

# REFORMATION TIMES

VOLUME 37 No. 4

APRIL 2016

## CELEBRATE SERVICE VOLUNTEER RECOGNITION SUNDAY, APRIL 10

We will celebrate our mission to “Serve our Neighbors” on Volunteer Recognition Sunday, April 10, at both worships. Service is central to our life as Christians. We will give thanks for all the ways in which Reformation members serve in the congregation and in the community on that day. Thanks be to God for the many ways in which you serve, individually and together as a congregation.

## “GROWING IN SERVING”



Our Appalachian Service Project Mission Teams are gearing up for another summer of service. This year our two work crews – including 7 youth and 1 young adult! – will be heading to Virginia to provide much needed

repairs to make homes warmer, safer and drier for the families of Appalachia.

In order to continue to grow in the spirit of serving others our ASP Teams need your help! Our trips would not be possible without the financial support of the congregation. This year, our fundraiser is a little different.

You will notice a “giving tree” in the gathering space outside of the sanctuary. The “tree” has leaves marked from \$1-\$150. We ask that you choose a leaf and make a donation to our trip with the corresponding amount. Of course, gifts of any amount are welcome and there are forms that enable you to make a gift of any size to our mission trip.

Thank you for all of your continued support, encouragement and prayers for our ASP Teams – you enable us to do God’s work with our hands!

## SPRING ROAD CLEANUP SATURDAY, APRIL 30

The Eco Ministry is hosting our annual spring road cleanup on Saturday, April 30 beginning at 10:00 AM. We will meet at the church to get our supplies and then cleanup Rose Tree Road. With a good turnout, we will be done before noon. We hope you can join us! If you have any questions, please contact Deb Felton.

## VACATION BIBLE SCHOOL

Save the date for our Deep Sea Adventure!  
July 10-14, 2016!



## EASTER MISSION PROJECT Care Kits for Homeless Neighbors

You are invited to join Lutherans across Southeastern Pa. who are assembling Care Kits to be distributed to people living in homelessness in Philadelphia on *Helping Hands Day* (April 16).

Empty gallon-size storage bags containing a list of basic items needed are available at the church. Please return the bag to the church by Sunday, April 10, filled with the following items: toothpaste, toothbrush, deodorant, razor, chapstick, socks, lotion, hand sanitizer, wipes, gloves, granola bars or crackers, and sanitary napkins. Some sturdy backpacks will also be needed to help with the distribution. A note with your favorite bible verse and/or prayer for the recipient would be appreciated.

## MUSIC CAMP

Registration is now open for Reformation's new Summer Music Camp! The camp will be held from June 27-July 1. Students who are currently in grades 3-7 are eligible to attend. High school students will be able to apply for counselor positions. Registration materials are available in the gathering space outside the sanctuary and online at [relcmedia.org/music-camp](http://relcmedia.org/music-camp).



## FUN CHURCH SOFTBALL LEAGUE FORMING NOW

Three area Lutheran churches will be joining forces to form a 'Lutheran Trio' slow pitch softball team this spring and participate in a local church league. Any able male or female over the age of 16 is welcome to join this group for fun, fellowship and a little exercise.

Games will begin in May and continue through the playoff tournament in July. We will play ten regular season games during the week (never on a Fri/Sat/Sun) at ELAM near 202 in Glen Mills. There will be a small fee for tee shirts and registration TBD by the amount of participants we get. Please spread the word about this fun new opportunity!

If you are interested in learning more or signing up please contact Jen Troutman at [jtroutman2@yahoo.com](mailto:jtroutman2@yahoo.com).



## OWLS

### OUTSTANDING, WISER, LUTHERANS

In spite of a rainy day, there was a record turnout to the OWLs March meeting. After an Irish- blessed meal (including delicious, homemade Irish potatoes), Emily Brooks, Psy D student at LaSalle, spoke about Positive Psychology. After an overview of Shawn Achor's theory of The Happiness Advantage, Emily led us through a series of brain-changing daily activities that promote happiness. Thank you, Emily!

On April 11, Sally Helms will present Art Goes to School. The meeting begins at 12:30 with a devotion and light lunch, followed by the program. Free will offering is collected. All are welcome! All meetings begin at 12:30, with light lunch fare available and free Will Donations. All are welcome!

## SERMON ON THE STEPS IN EASTER – PEW PROJECTS

During the season of Easter, at the end of the Sermon on the Steps, children will receive a Pew Project bag. The Pew Project bags will include simple craft items and instructions to make a project related to the day's scripture texts. Children are invited to keep everything in the bag, but we ask that the bags be returned at the end of worship so that they can be used for the next week's Pew Projects.

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

President: Marian Filtz Vice President: Karen Chorney  
Secretary: Keith Bocian Treasurer: Tom Conroy  
Members:

Alexis Bingeman, Ron Bingeman, Emily Black, John Chesters, Kate Fernandez, Matt Gane, Kristin Gress, Eric Lucas, Andrew Marcus, Kathy Schmick, 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.

# C H U R C H C H L I F E

## PARISH NURSE



Pat Woerheide

April is alcohol awareness month. As your Parish Nurse, I encourage you to educate yourself and your family about the dangers of drinking too much. Let's clarify what drinking too much means.

The U.S. Department of Health and Human Services gives these guidelines. If you choose to drink, have only a moderate amount. This means no more than one drink a day for women and no more than two drinks a day for men. A drink is a twelve-ounce bottle of beer, a five-ounce glass of wine, eight ounces of malt liquor, or a 1.5-ounce shot of liquor. For most adults, moderate drinking doesn't cause serious health problems. All states in the United States have adopted 0.08% as the legal blood alcohol limit for operating a motor vehicle for drivers aged 21 years or older. Drivers younger than 21 are not allowed to operate a motor vehicle with any level of alcohol in their system. Legal limits do not define a level below which it is safe to operate a vehicle or engage in some other activity. Impairment due to alcohol use begins to occur at levels well below the legal limit. One drink can raise your blood alcohol level approximately 0.02%, but everyone metabolizes alcohol differently so this varies with individuals.

Certain individuals should avoid drinking completely. Don't drink at all if you are pregnant, are under age for drinking, are a recovering alcoholic, or have a health condition that can be made worse by drinking. Also some prescription and over the counter medicines react with alcohol and change how they affect your body. There is a helpful web site that lists medicines and how alcohol affects them.

(<http://pubs.niaaa.nih.gov/publications/Medicine/medicine.htm>) It is also very important to avoid drinking if you plan to drive a car or operate machines. Car accidents due to DUI continue to rise in Pennsylvania as well as nationally.

Sometimes we aren't even aware of how much alcohol

## ASCENSION DAY WORSHIP

Thursday, May 5 at 7:00 pm

St. Mark Lutheran Church, Clifton Heights

The Delaware Conference of Lutheran Churches will host their annual Ascension Day worship on Thursday, May 5, at 7:00 p.m. at St. Mark Lutheran Church in Clifton Heights. All are welcome at this festival worship. You are also invited to a soup supper beginning at 6:00 p.m. prior to the start of worship.

## SAVE THE DATE

**"The Choral Scholars In Concert"**

**LEIBIG CONCERT**

**Sunday, May 1, 2016 at 2:00 p.m.**

The 2016 David L. Leibig Memorial Concert is set for Sunday, May 1, 2016, at 2:00 in the Reformation Church sanctuary. The concert will feature our choral scholars; Theresa Whitehead, soprano, Samantha Crabill, meso-soprano, Paul Sharp, tenor and Tyler Propfe, bass.

The choral scholars have been with us for two years and they will be graduating from West Chester University in May. Their talents are many and you will get to see them showcased at the concert. It will be a great way for us to say thank you and goodbye to four special young musicians.

The concert is free and open to the entire community.

we consume. Keep track of your drinking. Don't drink when you are upset or under stress. Check out how many calories are in drinks. Find out how much money you are spending on alcohol. If you think you or a friend has a drinking problem ask for help. If you think drinking is causing problems with your relationships or at work or school, or interfering with your thinking or feeling, get help right away. Talk to your doctor or speak with me.

## NEWS FROM THE LIBRARY

### Reading Transforms Us...or 5 Good Reasons to Read a Book

In our busy lives, finding the time to sit down and sink into a good book is tough. Yet brain research has revealed how reading transforms our brains and capabilities at any age:

- Reading actually rewires your brain – in a very good way! Studies show that reading a good novel increases connectivity among the regions of the brain.
- Reading is virtual reality. Reading about an experience affects your brain in virtually the same way as if it were happening to you. It's like you are living the thoughts, feelings and sensory experiences of the characters. Talk about taking you out of yourself!
- Reading makes us more empathetic. As we feel what the characters in a story feel, we become more aware of and sensitive to the lives and feelings of others, and our capacity for empathy grows.
- Reading can make us smarter. It increases our ability to solve problems, understand and detect patterns. Steve Jobs was a great reader!
- Reading helps extend our attention spans. Story structure encourages our brains to think in sequence and understanding cause and effect and consequences. A great antidote to our stressed daily lives.

### CD of the Month

The greatest benefits come from reading challenging fiction – a good novel – but listening to books delivers some of the same value. Try out *The Gospel of Jesus* read by Garrison Keillor and edited by Daniel L. Johnson (71/4 hours on 8 discs).

Centuries ago, early Christians listened as the Bible was read to them. This recording continues the oral tradition with a conversational translation performed by America's favorite storyteller.

## ECO SUNDAY– APRIL 24

Each year Reformation celebrates Earth Day by holding a special Eco Sunday event between the two services. This year Eco Sunday will be April 24. The theme will emphasize WATER. The topic is timely considering the recent problems experienced in areas around the country such as Flint, Michigan.

The Eco Ministry will host the refreshments after the 8:30 service followed by a presentation on water in Creighton Hall. Display tables on various eco topics will also be present for your information.

Programs and activities are planned for all ages.

Please plan to join us for this annual celebration of Earth Day at Reformation!



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

**Sonia Fantau** entered eternal life on February 25. A Memorial Service was held at Reformation on Saturday, March 5.

**Alexandra Benzing, Isabella Biordi, Abigail Ciarmella, Julianna Cotter, Robert Schaub, Kaylee Troutman, Luke Merino, Katelyn Snyder and Etta Hess** received Bibles during our annual Bible Presentations on Sunday, March 13, during our worships at Reformation.

**Abigail Ciarmella, Luke Merino, Anderson Smith, Katelyn Snyder, Scott (Buddy) Snyder, and Kaylee Troutman** received First Communion on Sunday, March 20, during our worships at Reformation.

## MARK E. DAVIS SCHOLARSHIP

The Mark E. Davis Scholarship was established by The Rev. William and Irene Davis, following the death of their son, Mark. The scholarship is a one-year scholarship to a four-year college or university awarded to a member(s) of Reformation Lutheran Church. Applicants can be high school seniors or currently attending a college or university. The scholarship is awarded to an applicant(s) who demonstrate a high level of academic, religious, and community-oriented commitment and achievement. The scholarship is awarded annually in July.

Applications for the 2016-2017 academic year may be obtained from the counter in the church narthex or by contacting Gary Kamin by email at [gdkamin@verizon.net](mailto:gdkamin@verizon.net). All applications and support materials must be received or postmarked by May 1, 2016 deadline. **Applicants should be aware that requesting transcripts and letters of recommendation can take extra time and should plan accordingly in order to meet the deadline.**

Applications can be left at the church office c/o Mark E. Davis Scholarship Committee to the attention of Gary Kamin, or emailed to Mr. Gary Kamin at [gdkamin@verizon.net](mailto:gdkamin@verizon.net), or mailed and postmarked by May 1, 2016. Applications not received by this deadline will not be considered.

Mailing address:

Mark E. Davis Scholarship Committee  
c/o Gary Kamin  
Reformation Lutheran Church  
102 West Rose Tree Road  
Media, PA 19063

Any questions can be addressed to committee members.

Sandy Coll      Ellen Conroy      Evan Davis  
Gary Kamin      Rebecca Prince

## BOOK REVIEW

### *Me Before You and After You* by JoJo Moyes

Each of these books can stand alone as a story of finding purpose and identity despite the profound challenges of life. Together they form a satisfying saga of love, family and the hope, bravery and sustained effort needed to redirect the path of life when it's pushed off course.

*Me Before You* introduces the heroine we follow through both novels. Louisa (Lou) Clark is an unambitious young woman who lives at home, wears vintage cast-offs and bumblebee tights and unexpectedly loses her job in a cafe in her small English town. With few marketable skills, she is hired as a care assistant for Will Traynor, a formerly high-powered businessman and adventurer now confined to his parents' home as a quadriplegic. *Me Before You* deals with the short period where her life is transformed by her care for Will, ending in moral and ethical issues and loss.

*After You* picks up Lou's life two years later, as she surmounts her loss and becomes her own person in the midst of all the messiness and moral dilemmas of everyday life.

These novels deal with hard topics – incapacitating injury, joblessness, loss of life purpose and confidence, sexual assault, and assisted suicide. Yet there is buoyancy and hope that emerges. As Moyes writes, “You only get one life. It's your duty to live it as fully as possible.”

## **FEATURED AUTHOR: Dr. Margaret Mayo Gibson** **Books about Life, Love, and Learning**

Our own Margie Gibson has authored five books and they are all in Reformation's library! Here is a brief summary about each book.

### **A Seed In Good Soil**

In *A Seed in Good Soil: Parenting through Childhood Memories*, readers get a nostalgic look at a childhood that nurtured a creative parenting style. Readers are entertained and informed as Dr. Gibson reveals how adults in the 1930's and 1940's faced the challenge of parenting. These heartwarming stories illustrate valuable parenting pointers that are appropriate in today's society. Discussion questions for each anecdote stimulate interaction for small groups. Parents, grandparents, teachers, mentors, and adults of all ages will enjoy this book.

### **Family Treasures: A Guide to Writing Your Life Stories**

In this book, Dr. Gibson shares a memoir of her life and loves. Her personal stories will help you recall details of your own life experiences. These stories are told in themes that stimulate your memory. Questions relating to each theme will give you an opportunity to record those personal memories right in this book. Chapters on several ways to preserve your memories help you pass along your own legacy. *Family Treasures* motivates you to start writing now!

### **Avanti! - Tales of Love and Survival**

*Avanti!* begins in a world without television, the Internet, iPads, or supermarkets—a world where blackberries were only fruit and children had time for play. This is a story many immigrants could tell. They survived with the same resources: hard work, determination, a close community, and faith in God. In Part One, read to discover the similarities and differences in the difficulties your ancestors and mine overcame to find the American Dream. In Part Two, read about struggles and hardships in the twenty-first century. People have "wilderness times" in their lives today. Current survival stories can provide hope and strength for those of us in the twenty-first century. In Part Three, the reader will discover the many ways in which people of Italian descent made a positive difference in society. Although several people are named, it is only a sample of Italians who made a positive impact on our world. Everyone has a story. After seeing the stories shared here, readers will hopefully be encouraged to share their own stories with others.

### **Life Lessons Learned in 84 Years**

*Life Lessons Learned in 84 Years* presents funny and serious excerpts from a life well lived. Containing experiences from childhood to the golden years, the book gives readers entertaining, true stories they can apply to their own lives.

### **Everyday Miracles**

The dictionary defines a miracle as "an extraordinary occurrence that is ascribed to a divine or supernatural cause." In *Everyday Miracles*, the author has gathered thirty-two such occurrences from her own experiences and from her associates, friends, and relatives. These personal accounts cover a variety of subjects, including medical emergencies, job hunting, and meeting future life mates. Reading through this book will hopefully enable you to remember several of your own miracles that have helped you and other folks through such lifetime experiences.



*“Marriage is a gift of God, intended for the joy and mutual strength of those who enter it and for the well-being of the whole human family. God created us ... with the gifts of companionship [and] the capacity to love.” – Evangelical Lutheran Worship Book, Marriage Service Introduction, page 286*

Dear Reformation,

By the time you are reading this it will be already less than two months until my wedding! My fiancé, Daniel, and I are excitedly anticipating our celebration on May 20 in Philadelphia.

But we also want to celebrate with our Reformation family and we would like to invite you to a cake and punch reception here in June when we return from our honeymoon.

As many of you know, Dan is currently in his second year of seminary at the Lutheran Theological Seminary at Philadelphia. Next year he is planning to go on internship at a church nearby so he will be moving to the Media area with me.

Also, you do not have to worry about learning yet another name for me as Daniel and I are both keeping our names as they are after we get married.

Dan and I appreciate all of your prayers and well wishes and we are looking forward to the chance to celebrate our marriage with you in June.

Pastor Alina Gayeuski

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



REFORMATION LUTHERAN CHURCH  
102 WEST ROSE TREE ROAD  
MEDIA, PA, 19063

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**Return Service Requested**

Sunday Worship: 8:30 a.m. & 11:00 a.m.  
Sunday School for all ages at 9:45 a.m.  
Summer Worship: 8:30 a.m. & 10:00 a.m.

*Pastors*

The Rev. Wayne A. Matthias-Long  
The Rev. Alina S. Gayeuski

Phone: 610-891-0600  
FAX: 610-566-7036  
[www.relcmedia.org](http://www.relcmedia.org)

# REFORMATION TIMES

Volume 37, No. 4

## **APRIL 2016**

Sunday Worship Schedule

8:30 am and 11:00 am Holy Communion

9:45 am Sunday School for ALL Ages

**Sunday, April 3: Second Sunday of Easter**

Scholar in Residence

Dr. John Hougen

**Sunday, April 10: Third Sunday of Easter**

Volunteer Recognition Sunday

**Sunday, April 17: Fourth Sunday of Easter**

**Sunday, April 24: Fifth Sunday of Easter**

Eco Sunday



## Reformation Evangelical Lutheran Church

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Phone: 610-891-0600 Fax: 610-566-7036

[www.relcmmedia.org](http://www.relcmmedia.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b> 9:00 am Scholar in Residence 6:30 pm AA
<b>3 Second Sunday of Easter</b> 8:30 am Worship 9:45 am Adult Forum 9:45 am Sunday School 11:00 am Worship 7:00 pm Dance Lessons 8:00 pm Men's AA	<b>4</b> 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	<b>5</b> 12:00 pm Staff Meeting 1:00 pm Mah Jongg 7:00 pm Youth Ministry 8:00 pm Women's AA	<b>6</b> 7:00 pm Girl Scouts 7:00 pm Marketing and Growth 7:00 pm Prayer Shawl Ministry 7:15 pm Souls Rehearsal 7:30 pm Chancel Choir Rehearsal	<b>7</b> 6:30 pm Zumba Class 7:30 pm Finance Ministry	<b>8</b>	<b>9</b> 8:30 am Men's Breakfast 6:30 pm AA
<b>10 Third Sunday of Easter</b> 8:30 am Worship 9:45 am Adult Forum 9:45 am Sunday School 11:00 am Worship 1:30 pm Mah Jongg 7:00 pm Dance Lessons 8:00 pm Men's AA	<b>11</b> 12:30 pm OWLS 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	<b>12</b> 10:00 am Mah Jongg 12:00 pm Staff Meeting 1:00 pm Mah Jongg 7:00 pm Council Meeting 8:00 pm Women's AA	<b>13</b> 7:15 pm Souls Rehearsal 7:30 pm Chancel Choir Rehearsal	<b>14</b> 6:30 pm Library Committee 6:30 pm Zumba Class	<b>15</b>	<b>16</b> 6:30 pm AA
<b>17 Fourth Sunday of Easter</b> 8:30 am Worship 9:45 am Adult Forum 9:45 am Sunday School 11:00 am Worship 7:00 pm Dance Lessons 8:00 pm Men's AA	<b>18</b> 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	<b>19</b> 12:00 pm Staff Meeting 1:00 pm Mah Jongg 8:00 pm Women's AA	<b>20</b> 6:15 pm ROCK Stars 7:00 pm Christian Ed. Ministry 7:15 pm Souls Rehearsal 7:30 pm Chancel Choir Rehearsal	<b>21</b> 6:00 pm RELC Schools Board 6:30 pm Zumba Class 7:00 pm Eco-Ministry Team Meeting 7:00 pm Community Action Ministry	<b>22</b>	<b>23</b> 6:30 pm AA
<b>24 Fifth Sunday of Easter</b> 8:30 am Worship 9:30 am Sunday School 11:00 am Worship 1:30 pm Mah Jongg 7:00 pm Dance Lessons 7:30 pm Pub Theology @ Quotations 8:00 pm Men's AA	<b>25</b> 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	<b>26</b> 12:00 pm Staff Meeting 1:00 pm Mah Jongg 7:30 pm Worship & Music Ministry 8:00 pm Women's AA	<b>27</b> 7:15 pm Souls Rehearsal 7:30 pm Chancel Choir Rehearsal	<b>28</b> 6:30 pm Zumba Class	<b>29</b>	<b>30</b> 10:00 am Rose Tree Road Clean-up 6:30 pm AA