.

### December 18

Christmas Caroling to our homebound following the 11:00 worship

Blessing of the Greens during both worships.

Hanging of the Greens following the 11:00 worship.

### December 24

Christmas Eve Worship at 4:00, 6:00, 8:00 and 10:00 p.m.

### December 25

Christmas Day Worship at 10:00 a.m.



## ADVENT FESTIVAL

**NOVEMBER 20**

9:45-10:45 AM

CREIGHTON HALL (LOWER LEVEL)

Join the fun for all ages!

At the Festival you can make an Advent wreath to take home, make crafts, and sign Christmas cards for our homebound members and our food baskets. Please bring in homemade cookies; we'll package them to go to our homebound members and in our food baskets.



## DINING AROUND IS BACK!

Dining Around is a great way to meet new friends, renew old friendships, enjoy good Christian fellowship, and share wonderful food.

Groups consist of 8-10 members who meet several times a year, either on a Friday or Saturday night. The host family provides the main dish and the members bring an appetizer, side dishes, and dessert.

There will be a Kick-Off Wine and Cheese Event on Friday, November 11, at 7:00 pm in the narthex (gathering space). Bring a snack or wine to share if you like.

Sign up on the sheet in the narthex (gathering space) or at the Wine and Cheese Event. Those who sign up will be assigned to groups according to the preferred night.

## STAND UP TO STIGMA – LET’S TALK ABOUT MENTAL HEALTH

You are invited by our SEPA Synod to an afternoon of sharing, discussion and information about mental illness, especially involving our young people. 20% of youth ages 18 and under struggle with some kind of mental health issue. Topics to be addressed by George James (Council for Relationships) include depression, anxiety, cutting and other self-harm, bipolar disorder, OCD, and more.

This free event will be held on Sunday, Nov. 6, at 3:00 p.m., at Christ’s Lutheran Church, 700 E. Pennsylvania Ave., Oreland, PA. For more info contact Elise Seyfried ([eliseseyf@yahoo.com](mailto:eliseseyf@yahoo.com)).



### ALWAYS FAITHFUL

God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

*1 Corinthians 1:9*

In response to God’s faithfulness and grace we Invite, Serve, and Build a Living Faith. We also respond by sharing a portion (the biblical example is 10%) of the wealth which God has entrusted us to manage.

November 13 is Commitment Sunday. Please prayerfully consider how God has richly blessed you and how richly God wants to bless others through you.

Thank you for your continued generosity and support of our Annual Fund.

Remember also that our *Always in Mission* campaign (to which many members made a three-year commitment) continues for two more years.

*Your Financial Management Ministry*

## APPALACHIA SERVICE PROJECT (ASP) FORUM

On Sunday, November 13, during the Sunday School hour, the 2015 ASP Mission Team will share a presentation of their experiences this past summer serving in Bland County, VA. All are invited to attend to learn about the work the team accomplished this past summer and hear about our new mission trip plans for 2017.

### LONGING FOR THE LIGHT OF HEALING AND HOPE

November 27 is the First Sunday in Advent. Worship that day will include our “Longing for the Light of Healing and Hope” liturgy which includes a Prayer Litany and, optionally, Candle Lighting and Individual Prayer for Healing.

### TAILGATING WITH THE EAGLES

Come tailgate with the eagles at Conowingo Dam on Saturday, November 19. We will gather at the church at 9:00 a.m. and drive together. We expect to return around 1:00 p.m. Apple cider and doughnuts will be provided. Tom Reeves will provide information on the eagles during the trip. Conowingo Dam provides a great location for Eagle watching at this time of the year.

#### **Know Your Church Council**

President: Dick Hughey      Secretary: Andrew Marcus  
V. President: Kate Fernandez      Treasurer: Tom Conroy  
Members:

Alexis Bingeman, Ron Bingeman, Keith Bocian, Emily Black, John Chesters, Karen Chorney, Kate Fernandez, Marian Filtz, Matt Gane, Kristin Gress, Dick Hughey, Andrew Marcus, Uli Neubert, Walt Woerheide, Pastor Alina Gayeuski, Pastor Wayne Matthias-Long

#### **Newsletter Submission**

Articles for the *Reformation Times* should be emailed to Sandy Niss at [reformationnews@gmail.com](mailto:reformationnews@gmail.com) by the second Friday of each month.



*If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.*  
– 1 Corinthians 12:26

**Olivia Biordi, Lindsay Gamlin, Miranda Polito, Joey Reitano, Will Skarbek, and Jack Walters** affirmed the promises made at their baptisms during the Rite of Confirmation during the 11:00 worship on October 23.



O W L S

## **OUTSTANDING, WISER, LUTHERANS**

Sarah Bocian and her mother, Pat, presented an exciting and inspiring program on their trip to Antarctica at the October meeting of the OWLs. We certainly have adventurous folks in our congregation!

In November, we'll have something new-- a group of 17 retired gentlemen who have formed a band! They play for the fun of it, and go wherever they are invited. We've invited them to lunch!

In November, we usually depart from our usual cold sandwiches and serve a hot meal, so come to the OWLs at 12:30 on November 14<sup>th</sup> to share a pre-Thanksgiving feast, meet some new folks, and enjoy the music! As always, a devotion precedes the meal, and a free-will donation covers the cost.

All congregation members and friends are welcome!

## **HOLIDAY HAYRIDE AT ARASAPHA**

Families are invited to join us on Sunday, December 11, for the Arasapha Holiday Hayride. We will gather at the church at 6:00 p.m. A sign-up email will be sent out. See Pr. Alina with any questions.

## **YOUTH NEWS**

### **YOUTH GROUP – COOKIE BAKE**

All youth in grades 6-12 are invited to participate in a Thanksgiving Cookie Bake on Sunday, November 13. We will gather at 12 noon for a pizza lunch followed by cookie baking in Creighton Hall. We will finish by 2 p.m. These cookies will go into our Thanksgiving Food Bags that are donated to local organizations. A sign-up email will be sent out to parents. See Debbie Conley or Pastor Alina with any questions.

### **SUMMER 2017 – YOUTH WORKS MISSION TRIP**

In summer of 2017, our youth mission trip will be working locally! Our service week is scheduled for July 23-28 in Philadelphia. We will be working with food insecurity in the city – learning about programs and serving those who are most affected. All youth who have completed grade 8-12 are invited to join us. More information will be available at the ASP Forum and by contacting Pastor Alina. Registration commitments will be due by February 1, 2017.

### **HARVEY CEDARS**

The Harvey Cedars retreat, for all youth in grades 6-12, will be held **March 3-5**. Registration materials and payment are due by Sunday, January 15. More information will be communicated with parents via e-mail. Please speak with Pastor Alina if you have any questions.

## PARISH NURSE



Pat Woerheide

Did you know that there are many strategies you can use to improve your health? Obviously first, see your doctor regularly, get immunized, exercise and eat a healthy diet. Another strategy is less obvious but equally important, know your family health history. This month the national Center For Disease Control has designated a National Family Health History Day. Thanksgiving Day has been chosen. This day was chosen because we all like to gather with our family to thank God for our harvest and celebrate together. While you gather with relatives you can investigate family health history together.

This is important because you have genes and behaviors in common with your family. You may live in the same areas and share the same environment. Most people have a family health history of at least one chronic disease. If you are aware of these diseases, you can work with your health professional to screen for early signs of these conditions or even prevent them. Sometimes you aren't even aware of conditions in your family.

You can't change your genes but you can alter behaviors that may change your body's response to these genes. An example is smoking cessation or a low fat diet. Early intervention is a major factor in the control of chronic diseases like diabetes, heart disease and cancer. Collect information about your parents, sisters and brothers, half-sisters and brothers, children, grandparents, aunts and uncles, and even nieces and nephews. Look for information from health records or death certificates. Families share better when the review of health is approached in a attitude of mutual care and concern. The younger generation is frequently unaware of family health history. You could really help your family live healthier longer lives.

Write down this information. There is a tool that the US Surgeon General has provided to keep track of health information called, " My Family Health Portrait" . You can find it by using any search engine. Remember,

### THANK YOU

To our Reformation Family,

Thank you from our hearts for your phone calls, cards, donations, words and deeds at this difficult time. A special thank you to Pastor Alina who ministered lovingly to us and conducted a beautiful service. God has indeed been good to us in providing a wonderful group of supportive people.

With heartfelt thanks,  
The family of Bill Bianco

### FOR ALL THE SAINTS

On All Saints' Sunday, November 6, we remember and give thanks to God "for all the saints, who from their labors rest." In addition to loved ones whose names have been submitted by members, the following members of Reformation are named and remembered on that day:



William Bianco

Florence Brooks

Margaret Brown

Sonia Fantau

Neil Gilmour

John O'Brien

Ann Spielman

The Rev. Edward Treichel

*Rest eternal grant them, O Lord;  
and let light perpetual shine upon them.*

knowing is not enough – act on your family health history. Take this information with you to your physician. Print a copy of it and save it for the next generation. Even incomplete information can help you improve your health care.

## WAYS TO HELP DURING THE HOLIDAY SEASON

When we think of Thanksgiving and Christmas, we generally think of family, food, and the sharing of gifts. This holiday season, you can help our less fortunate neighbors have holidays with those same things. Our Community Action Team has several ways you can do this:

- by filling a bag of food, donating a turkey, or donating by cash or check to provide families with a Thanksgiving or Christmas dinner. Bags and envelopes will be distributed on Oct. 30 for Thanksgiving and on Nov. 27 for Christmas..
- by taking a tag from the Saint Nicholas table and purchasing a gift for someone in need – child, family, or senior citizen. The table with tags will be located in the hallway across from the office beginning Nov. 20. Please plan to bring your unwrapped gift to worship on Dec. 4.

Our outreach is done through local organizations such as: Aid For Friends, Second Time Around Parents, Silver Springs School, Lutheran Settlement House, The Migrant Ministry, and Chester Eastside Ministry. These organizations provide support to many throughout the year. But they need our help to do it.

Please help share our bounty with neighbors in need during the upcoming holiday season. Look for more information in the weekly Reformation Lite in the weeks ahead.

## ECO TIPS FROM OUR ECO MINISTRY

Adding insulation to prevent leaky ducts, walls, windows, and doors can improve your home's energy draw by 20 to 30 percent. If totally redoing your insulation isn't in your budget, try thermal shades, which block the sun in the summer and retain heat in the winter, or even something as low tech as a draft guard on your outside doors.

## THE BREAKFAST CLUB PRESENTS A SERIES ON SOCIAL MEDIA

*The Breakfast Club is our High School student group that meets on Sunday mornings. The students of the class are very interested in helping the congregation better understand social media and will be crafting informational articles for the newsletter.*

### Instagram

First up, Instagram! We highly recommend Instagram. Some people think of it as the picture Facebook. It's even easier. Instagram is primarily for sharing pictures. Within seconds of taking a picture with your phone, you can post it with just a few clicks. Almost every time, you can have the app enter the location where your picture was taken, saving you typing time. You can label your picture. When people follow you, they will be alerted that you just posted something. When they see your picture they can use the heart button to indicate that they like it. And they can comment. Once something is posted, you can remove it.

Instagram is great for sharing your life experiences with your friends and family. You download the app to your smart phone. Establish a user name and password and in less than 5 minutes you are ready to go. You can make your Instagram page public or private.

If you like to follow celebrities, most of them have Instagram pages. If you are a Facebook fan, you can post your pictures to both Facebook and Instagram within seconds. While there are more features, we think you can get started and enjoy Instagram without exploring all the options. If you would like to talk more about it, come to the Breakfast Club. We meet in the Alyce Thompson room between the services. ENJOY.

## LIBRARY NEWS

***Give thanks in all circumstances, for this is God's will for you in Christ Jesus.***

*1 Thessalonians 5:18*

It's November and our official day of giving thanks is upon us this month. Throughout the Old and New Testaments, we are encouraged to be grateful and give thanks every day. Humans have long known that experiencing gratitude and expressing thanks is essential to our spiritual well-being – and thanks to neuroscience, we now know it is also essential to our physical well-being.

Although this call to thankfulness is straightforward, life throws us curveballs all the time.

Physical illness, depression, family difficulties, financial challenges and just day to day life can make it really hard to continuously give thanks.

Sometimes a good book can help us feel we aren't alone. They offer us personal stories of how others have dealt with their struggles and come to live gratefully, and guidance on how to develop the attitudes and habits of living in thanksgiving. Check out the Reformation Library to see if there is one that is meaningful to you.

### **Featured DVD: *Amazing Grace***

Twentieth Century Fox, 118 minutes

Starring: Ioan Gruffudd, Benedict Cumberbatch, Romola Garai, Albert Finney

*Amazing Grace* is a 2006 British-American biographical drama directed by Michael Apted. It is about the campaign against the slave trade in the British Empire led by William Wilberforce, who was responsible for steering anti-slave trade legislation through the British Parliament. The title is a reference to the hymn "Amazing Grace." The film also recounts the experiences of John Newton as a crewman on a slave ship and his subsequent religious conversion which inspired him to write the poem used in the hymn. Newtown is portrayed as a major influence on Wilberforce and the abolition movement.

### **Welcome Field Education Student**

#### **Laurie Taddie**



We are pleased to welcome Seminarian Laura L. Taddie as our field education student for the 2016-17 academic year.

Laura has recently begun her first year of studies at the Lutheran Theological Seminary at Philadelphia. Her home congregation is Holy Spirit

Lutheran Church, Secane. She is a graduate of Drexel University with a BS in Business Administration. Before entering seminary she had a career in orthopedics.

Field education students carry a full academic course load and spend approximately 10 hours per week in the congregational setting. As our field education student at Reformation, Laura will have the opportunity to observe and participate in a broad range of congregational ministries. She will be with us in worship on Sundays and on other occasions as she gains experience in the various aspects of congregational life.

Reformation has a strong tradition of providing opportunities for field education students and interns to learn and grow as they prepare for pastoral ministry in the Church. Please support Seminarian Laura with your prayers and encouragement during this year of learning.

### **Thank You for Donations!**

The Library appreciations the donations made by Sue Bianco and Christine Corson.

### **Celebrating the Library Book Club**

We have an active book club that meets quarterly. Since it was formed over five years ago, the Library Book Club has read 20 books, both fiction and non-fiction. Feel free to join the interesting discussions – new members are welcome!



**“You shall be called the repairer of the breach.” (Isaiah 58:12)**

Dear Brothers and Sisters in Christ,

Political polarization in the American public is well-documented. Partisan antipathy has grown deeper and more extensive over the past two decades. Of the many studies which demonstrate this, perhaps the most exhaustive one was conducted by the Pew Research Center (the full results are available at: [www.people-press.org/2014/06/12/political-polarization](http://www.people-press.org/2014/06/12/political-polarization))

While the majority of Americans are not so extreme in their views, a significant portion of each political party’s members (about one-third) view the other party as a threat to the nation’s well-being. This “rising tide of mutual antipathy” has certainly been evident in this campaign season.

Another dynamic which has been at work in recent decades has been described as the “fraying of the social fabric.” The ties that bind us together in neighborhoods and civic organizations and churches and social groups have been coming undone and many people lead increasingly isolated lives – if not isolated as individuals, isolated from other people who have different life views and experiences, isolated from others with whom they can work together to build up the common good.

In the 58<sup>th</sup> chapter of Isaiah, God calls upon God’s people to be “repairers of the breach” by, among other things, ceasing to speak evil of others.

Today God is calling on us, God’s people, to be “repairers of the breach” which divides people in our society. Ceasing to speak evil of others is a good place to start to do such repair. This is not always easy for us to do but, with God’s help, let us try. For in Jesus Christ, God has repaired the breach of brokenness which would divide us from God.

Yours in Christ,

Pastor Wayne Matthias-Long

**REFORMATION RESPONDS GENEROUSLY**

Thanks to the generous response of Reformation members to two urgent needs in October, . . .

. . . \$6,000 from Reformation is going to support the Stand with SEKOMU effort of our synod to help SEKOMU rebuild and recover.

. . . \$2,500 from Reformation is going to support recovery from Hurricane Matthew through Lutheran Disaster Response.

Thank you for “Always Sharing Abundantly.”

*Called by Christ, we INVITE all people, SERVE our neighbors, BUILD a living Faith*

# REFORMATION TIMES

Volume 37, No. 11

## ***NOVEMBER 2016***

Sunday Worship At 8:30 & 11:00 am

Sunday School At 9:45 am

### **Sunday, November 6**

All Saints' Sunday

### **Sunday, November 13**

Commitment Sunday

### **Sunday, November 20**

Advent Festival, 9:45 -10:45 am

### **Tuesday, November 22**

Thanksgiving Worship, 7:30 pm

### **Sunday, November 27**

First Sunday in Advent