

VACATION BIBLE SCHOOL

Save the date! And plan to join us for our Maker's Fun Factory VBS – July 9-13, 2017.



OWLS

OUTSTANDING, WISER, LUTHERANS

It was a cold January day when 18 brave old souls met in friendship and shared a meal together at the last OWLS meeting. Home Health Care representative, Kelly Muschelli, a social worker from Dunwoody gave a vivacious presentation on the various kinds of home care available and their costs, including which ones are covered by Medicare. Kelly gave handouts covering most of the details, but, in case anyone missed the presentation and wants to know more, see Pat Woerheide. She asked lots of questions and took copious notes!

Next meeting: February 13 - Walt Woerheide will present a two-part program. Part one is about designations following the names of folks you may go to for financial advice. Do you know the difference between a CEP and a CIS, or a BCE and a CAC? Walt knows exactly what these and *many other* designations stand for, and he will tell all about them!

Part two of Walt's presentation is even better! He has a great supply of **new jokes** to entertain the audience! Don't miss this special two-parter!

Place: Creighton Hall

Time: 12:30 for Lunch, followed by devotion and brief business meeting.

Program begins at 1:30 and lasts half-hour to 45 minutes. Everyone is welcome to attend!

BEAR CREEK CAMP SUNDAY

MARCH 19

On Sunday, March 19, the director of Bear Creek Camp, Dan Scharnhorst, will be with us for a special Bear Creek Camp Sunday!

During the Sunday School hour parents are invited to join all of our students in Creighton Hall for some fun camp games, songs, snacks and a special presentation about Bear Creek Camp. There will also be an opportunity to speak with the director after both worships and he will give a temple talk at both morning worships. You can get a preview at bearcreekcamp.org.



BEAR CREEK CAMP

Explore, celebrate & grow in God's creation!

ECO TIP

Feeling sick inside this winter? So is the air inside your home. Follow these simple tips to keep your home and family healthy.

- Keep your house clean of dust mites, animal dander and other pollutants by cleaning and using fans to vent to the outdoors.
- Prevent moisture buildup, keep humidity levels below 50%.
- Make sure cleaners are clean, avoid toxic sprays and air fresheners.

Have a safe and healthy New 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 by the second Friday of each month.

C H U R C H L I F E

PARISH NURSE



Pat Woerheide

During the month of February we celebrate a season of love. In honor of this month's celebration I wanted to review Heart health with specific information on Blood Pressure. First of all what is Blood Pressure? Blood Pressure is the force of blood pushing against the walls of the arteries as the heart pumps.

Blood pressure is measured as systolic and diastolic pressures. Systolic pressure refers to pressure in your arteries when the heart is pumping. Diastolic pressure refers to the pressure in your arteries when the heart is resting. You most often will see blood pressure numbers written with the systolic number above or before the diastolic number, such as 120/80.

Knowing your blood pressure numbers is important, even when you're feeling fine. What is normal blood pressure? Generally systolic pressure is normal when it is less than 120 and diastolic pressure is normal when it is less than 80. Blood pressure doesn't stay the same all the time. It lowers when you sleep and rises when you wake up. Blood pressure also rises when you're excited, nervous, or active. Blood pressure also tends to rise with age. If your numbers stay above normal you are at risk for health problems. Hypertension or elevated blood pressure is a serious condition that often has no symptoms but can cause problems for all the organs in your body because of higher pressure. The most commonly affected are the heart, blood vessels, kidneys, and brain. One in three adults in the United States has elevated blood pressure or hypertension.

Some people are at a higher risk for hypertension. Persons with a history of kidney disease, thyroid disease and obesity are at a higher risk. If you have a family history of hypertension, or are of African heritage you might have a higher risk. People who have hypertension can take steps to control it and reduce their risk for related health problems. This includes following a healthy lifestyle, having ongoing medical care, and following a treatment plan.

ATTENTION ALL FRIENDLY VISITORS AND CARE SHARERS!

On **Sunday, February 26**, there will be a recognition celebration for all Friendly Visitors and Care Sharers. During each worship service we will recognize and recommit each of you. Also at 9:45 you are invited to a meeting in Creighton Hall to celebrate your generous service. Light refreshments will be served. See you there.

THANK YOU

Thank you to Pastor Wayne for the phone call; to Pastor Alina for bringing me communion; to Pat, our nurse, for your visit and bringing me the soft, warm shawl from the Prayer Shawl Ministry they so faithfully knit with diligent hands; Pat, thanks for the Prayer of Blessing and the Devotional Booklet, also.

Thank you, Reformation family, for all those phone calls, those who sent me cards, your prayers and the cheerful flowers. I am grateful.

And, to my longtime friend, Dottie, who drove me around while I waited a month to drive. All this was so welcomed.

How could I not be feeling so well with a church family who cares!

*Blessings to all,
Joanne Riess*

The only way you will know your blood pressure is elevated is to have it monitored. I am always available to check your blood pressure. Call me or see me before or after services. I would be happy to check your blood pressure. When you get an elevated blood pressure reading, generally physicians want three readings to confirm the elevation. There are many blood pressure monitoring devices available in stores. However first follow your doctor's advice. Then think about keeping a log of your pressures that you can take to your doctor.

C H U R C H L I F E

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OORWKDGDGOWOHDGHUVKRDUH
LYROYHGL%R6FRWVDG LUO6FRWVDUH
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EDVRIMRSIRUWKH0HGLD)RRG%DN%ULJDEDRU
WRRIMRSLWKRWRRUVKLSWKDWGD7KDNRIU
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LIBRARY NEWS

ALL GOD'S CREATURES

The Library bulletin board features books on the topic of God's creatures. In keeping with that theme, we invited the children of the younger Sunday School classes to submit drawings of their favorite animal(s). Fifteen students participated, and drawings by Corinne Skarbek and Scott Snyder were selected to each receive a book. The drawings are on display in Creighton Hall.

FEATURED DVD

The Robe, 135 minutes

Starring: Richard Burton, Jean Simmons, Victor Mature, Michael Rennie

This American film classic, the first to be filmed in CinemaScope, remains one of the screen's greatest biblical epics. *The Robe* was nominated for 5 Academy Awards in 1953, including Best Picture and Best Actor (Richard Burton)

Burton stars as Marcellus Gallio, the Roman centurion who was charged with overseeing the crucifixion. But when he wins Christ's robe in a gambling game at the foot of the cross, his life is forever changed.

Who Was Martin Luther – And Why Does It Matter to Us?

2017 is the 500th anniversary of the Reformation. We all know Martin Luther changed the path of Western Christianity and created our very faith. But who was he as a person? Why did his thinking take hold as it did?

One of the most celebrated books on Luther, by Martin E. Marty, is simply titled *Martin Luther*.

Luther comes across as a man of his times, yet thoroughly relevant in his quest for theological assurance and his struggles with doubt. It's a short but rewarding book that you'll find in the RLC Library.

DONATIONS

Eco Ministry Ryan Corson Anonymous

SCHOLAR IN RESIDENCE

Dr. Michael E. Krentz

Living Voice of the Gospel: 500 Years of Lutheran Song

Saturday, March 11, 2017, 9:00 a.m. – 3:00 p.m.

Dr. Michael E. Krentz, ELCA Deacon, is Director of Music Ministries/Seminary Cantor and Lecturer at The Lutheran Theological Seminary at Philadelphia. Michael is also Director of Music and Organist at Christ Lutheran Church in Allentown, PA.

Dr. Krentz will help us explore the topic *Living Voice of the Gospel: 500 Years of Lutheran Song*. Beginning with the context of Lutheran song (worship), we will examine why, what, and how Lutherans sing over the 500 years since the beginning of the Protestant Reformation. Participants will engage in learning and in singing.



Michael E. Krentz is Lecturer and Director of Music Ministries/Seminary Cantor at The Lutheran Theological Seminary at Philadelphia, and is also Director of Music and Organist at Christ Lutheran Church in Allentown. He has Bachelor, Master, and Doctor of Music degrees from Northwestern University in Evanston, Illinois, where his teachers were Richard Enright and Wolfgang Rübsam.

Michael is Director-at-Large on the Board of Directors of The Association of Lutheran Church Musicians and is a past Dean of the Lehigh Valley Chapter of the American Guild of Organists. He is also a member of the Worship Team of the Northeastern Pennsylvania Synod of the Evangelical Lutheran Church in America. He is active as a lecturer, workshop leader and recitalist.

Michael lives with his wife Linda in Lower Saucon Township, and he enjoys being a volunteer assistant tennis coach at Saucon Valley High School.

Registration for Scholar in Residence

Registration fee of \$45 includes breakfast and lunch. *Only \$40 if postmarked by March 5.*

- Students/Seminarists - \$25
- Groups of eight or more- \$35 each

Name(s) _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ email: _____

Amount enclosed: \$ _____ Your favorite hymn? _____

Make checks payable to Reformation Lutheran Church; write "S.I.R. 2017" on the memo line. Drop into the offering plate, or:

Mail to Reformation Lutheran Church, 102 W. Rose Tree Road, Media, PA, 19063

C H U R C H L I F E

MARK E. DAVIS SCHOLARSHIP 2017-2018

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 2017-2018 academic year may be obtained from the counter in the church narthex or by contacting Gary Kamin by email at gdkamin@verizon.net. All applications and support materials must be received or postmarked by the May 1, 2017 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, or mailed and postmarked by May 1, 2017. 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

STAY AND PLAY

BEFORE AND AFTER SCHOOL PROGRAM

Registration for 2017/2018 will be open to new families beginning Feb. 1, 2017. Our program is open to students attending the Rose Tree Media school district in grades 1 to 6. We offer homework help, arts and crafts, hands on science, indoor/outdoor play and much more!

Our tuition is as follows:

\$8.00/hour or partial hour
\$184.00/monthly minimum fee
\$60.00/yearly registration fee
\$65.00/full day rate

Contact information:

610-891-0600ext. 101
stayandplay@relcmedia.org
<http://relcmedia.org/stay-and-play/>
Diane P. Bullen, Director
Marion Boas, Assistant Director

Please continue to save ink and toner cartridges. We turn these into Staples for a credit to purchase ink for the computers students use for homework.

You can also help support Reformation Schools when you shop on Amazon. Our unique link is: <http://smile.amazon.com/ch/51-0391957>. You can bookmark this link into your favorites and each time you shop on Amazon, our school can receive 0.5% of the price of all customers eligible smile.amazon.com purchase.



One of them, a lawyer, asked him a question to test him. “Teacher, which commandment in the law is the greatest?” He said to him, “‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ – Matthew 22:35-39

Looking for something sweet this Valentine’s Day?

Fair Trade gifts – especially fair trade chocolate – make an incredibly sweet gift to show your love. Not just a sign of love to that someone special – but love to our neighbors throughout the world who work to create these items.

Many organizations, including Lutheran World Relief, work to support the work of farmers and artisans throughout the world to establish and maintain fair trade practices. What makes fair trade goods, including chocolate different, is that fair trade organizations invest in the communities where the items are grown and made. By providing fair wages, good working conditions, and equitable business practices, fair trade organizations are able to produce more than just delicious chocolates (coffee and goods, too!) but are also able to make a more just world. These organizations help us to remember the call for us to love our neighbor.

As you may remember, in 2015, Reformation became the first Fair Trade Congregation in Pennsylvania. (A great recognition for a congregation in the first Fair Trade town!) In celebration of our two years as a Fair Trade Congregation, we invite you to consider buying some fair trade chocolate this Valentine’s Day – and anytime you want to share the love!

~ Pastor Alina Gayeuski

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