
REFORMATION TIMES

JUNE 2017

Patriotic Concert Singers Needed



The annual Patriotic Concert will be held on **Tuesday, June 27**, at 7:00 pm., featuring Joe Smith, Star Clarinetist of The Philly

POPS and The Classics of Dixieland Band.

Valerie Rozek will direct the Media Festival Choir. Everyone is invited to sing in this choir which will rehearse 7-8:30 pm on Wed., June 14, Wed., June 21, and Sun., June 25. Please attend at least two of the three rehearsals.

An Ice Cream Social Follows the Concert for which admission is FREE (a Free Will Offering will be received).

All proceeds benefit Pa. Veterans Museum, Media, and Delaware County Veterans Legacy

Don't Be Left Out

Our new church photo directory is rapidly approaching completion. Have you submitted your photo (or had your photo taken at church)? There's still time – you can email your photo to the church office or upload it directly to <https://tinyurl.com/lx9yah5>. Thank you for helping us achieve 100% participation in the directory.

Celebrate Graduates!

We will recognize Reformation members who are graduating with the Class of 2017 during worship on Sunday, June 4. Please join us as we celebrate what God is doing in the lives of our graduates!

Council Members Installed

Members of the 2017-18 Council were installed at worship on Sunday, May 28, at both worships. We welcome newly elected Council members Brett Conley, Talitha D'Italia, Skip Hoffman, and Anna-Olivia Machado. We give thanks for the faithful service of Alexis Bingeman, Ron Bingeman, John Chesters, and Matt Gane, whose terms end on May 31.

We also thank those who served as 2016-17 officers: Dick Hughey, President, Kate Fernandez, Vice President, Andrew Marcus, Secretary, and Tom Conroy, Treasurer. These officers have all been re-elected to second one-year terms for 2017-18.

We give thanks to God for all these faithful servants!

Summer Schedule Starts June 18

Worship at 8:30 & 10:00 am
No Sunday School

Connect Faith and Finances

Rick Henricks and Mike Ghelardi, our local representatives of Thrivent Financial, a fraternal benefit society with Lutheran roots



which is committed to connecting faith and finances for good, will be with us at Reformation on Sunday, June 11. They will provide refreshments for the fellowship hour after each worship and they will lead an adult forum on how Thrivent can support you and our congregation at 9:45 in the Choir Room.

Travel With Luther!

To commemorate the 500th anniversary of the Reformation, this summer Martin Luther will be joining you on your summer travels!

Similar to our Reformation cross project, you can take a Martin Luther with you throughout the summer – whether that is across the world or just across the street!

Traveling Luthers are available on the counter in the gathering space along with an instruction sheet. Post your photos of Luther’s travels to our Facebook group and use #relcmedia.

2018 ELCA YOUTH GATHERING

Get In on This Experience-of-a-Lifetime

The next ELCA Youth Gathering will be held June 27 – July 1, 2018 in Houston, TX. All youth who will be in grades 8-12 during the next school year are eligible to attend.



An information session will be held during the Sunday School hour on Sunday, June 4, in the ROCK Room. Information sheets and registration forms are available in the ROCK Room and from Pastor Alina. Please speak with Pr. Alina if you have any questions.

Sunday School Takes a Break

The last Sunday School classes will be held on Sunday, June 11. All classes will resume on Rally Day, Sunday, September 10.

Campers Receive Blessing



Are you heading to Bear Creek Camp this summer? On June 18 during **BEAR CREEK CAMP** Explore, celebrate & grow in God's creation! worships we will bless all campers preparing for a week at Bear Creek sometime this summer. We will also have a little camping essential for each camper to take along as a reminder of their Reformation family who is praying for them. Please let the office know if you are headed to Bear Creek Camp this summer.

There is still time to register for camp! Visit bearcreekcamp.org to find out more!

The Young(er) Adults Are Back

We are planning a spring cookout on Saturday, June 3rd at 12:30pm hosted by the Troutman family. The Troutmans will provide burgers, dogs and beverages if you can bring a side/dessert to share. Please look for an evite in your inbox with all the details including their address. If you are not on the evite distribution list (we apologize!) please email Jen at jttroutman2@yahoo.com and we will gladly add you. All are welcome - friends, kids & family!

REFORMATION TIMES

Published Monthly by

Reformation Lutheran Church

Deadline: Noon the 15th of every month
Materials to: newsletter@relcmedia.org

Congregation Council and Officers

Dick Hughey, *President*; Kate Fernandez, *Vice President*; Andrew Marcus, *Secretary*; Tom Conroy, *Treasurer*; Keith Bocian, Emily Black, Karen Chorney, Brett Conley, Talitha D'Italia, Marian Filtz, Kristin Gress, Skip Hoffman, Anna-Olivia Machado, Uli Neubert, Walt Woerheide, Pastor Alina Gayeuski, Pastor Wayne Matthias-Long

SERVING OUR NEIGHBORS

You Make Ministry Happen!

Here is a sampling of the ministry you made happen in April and May:

- 140 hearty dinners were packed for Aid for Friends by 15 Grades 5 and 6 Sunday school students, Confirmation youth and 7 adult helpers
- 11 volunteers gathered on a Saturday morning to support the Eco Ministry Spring Rose Tree Road Clean Up
- Creative quilters and banner stitchers gathered to develop a new Summer Sermon on the Steps worship banner and complete the Advent Christmas banner
- Boy Scout Troup 403 conferred Eagle Awards and celebrated two new Eagle Scouts, now 90 in total for the troop!
- 10 Chancel Choir members and Souls Choir members collectively served close to 2088 hours this 2016-2017 choral season (a quick calculation based on 52 weeks in a year x 22 members practicing once a week for an hour and leading us in worship for one hour)
- 14 members volunteer on a rotational basis to staff our WELCOME Center

Thank you, people of God for witnessing, giving and sharing God's love. As Morri Swartz, the central figure in Mitch Albom's book, *Tuesday's with Morri* said, "Giving makes me feel like living again!" Thank you, thank you for your dedication and enthusiasm!

Register Now for VBS



Save the date! And plan to join us for our Maker's Fun Factory VBS – July 9-13, 2017. Registration is open! Visit myvbs.org/relcmedia to register today!

Notes of Thanks

Many thanks for the prayers that were given up for us. We are so glad to be home again. Thanks, too, for a welcome visit from Pastor Wayne and a flower delivery of flowers from the altar. Pat Woerheide visited several times – she also brought two prayer shawls which were a constant reminder of our church family. A special thanks to the Shawl Committee for the work they did to bring comfort to us.

Sincerely,
Cathy and Franklin Koch



Dear Pastors, members and friends of Reformation, Thank you for all the kindness and many prayers during my recent surgery. I so appreciated the many prayers and blessings along with the visits, flowers and meals delivered. These all helped me though my journey to recovery.

God Bless,
Phyllis Brady



Our heartfelt thanks to Sandy Niss who served faithfully as editor of this newsletter for many, many years. Sandy has had to relinquish her newsletter duties due to work commitments. Thank you for your dedicated service!

Sunday School Brunch - June 11

It is hard to believe the school year is soon coming to a close! All Sunday School students (age 0 - grade six) and their families are invited to attend our annual awards brunch in Creighton Hall on June 11 during the Sunday School hour to celebrate a great year. Every student will receive an award, we will enjoy some good food and fellowship and weather-permitting have a fun surprise outside for the kids. Please view the sign-up genius

(<http://www.signupgenius.com/go/10c0d49a4a92ca2f85-sunday1>) to RSVP and/or volunteer to bring food/drink. Anyone who can help set up the room around 9 am, your help would be appreciated. Hope to see you there!

Prayer Partners Station

And this is the boldness we have in God, that if we ask anything according to his will God hears us.

1 John 5:14

During worship on the third Sunday of every month we have volunteers who are Prayer Partners. These partners pray with Reformation members. Prayer Partners listen, pray, and bless members who seek to receive individual prayer during the time of Holy Communion. Starting in June, the Prayer Partner space will move from the front row of chairs in the Nave to the back of the Nave in the Red Door alcove. This new location for our third Sunday Prayer Station will allow all who seek prayer to have additional privacy and time. If you desire confidential prayer, as you return to your seat after receiving Holy Communion, join the Prayer Partner in this new location. If someone is with the Prayer Partner we ask you to wait patiently along the back of the church near the coat rack. There is no need to feel rushed. You can return to your seat at any time, even if it is during the blessing, post communion prayer, or final hymn.

Students Serve Those in Need

On May 7, the students from several Sunday School and Confirmation classes assembled meals for Aid For Friends during the hour between the services (see photo below). In that short period of time, a grand total of 140 meat loaf meals were assembled. It was our most successful event to date! A great job was done by all of the students – the slicers, the scoopers, the wrappers, the labelers.

Thanks for the success of the project also goes to the members of the Congregation who donated the food for the meals -- 18 meatloaves, mashed potatoes, mac and cheese, veggies, gravy, bread, and butter.

And, we cannot forget the Sunday School teachers, Confirmation teachers, parents, and others who helped from prep through clean-up.

We all worked together to provide 140 people with a warm and healthy meal. Well done, team!





FROM THE DEACON

Let mutual love continue. Do not neglect to show hospitality to strangers, for by this some have entertained angels without knowing it.

Hebrews 13:1-2

Each week it seems I discover something new at Reformation. Lately it has been doors. Yes, doors. Some are visible while others appear to be hidden. Most, if not all lead to places of love and care.

Entry points abound within the architecture of our church. We have our *main* front entry doors. In addition there are two *red doors* leading to the worship space. There are *the glass and wooden doors* which bridge the Nave (worship space) to the Welcome Center. There are *heavy metal doors* at the East, South, and West sides of the building, some upstairs, and others downstairs. There are classroom, bathroom, and office doors. I'm sure you can even name more!

Diana Butler Bass an author, speaker, and independent scholar specializing in American religion and culture in her recent book, *Grounded: Finding God in the World—A Spiritual Revolution* (HarperOne, 2015) has written:

“A door is the place of coming and going, of safety and protection, and of welcome. . . . Doors keep out danger, but also usher guests and strangers into the sanctuary that is home. The doorway serves as a moral stage for the practice of hospitality, an architectural reminder of how we receive others into the inner places of our lives.” (*Grounded*, pp. 181–182)

For Bass the inner places includes our relationships with God, family, friends, neighbors, coworkers and how we intentionally welcome the stranger in our midst. Her well-written book prompts me to ask, “What does the door of our heart look like?”

Each Sunday affords the opportunity to live ‘front door’ hospitality. Our ushers, greeters, and Welcome Center volunteers assist all. As we individually greet one another in worship, when we pass the peace before Holy Communion, or when we step out of our comfort zone intentionally talking to someone we do not know after worship, we practice ‘door ministry.’ In your unique way, you bring the love of God to the threshold through a handshake, a smile, a genuine act of welcome. God’s love is made known through your expressions of warmth, kindness, and genuine friendliness. To offer gestures of hospitality, to cross thresholds, to literally and figuratively open a door, and be a door, is to love.

You will hear me talk about doors and pray about Reformation doorways in the days to come. I seek to help you think about not only main front door entry points, those most obvious doors within the footprint here at the corner of Rose Tree Road and Route 252, but also our *side doors* and *back doors*, too. Doorways of invitation and care are waiting to be opened. Ponder with me what it means to share your gifts and talents in the church and in the world so as to assist another to enter Christ’s doorway of grace and mercy. Seek out those opportunities and places wherein a door can be opened.

Until the opportunity for direct conversation arises, I look forward to seeing you at a door!

Blessings,
Deacon Beth

Get Better Sleep

Spring has sprung and summer approaches. Warmer temperatures and more daylight hours make active times enjoyable, but what does the increasing daylight do to your sleep? Many members have asked about information to improve sleep. Problems like, I couldn't sleep through the night or I woke up two hours too soon and couldn't return to sleep, or I was so restless all night, can occur in spring or any time of the year! I did some research and found some easy habit changes that might help.

The Johns Hopkins Health Review for Spring/Summer 2017 offered suggestions from Dr. Regina Salas, a Sleep Neurologist. She related that one in three Americans don't get the seven hours of sleep recommended for adults to control and prevent disease. She offers suggestions for better sleep:

- Televisions, computers and smart phones or i-pads emit a blue light that stimulate your brain and doesn't allow for the gradual shut down your brain needs to get to sleep. So power down and try reading a favorite book or magazine. Working in bed is not recommended.
- Turn off any light sources in your bedroom, even night lights. Block your clock or turn it to the wall. Use blinds or window coverings to block external light. A handy flash light near your bed could be used for bathroom visits at night.
- Sleeping in a cooler room, 68-70 degrees F, seems to produce better sleep.
- Pillows and mattresses have an allergen build-up which can irritate your respiratory tract and cause sneezing, coughing or irritated nasal passages. Sealing pillows and mattresses in a dustproof case and replacing

pillows every two years and mattresses every ten years will decrease this allergen build-up.

- Pets in your bed can disrupt sleep because of their movement and dander. Consider beds a Pet free zone.
- Environmental noises can hinder deep sleep. Try blocking out noises with a white noise device or ear plugs. This can neutralize traffic noise and outdoor animal and bird sounds, or even partner snoring.
- Make your bed when you rise and keep your bedroom uncluttered. (research has actually documented evidence of better sleep when the bed is made up each day)

In addition, remember that heavy eating, nicotine and caffeine, even late night exercise are all stimulants that disrupt sleep. Three to four hours should elapse before bedtime after these activities. If you feel tired despite sleep or chronically cannot return to sleep when roused, or have daytime problems like sleepiness, memory or concentration problems, seek medical advice. Any sleep medications should be recommended by your MD. The side effects to these meds are a safety concern. Never take a sleep aide in the middle of the night when you need to get up early in the morning.

Pat Woerheide, RN



Look forward to a CPR Review in August. Dates will be forthcoming.

Synod Assembly Reflections



The annual Synod Assembly provides an opportunity for representatives from all the churches in the Southeastern Pa. Synod of the ELCA to meet to conduct business and hear

important messages concerning the work of the church. There are many issues covered and the highlights of this year's assembly were as follows:

1. "Opening The Doors" - There is a continuing need for discussions of bigotry of all types. 2017 will mark the final year for Bishop Claire Burkat and she wants to focus on this issue. The SEPA Synod has an Anti-Racism Team that can assist in helping congregations facilitate conversations that will aim to provide a better understanding of issues. Many excellent materials are available. One example: information available at tolerance.org. and visit the SEPA Synod website.
2. "Brave New Church" - Rev. Brad Burke, Assistant to the Bishop for Youth, Young Adult and Spiritual Formation made an excellent forum presentation on the changing landscape of ministry in today's world of politics, Facebook, and millennials. How do we reach people who are seeking answers to so many important questions? How can Reformation be a Church Home for many diverse individuals? The Synod has created the Brave New Church website, podcast, blog and more.
3. "Forward Together in Faith" - This synod-wide campaign is designed to generate resources to equip current and future leaders, encourage innovation by starting new faith communities. help congregations communicate in the language of digital culture and create new networks of leaders and churches to do more together. The goal of the campaign is to raise \$2.5 million to be used in a manner similar to our Endowment Fund to provide income for new programs and technical assistance. We are part of a larger

faith community and our shared resources will provide stability for our Synod and opportunities to assist many individuals and organizations. A video was presented about one of our congregations that established a program to assist deaf and blind individuals in many daily needs, like getting to appointments or filling out job applications with seed money from funds already generated from "Forward Together in Faith". Teams of technically astute individuals are going to be available to assist congregations. These services will help the congregations continue to serve their members, their communities and their missions. Visit the Synod website: Forwardtogetherinfaith.org, and talk to our Pastors, Deacon Beth or Dick Hughey to get more information. Reformation is part of a larger Church body and we know how the work of many can be a positive force for change and assistance to those in need.

Thank you for the opportunity to serve as the Synod Assembly representatives.

Kris and Dick Hughey

Pangani Partnership Grows

Pangani is both a region and city in northeastern Tanzania, Africa. Here at Reformation, we celebrate a global mission partnership with the Pangani Parish, part of the North-Eastern Diocese of the Evangelical Lutheran Church Tanzania (ELCT). The Lutheran church in Pangani is divided into 3 zones and 31 sub-parishes. 2017 marks the 22nd year of companion relationship with the Pangani Parish. Are you interested in global missions? Would you like to serve on a Pangai Partnership Team? Be a global mission or World Hunger advocate? To learn more, see or email Deacon Beth.





REFORMATION LUTHERAN CHURCH
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MEDIA, PA, 19063

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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

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REFORMATION TIMES

JUNE 2017

Called by Christ, we

INVITE all people

SERVE our neighbors

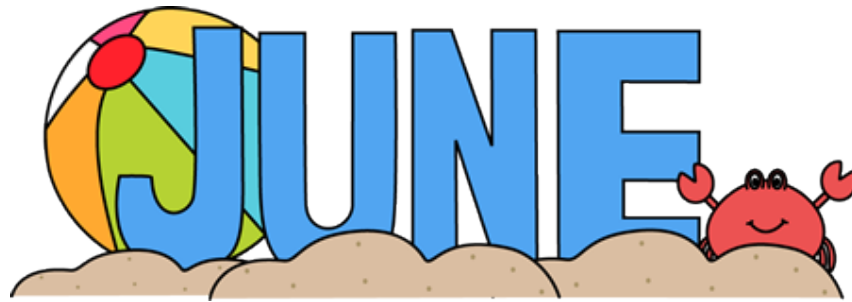
BUILD a living faith

Sunday, June 4
The Day of Pentecost
Graduate Recognition
Reception of New Members

Sunday, June 11
The Holy Trinity
Last Day of Sunday School

Sunday, June 18
Second Sunday After Pentecost
Bear Creek Camp Blessing
Summer Hours Start

Thursday, June 27
Patriotic Concert



Reformation Evangelical Lutheran Church

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Urgent Pastoral Care Line: 610-314-7747

All other phone calls: 610-891-0600

www.relcmmedia.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30 pm Zumba Class 7:30 pm Finance Ministry	2	3 7:30 pm AA
4 Day of Pentecost 8:30 am Worship 9:45 am ELCA Youth Gathering Info Session 9:45 am Sunday School 11:00 am Worship 7:00 pm Dance Lessons 8:00 pm Men's AA	5 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	6 12:00 pm Staff Meeting 1:00 pm Mah Jongg 6:30 pm Zumba class 7:00 pm Pangani Team 7:00 pm Youth Ministry 8:00 pm Women's AA	7 7:00 pm Souls 7:15 pm Prayer Shawl Min. 7:30 pm Chancel Choir	8 6:30 pm Zumba Class 6:30 pm Library Comm.	9	10 7:30 pm AA
11 The Holy Trinity 8:30 am Worship 9:45 am Thrivent 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	12 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	13 10:30 am Staff Meeting 1:00 pm Mah Jongg 6:30 pm Zumba class 7:00 pm Council Meeting 8:00 pm Women's AA	14	15 6:30 pm Zumba Class 7:00 pm Eco-Ministry Team	16	17 7:30 pm AA
18 2nd Sun. after Pentecost 8:30 am Worship 10:00 am Worship 7:00 pm Dance Lessons 8:00 pm Men's AA	19 1:30 pm FA Group 7:00 pm Alanon 8:00 pm Alanon/Alateen	20 12:00 pm Staff Meeting 1:00 pm Mah Jongg 6:30 pm Zumba class 8:00 pm Women's AA	21 7:00 pm Christian Ed. Min.	22 6:30 pm Zumba Class	23	24 7:30 pm AA
25 3rd Sun. after Pentecost 8:30 am Worship 10:00 am Worship 1:30 pm Mah Jongg 7:00 pm Dance Lessons 8:00 pm Men's AA	26 1:30 pm FA Group 7:00 pm Alanon 8:00 pm Alanon/Alateen	27 12:00 pm Staff Meeting 1:00 pm Mah Jongg 7:00 pm Patriotic Concert 8:00 pm Women's AA	28	29 6:30 pm Zumba Class	30	