

HOLY WEEK

Palm/Passion Sunday

March 20

The Great and Holy Week begins with the celebration of Jesus' triumphal entry to Jerusalem accompanied by the waving of palm branches and shouts of Hosanna! Worship begins with the Liturgy of Palms during which everyone will join the procession with the palms. The tone of the service shifts to the contemplation of the Passion of Christ as recorded in the gospel of Mark. The passion narrative will be read by a variety of voices.

The Three Days

Maundy Thursday, Good Friday and the Easter Vigil provide many wonderful worship opportunities for us to gather as a community and reflect on the passion of Christ. During the Three Days we hear the story of the passion, death, and resurrection of Christ as told in the gospel of John. These three worships can be seen as one continuous movement from the final night Jesus spent with his disciples, to the cross, to the burial and finally to the empty tomb!

Maundy Thursday

March 24 at 7:30 p.m.



The Three Days begin as we gather to worship on Maundy Thursday. Beginning with an order of confession and forgiveness, a time is provided for all attending worship to come forward to receive individual absolution and the laying on of hands. It is also the night that we hear the words of Jesus' new commandment (the Latin *mandatum* from which *Maundy* comes), to love one another. The altar is stripped at the end of the worship and the congregation leaves the sanctuary in silence.

Good Friday

March 25 at 7:30 p.m.



This worship provides an opportunity to focus and reflect on the cross. The reading of the passion as recorded in John's gospel is underscored by the singing of hymns that echo this great narrative. The darkness of the journey to the tomb becomes visually evident in the extinguishing of candles and the darkening of the sanctuary.

Easter Vigil

March 26 at 7:30 p.m.



This worship is one of the oldest traditions in Christian worship. Echoing the words from John's gospel that tell us that the women returned to the tomb "while it was still dark," we gather at dusk. Kindling a new fire, we enter the sanctuary to hear of God's great acts of salvation throughout history. The gospel reading then pronounces the great news of Easter: Christ is risen! To which we respond with the first Alleluia's of Easter!



EASTER DAY

Celebrate Christ's triumph over the grave!

Festival Services on Sunday, March 27, will be held at 8:00, 9:30, and 11:00 a.m. There will be no Sunday School classes on Easter Day.

C H U R C H L I F E

YOUTH GROUP 2016 SCHEDULE

Mark your calendars for our upcoming Youth Group events in 2016!

March 4-6 Harvey Cedars
April 10 Hike in Ridley Creek

GIRL SCOUT SUNDAY – MARCH 6

All girls (and adult leaders) who are involved in Girl Scouts are invited to attend worship in uniform on Girl Scout Sunday, March 6. Worship on that day will include recognition of those involved in scouting. Girl Scout Sunday is the official start of Girl Scout Week, March 6-12.

BIBLE PRESENTATIONS – MARCH 13

During worship on Sunday, March 13, Reformation Sunday School students will be receiving their Bibles. These presentations happen each year for students in second grade. This year we will have 9 students receiving their Bibles.

FIRST COMMUNION – MARCH 20

Students who have participated in first communion classes will be receiving their first communion on Palm Sunday, March 20. We look forward to celebrating with these students and their families as we welcome them to the Lord's Supper.

MUSIC CAMP

Save the date 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. Look for more information soon!

MIDWEEK LENT SOUP SUPPER AND WORSHIP

Our midweek Lent Soup Suppers and Evening Prayer services continue on Wednesdays through March (March 2, 9, and 16).

We begin by gathering at 6:30 p.m. in Creighton Hall for a soup supper and discussion. Our ministry teams have been our wonderful and gracious hosts each week providing soups and bread for us to share together. The soup supper is followed by Holden Evening Prayer in the sanctuary at 7:30 p.m. This beautiful prayer service was composed by Marty Haugen and is a favorite worship setting of many congregations.

You are welcome to join us for both – or come and join us at the start of worship.

SERMON ON THE STEPS IN LENT

During the season of Lent, the Sermon on the Steps will be in its regular spot in worship – following the gospel reading.

In addition to coming up to join a pastor for the Sermon on the Steps, the children will also be invited up to join the presiding pastor at the time of the Great Thanksgiving at the beginning of the communion liturgy. The children will be invited to stand around the altar with a pastor throughout the communion liturgy and can return to their seats with their families after the Lord's Prayer.

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 by the second Friday of each month.

C H U R C H L I F E

PARISH NURSE



Pat Woerheide

Here we are at the end of winter and I want to discuss an issue seldom talked about in cold weather, dehydration. Dehydration can happen just as easily in cold months as in the warm months. Did you know our bodies have a survival mechanism that constricts blood vessels in our arms and legs in cold weather, so that we can conserve heat and maintain healthy body temperatures. This constriction increases blood pressure and increases urination. Also, as the temperature drops, water vapor is lost as you breath. It's fun to see your breath but this increases your fluid needs. As the furnace works to keep your home warm it also has a drying effect, making you more susceptible to viruses and flu's. We all love winter sports and shoveling snow, but we over exert ourselves and don't think about fluid needs.

What are the signs of dehydration? Mild to moderate dehydration shows up as a dry mouth, decreased activity or sleepiness, thirst, decreased urine output, dry skin, headaches, dizziness or light headedness. This can be treated by a slow increase in fluids. Severe dehydration should be treated in a health center. Increasing thirst, extreme fussiness or irritability, sunken eyes, dry mouth and skin that does not bounce back when pinched into a fold, low blood pressure, increased or bounding pulse with rapid breathing, high fever and unconsciousness are all signs of severe dehydration and require emergency medical help.

Some of us have a greater risk of dehydration. Infants and children are more vulnerable because of small body size and a faster turnover of fluids and electrolytes. Breast feeding moms need more fluids. Older adults have a decreased ability to conserve fluids and have a lessened thirst sense. Seniors living alone or in nursing homes forget to eat and drink. Chronic illnesses and use of medication also increases risk. Endurance athletes have a special risk because the longer one exercises the harder it is to hydrate to cover fluid loss. High altitudes cause us to breathe more rapidly to maintain adequate oxygen levels, but increased water vapor loss also occurs.

So remember, hydrate more in cold temperatures. A

ADULT FORUM

Sundays at 9:45 AM, CREIGHTON HALL

MARCH 13: ANTARCTICA

Come discover more about a jewel in the crown of God's creation as Sarah Bocian and her mother Patricia share pictures and stories from their trip to Antarctica. Learn about the unique ecosystems of Antarctica, South Georgia Island, and the Falkland Islands. They will also share travel tips for these far flung locations, and their personal reflections on their travel together to the bottom of the world. Join them ifor a discussion that might warm you up to the idea of traveling somewhere cold!

APRIL 10 & 17: AN INTERFAITH EXPERIENCE IN THE MIDDLE EAST

This past October, a group of 19 Christian, Muslim and Jewish Philadelphians, including Reformation's own John Chesters, ventured to Turkey, Israel, and Palestinian Cities for the Interfaith Center's first *Dare to Understand* trip. The trip coincided with the terror attack in Turkey's capital and daily stabbing attacks in Israel, which created a difficult backdrop for meetings with journalists, religious leaders, peace activists, and business leaders. Throughout these meetings and visits to holy and historic sites, recurring themes emerged: The struggle for democracy, the tension between Middle East and Western identities, and questions of religious vs. secular identities. The group returned with new perspectives, new dialogue experiences, and new sources of spiritual enrichment. Experiences from the trip will be shared in a two part Adult Forum series.

handy guide to use is, drink half of your body weight in fluid ounces. If you're a 180-pound man, drink 90 fluid ounces each day. This is about eleven eight ounce glasses. Also during heavy exercise, take a break and drink fluids. Increased hydration will produce the best health.

C H U R C H L I F E

VACATION BIBLE SCHOOL

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



Life Together

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

Pastor Edward Treichel entered eternal life on January 12. A Memorial Service was held at Reformation on January 18.

Ann Spielman entered eternal life on January 18. A Memorial Service was held at Reformation on January 21.

John O'Brien entered eternal life on January 31. A Memorial Service was held on February 4.

Neil Gilmour entered eternal life on February 1. A Memorial Service was held on February 13.

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.

THANK YOU! FROM THE STAFF

The entire staff expresses their heartfelt thanks and appreciation for the generous Christmas gift given by the congregation. We are blessed to serve in partnership in ministry with such a warm, caring, and generous congregation.

DAYTIME BOOK CLUB, ANYONE?

Some people have expressed interest in having a second book club, held during the day. Anyone who would like to participate in such a club should speak to Laura Reiter or Sue Bianco.



OWLS

OUTSTANDING, WISER, LUTHERANS

OWLS in Springtime

February was fun and festive, with a good turn-out to hear **Margie Gibson** speaking about her book.

Here's what's coming up for the OWLS:

March: **Emily Brooks**, who grew up and was confirmed here at Reformation, is now a post graduate doctoral student in psychology at LaSalle University. She will speak on The Happiness Project. Uplifting and fun!

April: Reformation's own **Sally Helms**, art lover par excellence, will bring *Art Goes to School* to the OWLS. Not to be missed!

May: **Ken Delmar**, currently Minister of Music at Grace Lutheran in Hatboro, will both speak about and play the music of J S Bach. This program will be held in the sanctuary, following lunch in Creighton Hall. Bring friends!

All meetings begin at 12:30, with light lunch fare available. Free Will Donations. All are welcome!

NEWS FROM THE LIBRARY

READING IS FUNDAMENTAL...TO LENT

Taking time to read is a time-honored Lenten practice. As St. Benedict instructed in his Rule, "During this time of Lent each is to receive a book from the library, and is to read the whole of it straight through." Today, we choose our own books, in order to savor the same deeper spirituality and expanded perspective that the saint envisioned.

Reformation's library is rich in devotional readings for Lent and beyond, but personal memoirs and other readings can also bring new perspectives to Lent and Easter. For example, consider *Bread and Wine: Readings for Lent and Easter*, a collection of meditations on temptation, the crucifixion, resurrection and new life by writers ranging from John Donne to Martin Luther to Kathleen Norris. Or *My Life with the Saints*, by James Martin, which explores how the saints can help us find holiness in our own lives today.

THIS MONTH'S FEATURED CD

The CD feature for March is *The Bible*, by Karen Armstrong, a five-CD set (6 hours). Karen Armstrong's study, which appears in the series "Books That Shook the World," manages to organize a large amount of complex material in a clear and orderly way. She shows how the highly disparate writings that now compose the Jewish and Christian scriptures came together, and examines the very different methods of interpretation used over the centuries. Her book's great strength is the way she unfolds the Jewish and Christian histories of formation and interpretation in parallel with one another.

THANK YOU!

Thank you to Lida Hoffman and Edna Bogert for expanding our library through generous donations! And thank you to those who have made anonymous donations.

NEXT BOOK CLUB DISCUSSION: APRIL 19

All are welcome to the next evening book club discussion. The book is *A Man Called Ove* by Frederick Backman. A debut novel from a Swedish writer, Goodreads calls it "...a thoughtful and charming exploration of the profound impact one life has on countless others." 95% of those who read it, liked it!

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. 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, 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

2016 Scholar in Residence Registration



***Art Serving Faith* by the Rev. Dr. John Hougen**

Saturday, April 2, 2016

9:00 a.m. – 3:00 p.m.

John Hougen is an ordained Lutheran pastor. His life-long involvement in the arts and spirituality led him to pursue study in this area. He currently works with the Interfaith Center of Greater Philadelphia in their Art of Understanding program. Dr. Hougen has published several books, hymn texts, prayers and poems.

During the daylong Scholar program, Dr. Hougen will explore four ways that art serves faith. The sessions are entitled: Life-Giving Art, Prayerful Looking, The Art of Interfaith Understanding, and the Art of Bible Study.

The program includes lectures by the scholar, discussion groups, worship, breakfast and lunch.

For more information on the program and the scholar, visit relcmedia.org.

Registration fee is \$35 (if postmarked by Mar. 24; \$40 after)

- **Students/Seminarians - \$25**
- **Groups of 8 or more - \$30 each**

The registration fee includes breakfast and lunch.

-----detach here and return bottom portion-----

Name(s): _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **E-mail:** _____

Amount enclosed: \$ _____

Make checks payable to Reformation Lutheran Church; *write "S.I.R. 2016" on the memo line.*

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



Dear Brothers and Sisters in Christ,

Sometime between my writing these words and your reading them, I will have begun to wear new eyeglasses. Like many people, my eyesight has been weakening with the passing years. In recent months I have noticed that things are just not quite in focus like they used to be. A stronger prescription should help bring things back into focus.

Our journey through Lent is a wonderful opportunity for our faith life to be “brought back into focus.” With the passing of time, the focus of our spiritual lives may experience a weakening. The disciplines of Lent (self-examination and repentance, prayer and fasting, sacrificial giving and works of love) can help bring our faith lives into better focus.

There are many “lenses” which can help us with better focus, such as:

- the wonderful six word Daily Lenten devotions written by Reformation members;
- the experience of gathering with the family of faith for worship – each Sunday, Wednesday nights in Lent, and especially the Holy Week services on Maundy Thursday, Good Friday, and the Easter Vigil;
- engagement in acts of service and kindness to others near and far.

May this season of Lent be a time for your vision of life in Christ to be re-focused and renewed.

Yours in Christ,

Pastor Wayne Matthias-Long

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.relcmmedia.org

REFORMATION TIMES

Volume 37, No.3

MARCH 2016

Wednesdays in Lent

March 2, 9, & 16

6:30 pm Soup Supper/ 7:30 pm Holden Evening Prayer

Sundays

8:30 & 11:00 am Worship

9:45 am Sunday School for All Ages

March 6 – Girl Scout Sunday

March 13 – Bible Presentations

March 20 – Palm/Passion Sunday

Holy Week

March 24: Maundy Thursday
Worship at 7:30 pm

March 25: Good Friday
Worship at 7:30 pm

March 26: Easter Vigil
Worship at 7:30 pm

March 27: EASTER DAY
The Resurrection of Our Lord

Festival Services
8:00, 9:30, & 11:00 am
(No Sunday School)

EASTER FLOWERS

Deadline for ordering is Sunday, March 13



Easter flowers may be ordered by completing this form and returning it to the church office. Checks should be payable to Reformation Lutheran Church and attached to your order.

The names of those persons ordering plants will be printed in the Easter worship bulletins. Flowers may be taken home after the 11:00 am service on Easter or the following week during office hours (8:30–4:30)

Please PRINT clearly

I/we would like to reserve _____ Pots of Lilies @ \$7.00 each

I/we would like to reserve _____ Pots of Tulips @ \$5.50 each

I/we would like to reserve _____ Pots of Daffodils @ \$4.50 each

Total enclosed \$ _____

Please check one:

In memory of _____

In honor of _____

To the glory of God!

Please check one:

I/we will take my/our plant(s) home.

Please donate my/our plant(s) to others.

Your name(s) as you wish it to appear in the bulletin _____

Envelope # _____

Reformation Evangelical Lutheran Church

102 West Rose Tree Road, Media, PA 19063

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

www.relcmmedia.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12:00 pm Staff Meeting 1:00 pm Mah Jongg 7:00 pm Youth Ministry 7:30 pm Lent Small Group 8:00 pm Women's AA	2 6:30 pm Lent Soup Supper 7:00 pm Prayer Shawl 7:00 pm Marketing & Growth 7:30 pm Holden Evening Prayer 8:00 pm Chancel Choir Rehearsal	3 6:30 pm Zumba Class 7:00 pm Lent Small Group 7:15 pm Souls Rehearsal 7:30 pm Finance Ministry	4 4:00 pm Harvey Cedars Youth Retreat (through Sunday)	5 9:00 am First Communion Class 6:30 pm AA
6 Fourth Sunday in Lent 8:30 am Worship 9:45 Lent Small Group 9:45 am Sunday School 11:00 am Worship 4:00 pm Lent Small Grp (Neubert) 7:00 pm Dance Lessons 8:00 pm Men's AA	7 1:30 pm FA Group 1:30 pm Lent Small Group 7:00 pm Lent Small Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	8 12:00 pm Staff Meeting 1:00 pm Mah Jongg 7:00 pm Council Meeting 7:30 Lent Small Group 8:00 pm Women's AA	9 6:30 pm Lent Soup Supper 7:30 pm Holden Evening Prayer 8:00 pm Chancel Choir Rehearsal	10 6:30 pm Zumba Class 6:30 pm Library Committee 7:00 pm Lent Small Group 7:15 pm Souls Rehearsal	11	12 8:30 am Men's Breakfast 9:00 am First Communion Class 6:30 pm AA
13 Fifth Sunday in Lent 8:30 am Worship 9:45 am Adult Forum 9:45 Lent Small Group 9:45 am Sunday School 11:00 am Worship 1:30 pm Mah Jongg 4:00 pm Lent Small Grp (Neubert) 7:00 pm Dance Lessons 8:00 pm Men's AA	14 12:30 pm OWLS 1:30 pm FA Group 7:00 pm Alanon 7:00 pm Christian Ed. 7:00 pm Lent Small Group 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	15 12:00 pm Staff Meeting 1:00 pm Mah Jongg 7:00 pm Lent Small Group 8:00 pm Women's AA	16 6:15 pm ROCK Stars 6:30 pm Lent Soup Supper 7:30 pm Holden Evening Prayer 8:00 pm Chancel Choir Rehearsal	17 6:30 pm Zumba Class 7:00 pm Eco-Ministry Team 7:00 Lent Small Group 7:15 pm Souls Rehearsal	18	19 9:00 am First Communion Class 6:30 pm AA
20 Sunday of the Passion / Palm Sunday 8:30 am Worship 9:45 am Lent Small Group 9:45 am Sunday School 11:00 am Worship 7:00 pm Dance Lessons 8:00 pm Men's AA	21 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	22 12:00 pm Staff Meeting 1:00 pm Mah Jongg 7:30 pm Worship & Music Ministry 8:00 pm Women's AA	23 7:15 pm Souls Rehearsal 7:30 pm Chancel Choir Rehearsal	24 Maundy Thursday 3:00 pm Feeding the Homeless 6:30 pm Zumba Class 7:30 pm Maundy Thursday Worship	25 Good Friday 7:30 pm Good Friday Worship	26 Easter Vigil 6:30 pm AA 7:30 pm Easter Vigil
27 Resurrection of our Lord: Easter Day 8:00 am Easter Worship 9:30 am Easter Worship 11:00 am Easter Worship 1:30 pm Mah Jongg 7:00 pm Dance Lessons 8:00 pm Men's AA	28 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	29 12:00 pm Red Cross Blood Drive 12:00 pm Staff Meeting 1:00 pm Mah Jongg 7:30 pm Worship & Music Ministry 8:00 pm Women's AA	30 7:15 pm Souls Rehearsal 7:30 pm Chancel Choir Rehearsal	31 6:30 pm Zumba Class		