
REFORMATION TIMES

NOVEMBER 2018

SERVE OUR NEIGHBORS

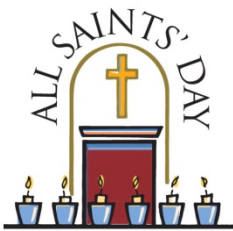
Thanksgiving Food Drive

As Thanksgiving approaches, we again prepare to provide holiday meals to 50 families. Here is how you can help:

- Take a bag and shopping list on **October 28**. Return the bag filled with the non-perishable items on the list by **November 11**.
- Make a financial donation to help purchase the turkeys and other perishable items to make the meal complete.
- Donate a turkey. If you get a free turkey from the supermarket that you would like to donate, tell Linda Lorino. Call 610-325-9918 or see her at church. Let her know by November 11 if you will have a turkey to donate.

Contact Linda Lorino, Deacon Beth, or any member of the Community Action Ministry with any questions.

For All the Saints



are named and remembered on that day:

Marjorie Backus, Janice Bevan, Bill Cooper, John Kulp, Sue Meehan, George Rhoad, Elizabeth Robinson, Barbara Smith, Kimberly Stober, Peter Talbot, Dick Whittington

*“Rest eternal grant them, O Lord;
and let light perpetual shine upon them.”*

We Walk By Faith & Not By Sight

In recent weeks we have been blessed to hear members of our congregation share their “walk by faith” stories.

Our “faith walk” is a personal matter but it is one we do not make alone. We walk by faith with our brothers and sisters in Christ at Reformation. And we always are accompanied by Jesus as we walk by faith.



As we *walk* by faith we also *grow* in faith. We grow in our relationship with God, with each other, and with the world. By God's grace we also grow in the spirit of generosity which God uses to reach the world.

Your generous spirit makes it possible for our congregation to accomplish great things in both our congregation and in the community. Your continuing and growing financial support helps to sustain and strengthen all our ministries.

Please look for your pledge card for the Annual Fund to arrive in your home by mail in early November. Please review the guidelines on the back of the pledge card and prayerfully consider your gift to the Annual Fund. Consider how God is calling you to be faithful and to grow in your response to God's gifts to you.

Please bring your completed pledge card with you to worship on **Commitment Sunday, November 11**. You can also return your card to the church before or after November 11.

Thank you for your continued generosity and support of our annual stewardship campaign. Together, **we walk by faith!**

SERVING OUR NEIGHBORS

Living Generously

When we think of Thanksgiving and Christmas, we think of family, food, and exchanging gifts. This holiday season, you can help our less fortunate neighbors enjoy the holidays with those same things. Our Community Action Ministry has several ways you can do this:

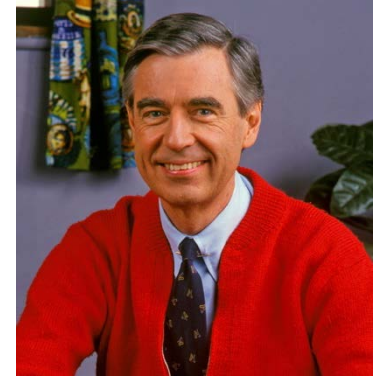
- Fill a bag of food, donate a turkey, or donate money to provide families with a Thanksgiving or Christmas dinner. Bags with lists of specified canned and packaged foods will be distributed on October 28 and November 4 for Thanksgiving dinners. Please return the filled bags by **Sunday, November 11**. Bags will be distributed on November 25 and December 2 for Christmas dinners.
- Take a tag from the Saint Nicholas table and purchase a gift for someone in need – child, family, or senior citizen. The table with tags will be located in the hallway across from the office beginning November 18. Please plan to bring your unwrapped gift by December 9.
- **St. Nicholas Shopping on Amazon** – You can shop for items requested by the organizations we support from Reformation's wish list on Amazon and any items you purchase will be shipped directly to the church. Remember to use [smile.amazon.com](https://www.smile.amazon.com) and specify Reformation as the charity to benefit from your shopping. More details will be provided in the near future.

Our outreach is done through local organizations such as: Aid For Friends, Second Time Around Parents, Ken Crest, Silver Springs School, Lutheran Settlement House, The Migrant Ministry, and Chester Eastside Inc. These organizations provide support to many throughout the year. But they need our help to do it. Please help share our bounty with neighbors in need during the upcoming holiday season. Look for more information in the weekly *Reformation Times Lite* in the weeks ahead.

Faithbuilders

Won't You Be My Neighbor?

Starting **Sunday, November 11**, at 9:45 am in Creighton Hall, the Faith and Life Connections class begins a new four-week session featuring the life and ministry of



Rev. Dr. Fred Rogers. Yes, Mr. Rogers! As we continue to walk by faith by living our mission, the Faith and Life Connections class invites you to be a part of an ongoing faith engagement dialogue. Questions? See Laura Reiter or Deacon Beth.

Be Still - Holy Interruptions

Saturday, November 3, 9:00 am to noon.

Utilizing our Reformation Fall 2018 theme, *Walk By Faith*, this workshop focuses on mindful, intentional walking and the movie *Walk with Me*, featuring Thich Naht Hanh. Through poetry, art, music, guided meditation, reflection stations and invitations into silence, you are invited to a morning of intentional quiet space. Sign up in the lobby or speak to any member of the staff.

REFORMATION TIMES

Published Monthly by

Reformation Lutheran Church

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

Congregation Council and Officers

Marian Filtz, *President*; Kristin Gress, *Vice President*; Dick Hughey, *Secretary*; Tom Conroy, *Treasurer*; Emily Black, Brett Conley, Talitha D'Italia, Marilyn Gilroy, Skip Hoffman, Uli Neubert, Layla Phillips, Mike Polito, Walt Woerheide, Pastor Alina Gayeuski, Pastor Wayne Matthias-Long



If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.

1 Corinthians 12:26

Nicholas James Bonaventure, son of Lindsey Moretti and Nick Bonaventure, was baptized at Reformation on September 30.

Julia Biordi, Arianna D'Italia, Joelle Hacik, Valerie Issa, Kelsey Schaub, Jordan Sharer, and Maia Simmons affirmed the promises made at their baptisms during the Rite of Confirmation during the 11:00 worship on October 21.

YOUTH GROUP Cookie Bake



All youth in grades 6-12 are invited to participate in a Thanksgiving Cookie Bake on **Sunday, November 11**. We will gather at 12

noon for a pizza lunch followed by cookie baking in Creighton Hall. We will finish by 2 pm. These cookies will go into our Thanksgiving Food Bags that are donated to local organizations. A sign-up email will be sent out to parents. See Debbie Conley or Pastor Alina with any questions.

Harvey Cedars @ Tuscarora

The Harvey Cedars @ Tuscarora Retreat, for all youth in grades 6-12, will be held **April 5-7**. Registration materials and payment will be due by **Sunday, January 20**. More information will be communicated with parents via e-mail. Please speak with Pastor Alina if you have any questions.

December Preview

There are many upcoming events in December. Mark your calendars and plan to join us! Look for more details in next month's newsletter, the weekly bulletin announcements, and on our website.

December 2

Longing for the Light of Healing and Hope at both worships

December 9

St. Nicholas Gift Giving during both worships

December 16

Christmas Caroling following the 11:00 worship

December 23

Blessing of the Greens during both worships
Hanging of the Greens following the 11:00 worship

December 24

Christmas Eve Worship at 2:00, 4:00, 6:00, and 8:00 pm

December 25

Christmas Day Worship at 10:00 am

December 30

First Sunday of Christmas Worship at 10:00 am



Start your Ovens



Please consider donating homemade or purchased cookies to bring holiday joy to our homebound. Drop them off in the Creighton Hall kitchen and label them

“Christmas Caroling and Food Bags” by **December 2.**

Family Hayride at Arasapha

Families are invited to join us on **Sunday, December 2**, for the Arasapha Holiday Hayride. We will gather at the church at 6:00 pm and at Arasapha at 6:30. A sign up email will be sent out. See Pastor Alina with any questions.

Men at Work

The Men's Breakfast is scheduled for **Saturday, November 10**, and the men's group is asking Reformation Men to help out around the Church for a morning of service to clean up leaves and pick up fallen branches – and, if the weather is mild enough, throw some horseshoes. Please bring your rakes and gloves and a hearty appetite. Coffee hour and Fellowship begin at 8:30 am, breakfast is served at 9:00 and by 9:30 am we will be ready to have some fun outside.



Jazz Concert Delights Audience

Thank you all for coming out to Reformation's first "Jazz Night!" We had a great time, with an enthusiastic audience of about 55. The majority of attendees also completed our audience survey; if you were there and forgot to turn yours in please email Erik at

erik.flaten@relcmedia.org



Honor Our Veterans

Sunday, November 11, is Veterans Day. To honor all our members and friends who served in the military, veterans are invited to set up displays which highlight their service and experiences. Tables will be set up in the hallway near the lobby for your use. All veterans are encouraged to bring photos and any other personal memorabilia. Your church family wants to see and hear your story. By setting up a display, you help all learn about your important contribution to our country and allow us to thank you for your service!

Free Piano Recital



Join us for our next free concert, **Sunday, November 18**, at 4:00 pm, featuring internationally acclaimed concert pianist, John Pickett. Following his

Carnegie Recital Hall debut The New York Times praised his "impeccable" pianism. The program will feature great works by the masters of piano, including Chopin and Beethoven.

Special Socks Sunday – Nov. 11

Wear your special socks (funny socks, silly socks, favorite socks, outlandish socks – any kind of “special” socks!) to worship on **Sunday, November 11**. That day is Commitment Sunday and we are celebrating our theme, **We Walk By Faith**, by inviting you to walk in your “special socks.” This is a fun way to show that our walk of faith is a joyful walk because we walk with Jesus and with each other. Show us your socks!



Help Yourself to a Rock

Our Confirmation Students, Parents, and Mentors have created the Reformation Faith Rock Garden. Located outside the main entrance across from the bench, these rocks offer encouraging and faith-filled messages. Feel free to take one, share one with someone else, or make one to leave in the garden! There is a bowl of blank rocks on the counter in the gathering space.



Website Resources

Do you know all the things you can do on our website? Under the Resources tab on relcmedia.org, you will find links where you can:

- View this Newsletter Online
- Access Taking Faith Home
- See our most up-to-date calendar
- Search our library
- Access our online directory
- Notify the office of any changes to your address, phone number, email, etc.
- Request a person be added to our prayer list
- View our Annual Report

Movie and Potluck Supper



Please join the Eco Ministry on **Friday, November 2**, for our annual fall movie night. A potluck supper will precede the movie at 6:30. Showtime is 7.

Our featured attractions will be three eco-related TED Talks, each of which will be followed by a short discussion. It should be an evening that will spark your thinking!

ECO Ministry Tip

Ten surprising things that can be recycled will be reviewed one per month.

This month **Sneakers:**

Donate used but wearable sneakers to a local home-less shelter or to oneworldrunning.com which will pass them to needy athletes around the world. If the sneakers are a real wreck send them to Nike's Reuse-a-shoe program where they will be ground up and used for tracks, gym floors and play ground surfaces.

Next Month: Batteries



Shop for Books

On Sundays **November 4, 11, and 18**, a Sparkhouse Book Fair display will be up in the Sunday School hallway downstairs. These books and videos make great Christmas gifts!



Our Book Fair, sponsored by Sparkhouse Family, will feature a wide variety of books. Order forms can be filled out and returned, with payment, to the church office. Families will be notified when the orders arrive at Reformation. There will be free Spark magazines and a chance to win a Bible! Please speak with Pastor Alina if you have any questions.

Notify the Office

Make sure you to stay up-to-date with news of events and activities here at Reformation by ensuring that the office has your current phone numbers, email addresses, and mailing addresses. If you move, suspend mail service for extended travel, change internet providers and thus your email, or cancel your land line, please notify Anna in the office (x110 or rlc@relcmedia.org).

Grateful for Donations and Help

A big THANK YOU to all those who donated underwear to the needy, and to Dave Smith, Keith Bocian, Christel Badey, and Doris Gilmour who came out on October 10 to help with the heavy work. Reformation donated 411 items, and on October 11 we gave away 6,061 items, for a YTD total of 18,086 to ten agencies. Thanks again!



Sally Burkam

Longing For the Light

December 2 is the First Sunday in Advent. Worship that day will include our “Longing for the Light of Healing and Hope” liturgy which includes a Prayer Litany and, optionally, Candle Lighting and Individual Prayer for Healing.

OWLs Distribute Funds

The OWLs Steering Committee has decided to donate the group’s remaining funds (over \$200) to Lutheran Disaster Response for Hurricane Florence relief. These funds accumulated over the years from free-will offerings for food and meeting expenses. Members who provided food often generously declined to be reimbursed and most programs were also donated. The OWLs will not be meeting for the foreseeable future due to a lack of volunteers to lead the group.

Advent Gospel Procession

There will be a special opportunity for children to participate in worship during the season of Advent (which begins on December 2). Children will be invited to help the preacher bring the Bible forward from a table in the back of the sanctuary and stand around the preacher for the reading of the gospel. Everyone will then continue with the Sermon on the Steps as usual in the service.



Woodie Benson Honored for WW II Service

In mid-October Woodie Benson was honored for his service in the Army Air Corps during World War II with a flight on a vintage B-17, the same aircraft on which he served as a navigator over the Pacific for 29 months, logging more than 1,400 hours of flight (more than half of which were combat hours). The flight was piloted by the nephew of Woodie’s commanding officer in the 57th Squadron, of which Woodie is the last surviving member. The B-17, pictured here at the Lancaster Airport, is one of only 48 remaining in existence; of which only 4 fly regularly (most are in museums).



Woodie Benson (l.) talks with pilot Tom Ewing (r.) and co-pilot (name unknown).

Serve and Learn

On **Sunday, December 9**, as part of our St. Nicholas Celebration, Erica Zaveloff and Vashti Bledsoe from Lutheran Settlement House (LSH) will be with us. During the education hour, at 9:45 am, in Creighton Hall, there will be an opportunity to make blankets for the children served by LSH and to learn about the work LSH does. ALL are welcome!

Library News



We Have a Winner in the Bulletin Board Contest!

Natalie D'Italia won an Amazon gift card for correctly identifying the connections between pairs of books

displayed on the library bulletin board. Honorable Mention goes to the members of the Confirmation Class. Thanks to others who participated.

Stop by the always-interesting library bulletin board to see new acquisitions, special themes, and a glimpse at the scope of our collection.

What to Read Now

As Thanksgiving nears and Christmas is on the horizon, here are a few selections to consider.

For appreciating what we have and extending compassion: Truman Capote's collection of short stories based on his childhood, *The Thanksgiving Visitor*, provides an intimate look at growing up in the South through Thanksgiving and Christmas celebrations.

For taking some of the unproductive stress out of the holidays, Judy Pace Christie's *Hurry Less, Worry Less: having the holiday season you long for* offers ideas for managing unproductive activity while increasing your sense of the reason for the holidays.

And for further planning ideas, Nancy Twigg's *Celebrate Simply* might be just what you want to allow you time to fully appreciate the essence of these holidays.

For other seasonal books, stop by the library in person to explore, or use our online catalog.

Volunteer to Serve

If you are interested in serving as an Advent Wreath lighter at one of our worships during the Advent season (Sundays, December 2, 9, 16, and 23), please contact the church office (rlc@relcmedia.org) and tell us the dates and worships you are able to serve.



Asante Sana, Jesu!

On Tuesday, September 25, Reformation hosted Bishop Stephen Munga of the North East Diocese, Evangelical Lutheran Church in Tanzania. During the day, Pastor Alina and Deacon Beth shared the beauty of Longwood Gardens with Bishop Munga and visited Elwyn to see first-hand the Reformation-Elwyn Partnership. In the evening, many members participated in the Meet and Greet and Holden Evening Prayer. Laughter, friendship, storytelling, prayer, and blessings were shared throughout the day. Yes, we do 'bega kwa bega.' As we walk by faith, we stand 'shoulder to shoulder' with our companion relationship. Asante sana, Jesu!



Bishop Munga and Pastor Alina visit Valerie at Elwyn

NURSE'S NOTE

November is Diabetes Awareness Month

When you have diabetes, your body has difficulty using glucose for energy. When you eat, your body turns most of the food you eat into glucose. A diabetic stores glucose in the blood instead of using it. This stored glucose can damage your body causing heart disease, blindness, nerve damage, kidney failure or stroke.

One in ten adults has diabetes, which the National Institute of Health estimates is 30 million people. The NIH also notes that one in three Americans are prediabetic, which is 84 million people! A prediabetic is someone starting to have increased glucose in their blood but it is not high enough to be diagnosed as diabetes.

There are various types of diabetes – you can learn about this from the American diabetic Association. I'd like to explore the prevention of TYPE 2 Diabetes. Type 2 diabetes is the most common form of diabetes. Normally your pancreas makes enough insulin to use the glucose you get from food. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. When you eat food your body breaks down all the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin allows the sugar from the blood into the cells, so the glucose can be used. Diabetes is a chronic disease and can be progressive.

Here is the good news! You can do a lot to prevent and treat type two diabetes:

- Get regular check-ups with your doctor. Have him or her check your blood sugar. Most people don't know if their blood sugar is elevated. Follow the instructions for your care.
- Find out if you are at risk for diabetes. You are at risk if you are: over 40 years of age; a male; a woman with gestational diabetes; have a family member who has diabetes; have been diagnosed with high blood pressure or high cholesterol; are not physically active; or are over weight.
- Eat healthy to stay at a healthy weight and if overweight reduce your weight even if only 10%. Include a variety of fruits and vegetables, low fat dairy and protein options. Cut back on saturated fats and exclude trans fats. Choose foods with unsaturated fats like seafood, nuts, seeds and oils. Share desserts. Fill your plate with ¼ protein, ¼ grains, ½ fruits and vegetables.
- Exercise. Aim for at least two and a half hours weekly of moderate aerobic activity like gym activity, biking or fast walking. Take the exercise option in all you do.

If you have questions, call your doctor or me, your Parish Nurse.

Pat Woerheide, RN
Parish 
Nurse



100 years ago – on the 11th hour of the 11th day of the 11th month (Nov. 11, 1918) – the Armistice was signed ending the hostilities of World War I.

One year later, Nov. 11, 1919, the United Kingdom, the United States, and many other countries observed Armistice Day to celebrate peace as a universal principle following four years of horrific warfare. Armistice Day was born and was designated as a day to be dedicated to the cause of world peace. Some countries still observe Armistice Day but in 1954 the U.S. Congress changed the name of the holiday to Veterans Day “in order that a grateful nation, on a day dedicated to the cause of world peace, may pay homage to all of its veterans” (*Changing Armistice Day to Veterans Day*, H.Rept. 1333, p. 1).

Since 1985 organizations such as Veterans for Peace (veteransforpeace.org) have encouraged Americans to recover the original focus of Armistice Day and Veterans Day – lifting up the cause of world peace while honoring the sacrifices of veterans. They fear that a day dedicated to honoring the warrior has morphed into a day honoring the military and glorifying war.

Matters of war and peace are challenging issues for thoughtful and faithful Christians. Innumerable biblical passages make clear that God desires all human beings to live in peace and harmony with one another. Among many other titles, Jesus is known as the “Prince of Peace.”

Throughout the history of Christianity, many Christians have regarded pacifism (the belief

that war of any kind is morally unacceptable) as the only faithful position. Many other Christians have held the view that, under certain clearly defined and limited conditions (the “Just War Doctrine”), war may be an acceptable last resort.

At worship on Sunday, November 11, we will recognize Reformation members who have served in our nation’s armed forces. We do so not to glorify war but to honor their willingness to serve and sacrifice for the common good.

Whatever your views on war and peace, I hope you will join us to honor those who have served.

With gratitude for all who serve,
Pastor Wayne Matthias-Long

We Appreciate Your Appreciation

We are very grateful for all the kind thoughts, cards, and prayers with which you showered us for “Pastor Appreciation Month.” We thank God for the joyful privilege of sharing in ministry with all the saints at Reformation Lutheran Church. May God continue to bless us all to be a blessing to others.

Pastor Wayne, Pastor Alina, and Deacon Beth

*Thank
You*



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

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

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

Return Service Requested

Pastors

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

Phone: 610-891-0600
FAX: 610-566-7036
www.relcmmedia.org

Label

REFORMATION TIMES

NOVEMBER 2018

Called by Christ, we

INVITE all people

SERVE our neighbors

BUILD a living faith

Sunday, November 4
All Saints' Sunday

Sunday, November 11
Commitment Sunday
Youth Group Cookie Bake – noon

Sunday, November 18
Piano Recital – 4:00 pm