
REFORMATION TIMES

MAY 2017

BUILDING A LIVING FAITH

Bear Creek Camp Changes Lives



On March 19 Reformation presented a check in the amount of \$10,000 to Bear Creek Camp Executive Director Dan Scharnhorst for their “Campaign for Cabins.” This contribution, from our Endowment Outreach Fund, will pay for one of the cabins that are being erected to replace aging platform tents. Bear Creek Camp, a ministry of our Lutheran Synod, helps individuals explore, celebrate and grow in God’s creation.

Members also generously contributed \$1,000 for Camperships. This amount was matched by our Holiday Offering Fund. The total (\$2,000) will fully fund four needy children to attend camp for a week.

On April 22 twenty-one members took part in the Bear Creek Camp Work Day helping to prepare camp for the coming summer camping season.

Campers Receive Blessing

Are you heading to Bear Creek Camp this summer? On June 18, during our worships, we will be blessing 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 by June 1.

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

Sunday School Ends June 11

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

Pew Projects Are Back



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.



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

Allison Bocian, Evelyn Fernandez, Sean Reagle, and Scott Snyder received their Bibles during worship on April 2.

Isabella Biordi, Angela Falkowski, Evelyn Fernandez, Kevin Gamlin, Etta Hess, Valerie Issa, Olivia Lombardi, and Matteo Machado received their First Communion in April.

Rachel Irvine entered into eternal life on April 2. A funeral service was held at Reformation on April 8.

Gordon Jungbluth entered into eternal life on April 3. A funeral service was held at Reformation on April 7.

Save the Date for VBS



Plan to join us for our Maker's Fun Factory VBS – July 9-13, 2017. Look for more information about registration at the end of May!

Help Create a Banner

Do you enjoy stitching? Working with a team of people? Creating with fabric? If you said yes to any of these three, join a dedicated group of like-minded servants at Reformation on Saturday, May 13, in the Alyce Thompson Room, 9 am - 2 pm. Snacks and lunch will be provided. The goal is to create a banner to support Sermon on the Steps time for summer worship and complete work on the Advent banner. Questions? Contact Deacon Beth or Joyce McNally.

Celebrate Graduates!

We will recognize all Reformation members who will be graduating with the Class of 2017 during worship on Sunday, June 4. Join us as we celebrate what God is doing in the lives of our graduates! If you are graduating from high school or college, please send a short biography to the church office by May 31. If you have any questions, please speak to Pastor Alina.

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.



REFORMATION TIMES

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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*; Alexis Bingeman, Ron Bingeman, Keith Bocian, Emily Black, John Chesters, Karen Chorney, Marian Filtz, Matt Gane, Kristin Gress, Uli Neubert, Walt Woerheide, Pastor Alina Gayeuski, Pastor Wayne Matthias-Long

SERVING OUR NEIGHBORS

Who Makes Ministry Happen?

You make ministry happen at Reformation!

Did you know . . .

- At the end of March, 200 Lent Care Kits for Homeless were given and blessed by Reformation
- 50 Easter Holiday Food Baskets were delivered to local organizations
- Throughout the season of Lent 30 people made soup for Soup Suppers, many more donated food items and time to round out Wednesday night hospitality
- 50 members wrote Lenten Devotions, more than 120 members provided worship leadership on Palm Sunday, Maundy Thursday, Good Friday, Easter Vigil and Easter Day by serving as bulletin office helpers, ushers, greeters, acolytes, readers, liturgists, communion assistants, palm preparers, altar care, flower delivery, choir members, Welcome center, Cookie Angels and much more!
- Gardening Angels worked five different days on the spring clean-up and beautification of our property
- 53 Families donated 115 flowers to beautify our altar for Easter morning

Thank you, people of God for witnessing, giving, and sharing God's love. As Nelson Searcy, in his book *Connect*, has written "Jesus was keen on creating servants, because serving is the ultimate expression of love." Thank you, thank you for your dedication and enthusiasm!

ECO TIP OF THE MONTH

Grow a Healthier Lawn

With the onset of grass cutting remember **longer is better**. Make sure the lawn mower blades are sharp. Grass that is slightly long makes a strong, healthy lawn with few pest problems. Weeds have a hard time taking root and growing when grass is around 2½ to 3½ inches for most types of grass.

OUTSTANDING, WISER LUTHERANS

How to Choose a Financial Planner



The April OWLs meeting featured a presentation by member/naturalist Tom Reeves which was very well received! Also appreciated was the lunch, compliments of the family of Rachel Irvine and some members of the team. Rachel rarely missed a meeting and will definitely be missed!

The May 8 meeting will feature Walt Woerheide who will share his knowledge of designations of financial planners. To brighten a serious subject, Walt will also do some stand-up comedy!

Meetings begin at 12:30, for fellowship, a light lunch. All are welcome!

MEN'S BREAKFAST

Show Off Your Wheels

All men are invited to the annual Antique and Classic Car Show **Saturday, May 13** to enjoy breakfast and join us outside to see some of our friends' and members' collectible cars.

Fellowship and coffee begin at 8:30 am, breakfast at 9:00 and admiration of cars at 9:30.

Join the Discussion!

The Reformation Book Club (pictured below) met in April to discuss the Helen Simonson novel set in England prior to World War I, *The Summer Before the War*. This book, like previous book club selections, will soon be available for borrowing from the Reformation Library.

The next book club selection is the classic Thomas Hardy novel, *Far From the Madding Crowd*. The date for discussing this book has been changed from the previously scheduled one. It is now Tuesday, July 25. Everyone who has read this book, seen the movie, or just wants to hear the discussion is welcome to attend.



l. to r. (standing): Sue Bianco, Becky Prince, Connie Richardson, Karen Chorney, Sandy Coll, Laura Reiter; (sitting) Joy Polito, Edna Bogert.

Worship on Ascension Day

The Delaware Conference of Lutheran Churches will host the annual Ascension Day worship on Thursday, May 25, at 7:00 pm at Holy Trinity Lutheran Church in Wallingford. All are invited to this festival worship. You are also invited to a soup supper beginning at 6:00 p.m. prior to the start of worship.

Take (Musical) Note

Dear Members of Reformation,

Thank you so much for your support of the Chancel Choir! I am happy to announce that two of our Choral Scholars, Zoe Jones and Sara Munson will be returning next year to share their voices and musical talents with the choir and congregation. The process has begun to recruit two new students to fill the bass/baritone and tenor parts. If you know of an accomplished vocalist who is a music student at a local university; I would be happy to get in touch with them. Please send me their information. I can be reached at 440.478.8163, varozek@gmail.com or through the church office.

A very special way you can support the choir is by joining us! We meet every Wednesday at 7:30 for rehearsal and sing regularly at the 8:30 service. Please consider joining us. We need you!

The Patriotic Concert will be here before we know it! It is scheduled this year for Tuesday, June 27. Please let me know if you are interested in participating in this one-time community event.

Last year during the summer, special music at the 8:30 service was provided by some very talented members of our congregation. I will be recruiting for special music again this summer and hope even more of you will be willing to share your musical gifts in praise of our Lord.

Soli Deo Gloria
Valerie Rozek



FROM THE PASTOR

Jacob went on his way and the angels of God met him; and when Jacob saw them he said, "This is God's camp!" So he called that place Mahaniam. – Genesis 32:1-2

From the very beginning of scripture, we hear about camp. Of course, the ancient Israelites had a very different understanding than we do. But in many ways the importance of camp remains. To them it was the place where their faith encountered their lives – as they journeyed from place to place and set up camp, they knew that God went with them and stayed with them. In Jesus, God came and “pitched a tent” right alongside of us and continues to remind us that God moves through this life with us.

Today, camp continues to be a significant part of the way the church is strengthened and renews the faith of many. Quite simply, camp changes lives. Camp became an important part of my faith life – from years of being a camper to working on the staff of camps too. Those experiences have led me into many other ministries in my life, including my call to serve as a pastor of the church.

But you don't have to just take my word for it. A recent research project by Vibrant Faith on the effectiveness of camp said, “Young people are participating more deeply in their faith months after camp is over. They have not formed a new theology or worked out in their heads the specifics of their beliefs ... They have gained something much more valuable: **a desire to be**

in Christian community, a hunger to learn more, and the assurance that faith makes a difference in their lives.”

Reformation's abundant generosity continues to invest in this great ministry of the church. In addition to the \$10,000 from our Endowment Outreach that we were able to contribute to Bear Creek's cabin campaign, members generously gave \$1,000 in offering towards the camp's Campership Fund. This amount was then matched by our Holiday Offering and the total sum will provide for four camper scholarships – making it possible for all children to attend a week at camp. Additionally, 20 members and friends of Reformation headed to camp on April 22 to work on building the new cabins. And soon, we will bless our campers during worship on June 18, and send them off to their week of camp with our prayers accompanying them.

Thank you for celebrating the ministry of camp, supporting our youth, and helping to continue camp's life changing work.

Blessings!

Pastor Alina Gayeuski

P.S.

To read the full Vibrant Faith research report, visit: vibrantfaith.org/2017/03/summer-camp/

To learn more about Bear Creek Camp and register for camp, visit: bearcreekcamp.org

Get Help For Allergies



Spring is the time seasonal allergies affect many people. The symptoms are like a cold, which is caused by viruses, but seasonal allergies (hay fever) never cause general aches and pains, rarely a sore throat and never a fever. However seasonal allergies can cause a cough, fatigue, itchy eyes, sneezing, and a runny stuffy nose. Symptoms can last several weeks to months. So, what helps?

Allergies are caused by triggers in our environment. Pollen is the biggest trigger in Spring and the growing season. You can go to an allergy MD to check for other allergy triggers but let's review seasonal environmental interventions.

The Mayo Clinic allergy website, (www.mayoclinic.org/.../seasonal-allergies), recommends these interventions to reduce exposure and thereby symptoms related to seasonal allergies:

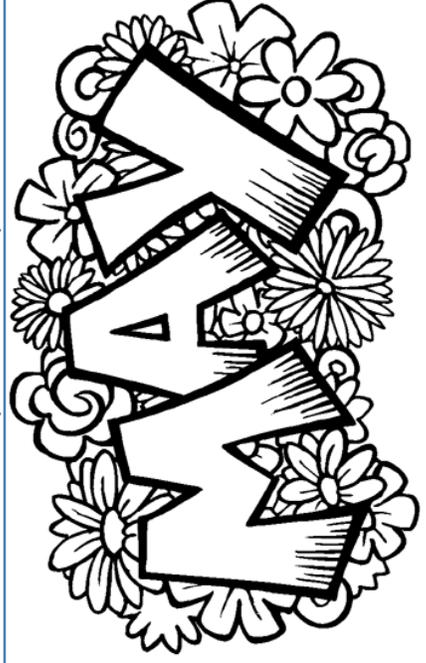
- Stay indoors as much as possible on windy and dry days.
- Delegate gardening chores like, weeding, mowing, and planting.
- Try to reduce indoor air contaminants by keeping your heating and cooling air filters clean, Turn on air conditioning in the car and home as much as possible. Use high efficiency filters and follow maintenance schedules. Humidity also increases irritant concentrations, dehumidifiers are helpful.
- Compact bedroom HEPA (High Efficiency Particulate Arresting) filters can be used. Pollen is 10-40 microns or greater, a HEPA filter removes 99.97% of particulate matter larger than 3 microns
- Clean your house by vacuuming and frequent dusting while wearing a pollen mask, available at most pharmacies. HEPA filters are also available for vacuums.

- Change your clothes after an outdoor activity and take frequent rinsing showers because pollen can get trapped in clothes, hair and on skin. Don't dry laundry outside.
- Frequent hand washing helps and keep hands out of eyes, even though you are itchy. Use a cool clean cloth to wipe eyes.
- Rinsing your sinuses decrease irritation. Distilled water or boiled and cooled tap water can be used. Saline solutions available in stores can directly flush mucus and allergens out of sinuses. Look for a squeeze bottle or a neti pot and follow directions on each. Be sure to clean any articles used between uses and dry and store in sealed containers.
- Close windows and doors at night during high pollen seasons.
- Avoid outdoors when the pollen count is high, especially in the early morning, pollen counts are usually higher in the A.M.

There are no miracle interventions or medications but decreasing triggers and irritation can decrease symptoms of seasonal allergies to a tolerable level. Over the counter antihistamines and decongestants can help, but continual use can be irritating to sinuses. Read the labels and ask pharmacists about interactions with prescription meds and known health problems. Decongestants can cause dizziness and drowsiness. If you have drowsiness or dizziness, restrict use when driving or using machinery. Observe how your allergy meds affect you during use and use caution. Doctors can prescribe pharmaceuticals and even immunizations when precautions and over the counter meds fail. Listen to local news and take extra precautions when the pollen count is high. Using allergy medication before symptoms develop is recommended when the pollen level is high.

Pat Woerheide, RN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	2 12:00 pm Staff Meeting 1:00 pm Mah Jongg 6:30 pm Zumba class 7:00 pm Pangani Mtg 7:00 pm Youth Ministry 8:00 pm Women's AA	3 9:00 am Nursery Sch. Prgrn. 7:00 pm Souls 7:15 pm Prayer Shawl Min. 7:30 pm Chancel Choir	4 6:30 pm Zumba Class 7:30 pm Finance Ministry	5	6 6:30 pm AA	
7th Sunday of Easter 8:30 am Worship 9:45 am Discover Reformation 9:45 am Sunday School 9:45 am Bible Study 11:00 am Women's Connection 11:00 am Worship 4:00 pm Youth Grp. Rock On 7:00 pm Dance Lessons 8:00 pm Men's AA	8 12:30 pm OWLS 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	9 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	10 7:00 pm Souls 8:00 pm Chancel Choir	11 6:30 pm Zumba Class 6:30 pm Library Comm.	12	13 8:30 am Men's Breakfast 9:00 am Quilting Ministry 6:30 pm AA
14th Sunday of Easter 8:30 am Worship 9:45 am Discover Reformation 9:45 am Sunday School 9:45 am Bible Study 9:45 am Women's Connection 11:00 am Worship 1:30 pm Mah Jongg 7:00 pm Dance Lessons 8:00 pm Men's AA	15 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	16 Election Day 12:00 pm Staff Meeting 1:00 pm Mah Jongg 6:30 pm Zumba class 8:00 pm Women's AA	17 7:00 pm Souls 7:30 pm Chancel Choir	18 6:00 am Stay & Play Art/Talent Show 6:30 pm Zumba Class	19 9:45 am Nursery School Graduation rehearsal	20 6:30 pm AA
21st Sunday of Easter 8:30 am Worship 9:45 am Sunday School 9:45 am Bible Study 9:45 am Women's Connection 11:00 am Worship 7:00 pm Dance Lessons 8:00 pm Men's AA	22 9:45 am Nursery School Graduation rehearsal 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	23 12:00 pm Staff Meeting 1:00 pm Mah Jongg 6:30 pm Zumba class 8:00 pm Women's AA	24 10:00 am Nursery School Graduation 7:00 pm Souls 7:30 pm Chancel Choir	25 5:15 pm Feeding the Homeless 6:30 pm Zumba Class 7:00 pm Ascension Day worship at Holy Trinity in Wallingford	26	27 6:30 pm AA
28th Sunday of Easter 8:30 am Worship 11:00 am Worship 1:30 pm Mah Jongg 7:00 pm Dance Lessons 8:00 pm Men's AA	29 Memorial Day 1:30 pm FA Group 7:00 pm Alanon 7:15 pm Boy Scouts 8:00 pm Alanon/Alateen	30 12:00 pm Staff Meeting 1:00 pm Mah Jongg 6:30 pm Zumba class 8:00 pm Women's AA	31 7:00 pm Souls 7:30 pm Chancel Choir			



**Reformation Evangelical
Lutheran Church**
102 West Rose Tree Road, Media, PA 19063
Urgent Pastoral Care Line: 610-314-7747
All other phone calls: 610-891-0600
www.relcmmedia.org

Red Flowers for Pentecost

On The Day of Pentecost, June 4, 2017, our worship space will be decorated with red flowers which will then be planted on our lawn.

The cost to sponsor plants is \$5. Please complete the form below and place it in the offering plate or return it to the church office.
Order deadline is May 21.

Please **Print** Clearly

Your Name _____

Offering Envelope No. _____

In Honor of _____

In Memory of _____

I would like to sponsor _____ plants (each plant is \$5.)

Enclosed is \$ _____

Please make checks payable to *Reformation Lutheran Church*

Deadline to order is Sunday, May 21.



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

Non-Profit
Organization
**U.S. POSTAGE
PAID**
MEDIA, PA 19063
Permit No. 315

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

MAY 2017

Called by Christ, we

INVITE all people

SERVE our neighbors

BUILD a living faith

Sunday, May 7
Fourth Sunday of Easter
Music Sunday

Sunday, May 28
Seventh Sunday of Easter
Installation of Council Members

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