

## In October ...

- **Sunday, October 4** -  
Worldwide Communion
- **Saturday, October 10** 1-  
5 PM Durham Community  
Day
- **Monday, October 12** at  
1:30 PM - WELCA
- **Tuesday, October 13** -  
Upper Bucks Rostered  
Leaders meet here,  
starting at 9:30 AM
- **Sunday, October 18**—  
Bake Sale benefitting  
Community Dinner at Rie-  
gelsville Fire House  
starting at 9 AM
- **Sunday, October 18**—  
CROP Walk starting at  
12:30 at St. Peter's
- Sunday, October 25 -  
Reformation Sunday
- **Tuesday, October 27** -  
Finance Committee at 7

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## Where We've Been - Where We're Going

You may or may not know that I have now been your pastor and partner of ministry for 20 years. Donna and I began serving ELC of Durham and St. Luke's Lutheran, Ferndale (together) in the Fall of 1995. When we arrived, we were city folk through and through. I wasn't sure about this new cultural and church environment. Houses were much farther apart. Gas stations and stores were much farther away. There were lots of hunters, sportsmen associations, motorcycles -- none of which we were accustomed to in Philadelphia. Another aspect of our world here was the abundance of farmland, gardens, tress, and wildlife (again very uncommon in the city). It was going to be a sea-change for us.

You members who were here in 1995 had gone through a series of short pastorates which had thrown congregational challenges your way. Numbers were down, and many folks had either left for another church or simply slipped away. You had some understandable fear and insecurity about the future. How long would the Deals stay? Would we be able to bring some people back, or attract new people to experience God's grace?

Well, here's what happened: We Deals, and I in particular, have grown to love the environment and the people of Upper Bucks. And I've discovered more similarities than differences in the ministry that needs to be done. People laugh and cry, are born and die, need love and forgiveness, whether city mice or country mice. I've grown to love this community, and especially all of you. And God has given us lots of surprises: a recent growth in young families, children, and others seeking a welcoming and caring community (which all of you have formed here), a tremendous financial gift which has helped to reduce our fear for the future, and, most importantly, a congregational core value of service to others after the example of Christ.

On this, my 20th anniversary of ministry with you, I am so privileged and grateful. And I'm hoping to continue here at least a while longer. As we serve together today and tomorrow, God is prodding us to more outreach with young families, youth and children. God is inviting us to be more open to the cultural changes around us. And God is promising to be with us through it all.

Thank you for calling me and supporting me during these 20 years.

*~ Pastor David Deal*



We bid farewell to Summer and welcomed Fall with our picnic on September 13<sup>th</sup>. We also welcomed three new members that day, Bonnie de Portillo, [Dave Pyne's Mom]; Scott Gaun, [Tom's son]; and Jill Williams, [Josie's and baby Benjamin's Mom]. We've also had to say a reluctant good-bye to Moira Hower, who has been such a mainstay for Care-a-Lot, as she returns to school herself, for a Master's degree. We are very pleased to welcome Melissa Hoffman, a member of St. Mathew's, and mother of Quinn, known to many of us from Vacation Bible School, as our new teacher for the younger class.

We have a new toilet in the Ladies Room as a result of an object falling into the old one while it was flushing. While it seemed to still function, you know it was a catastrophe waiting to happen, probably on Christmas Eve.

October brings Durham Community Day on the 10<sup>th</sup>. Nockamixon Township no longer has its Community Day, but the Open Space Committee, the Gallows Run Watershed Association, and the Heritage Conservancy are throwing a party in a barn on the property on the corner behind Palisades High School and you're all invited. It's on October 9<sup>th</sup> from 6-9pm. Oh, and by the way, there's an art exhibit, which is a fundraiser for land preservation in this area. The artists are from Durham, Springfield, or Nockamixon, including, of course, my husband. The exhibit continues Saturday and Sunday from 2-5. Please don't feel pressured to buy anything; come enjoy the fun and the community spirit.

On October 18<sup>th</sup>, we'll be participating in the Crop Walk again. It will be followed by fellowship for the fledgling Youth Group at St. Peter's.

Next Council Meeting: October 13<sup>th</sup> at 6:30

Council Assignments for October: Joe Hlavaty and Cheryl Mesko

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## CHURCH OFFICE HOURS

Pastor Deal plans to be at the Church Office on Monday, Wednesday, and Thursday mornings from 10 AM to noon. He will be at the Parsonage Office on Friday mornings. The phone number at the parsonage is 610-346-8314.

Ann Wong, Church Secretary, plans to be at the Church Office on Tuesday and Thursday afternoons from 1:00 to 5:00 PM. It is always best to call the Church Office at 610-346-8500 before coming over.

If there is something you need outside of regular Church Office hours, leave a message for Pastor Deal at 610-346-8314, or e-mail Ann at [evangel@durhamlutheran.org](mailto:evangel@durhamlutheran.org).



**New Church Directories** will be available at the end of October.

Many, many thanks to all who filled out an information form and saved us the time and effort of tracking you down!

# Outreach

Helen Dungan

**Harvest home:** Thanks to all who contributed to our Harvest Home collection – we took 18 bags of groceries to the two food banks

**Food baskets:** For Harvest Home, Helen Dungan presented a food basket in memory of Montford and Helen Nicholas, who were volunteers from our church at the Easton food bank for years.

**Durham Community Day:** On Saturday, October 10, we will be sharing information about our church and preschool to members of the community. We need volunteers to sit at our table and chat with those who stop by. Please come.

Our September meeting was held on a beautiful day on the Dungan's deck. We talked about some deep and troubling issues that Women of the ELCA are focusing on – immigration / refugees, human trafficking and mental illness.



Helen Dungan

Our **next meeting is October 12, 2015 at 1:30** in the church fellowship hall. Gladys Nicholas will be our leader; Barb Naska our hostess. We will receive our Thankofferings at this time.

We traditionally do this at our November meeting; but this year we will be hosting the **Upper Bucks Conference Women of the ELCA on Saturday November 14<sup>th</sup> at 1:30**. The theme for this gathering is Giving Thanks. The scripture is 1 Thessalonians 5:16-18 - *"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."* We will be hosting a planning meeting for the program on Sunday, October 4<sup>th</sup> at the church at 2:00 PM. All who wish to attend are invited for lunch at the Dungan's preceding the meeting.

## **PALISADES CLUSTER of Lutheran Churches** -- Helen Dungan

The next **Palisades Lutheran Cluster meeting is Sunday, October 11, 2015, 3 PM at Christ Lutheran Church, Main Street, Springtown**. The main topic will be finalizing plans for the CROP Walk.

**CROP Walk:** Will be held October 18<sup>th</sup>, starting at 1:00. Youth participants will have the opportunity for fellowship and refreshments following the walk at St. Peters.

## **Note from Norma ...**

If you subscribe to the magazine "Guideposts," be sure to check the October 2015 issue for a story by Reta Bieber in the "Mysterious Ways - More than Coincidence" section. Reta explains how a chance occurrence led to the discovery that she had cancer. Check it out!

## October Worship Assistants

	4*	11	18*	25*
Youth Acolyte & Communion Assistant	Jack Pyne	Nicholas Phillipps	Makenzie Naska	Matthew Mueller
Greeter(s)	Althea Crouse	Virginia Hager	Jayne Miller	Cathy Mueller & Family
Lay Worship Assistant/ Lector	Mark Harwick	Ken Anderson	Alain Apgar	Cathy Mueller
Council Communion Assistants	Joe Hlavaty Cheryl Mesko		Joe Hlavaty Cheryl Mesko	Joe Hlavaty Cheryl Mesko
Counters	Lynn Gaun, Beth Snyder * Asterisk indicates that Holy Communion will be served.			
Head Usher	Althea Crouse			
Altar Guild	Nancy Moskella and Mary Crouse			

	October Birthdays		October Anniversaries		October Baptisms
1	Ed Haney, Jessica Lehr, Scott Lehr			1	Barbara Naska
2	Austin Apgar				
5	Pastor Deal, Conner Aquino, Silas Rodenbach (84)	5	JoAnn & Jack Thaler (52)		
6	Virginia Hager			6	Robert Crouse, Joan Mammana
7	Lois Altemose	13	Bruce & Lisa Crouse (25)		
18	Karen Bolesta	15	Val & Paul McGinn (21)	15	Sharron Streletz
20	Lee Ann Kressman	20	Linda & David Sauter (34)		
21	Ed Xander	22	Diane & Steve DeWalt (32)	22	Nicholas Litzenberger
				23	Pastor Deal
25	Cheryl Mesko			25	Jim Nicholas, Silas Rodenbach
30	Benjamin J. Naska			30	Jessica Fisher Johnson
31	Nicole Crouse			31	Adam Mesko



Welcome fall! October brings changes in the feel of our weather as well as what we see in the world around us. This is a perfect time to examine three of our five senses. This month we will touch, taste, and smell a variety of things as we visit Trauger's Farm Market. We will enjoy a hayride and a flower and veggie experience. Since October is Fire Prevention Month, we will discuss fire safety and have a visit from the fire department.

In Math, we will learn all about shapes and more about numbers. This month Pastor Dave will talk with us about Treating Others the Way We Want to Be Treated. Our Halloween Parade and Party will be on Thursday, October 29 at 9:30 AM. Please feel free to come and see the children parade in their costumes and receive Halloween treats from our parents.

Warmly,

Mrs. Pason, Mrs. Errico, Mrs. Hoffman

**NOTE:** *Moir Hower will be going back to school to pursue a Master's Degree, so we welcome Melissa Hoffman to our Care-A-Lot team of teachers.*

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## PRAYER





## Memorials ...

Funds in the amount of \$4255 in memory of **Harold E. Nicholas** were received from:

Tom & Marion Breisch; Rosemary Lehman; Silas & Norma Rodenbach; Margaret Wildonger; Sally Waterbury; Hazel & Frank Clymer; Sandra Huegel; Ernest & Deborah Angstadt; Donald & Mary Crouse; Helen Ballek; Kathy Perna; Don & Gerry Seipt; Ruth & William Highet; John & Nancy Boyer; Margaret Leister; Helen Dungan; Robert & Mary Holena; Fred & Mimi Foerster; Ruth Holena; Rebecca Chillet; Tom & Helen Seifert; Jim & Lois Altemose; Andrew Marchetta; Dorothy Peterman; Rosemary Jubinsky; Blue Water Transactions Advisors; Alice Arbogst; John & Dorothy Taylor; Ken & Carol Lundie; Marjorie Snyder; Evelyn Newcomb; Joseph & Sara Quinn; Althea Crouse; Jeanne Zulick; Larry Moyer; Leo & Betty Fox; Kathleen Kriebel; Esther & Bob Crouse; Wayne & Cheryl Mesko; Ken & Cleo Eck; James Nicholas; Jack & Patricia Taylor; Mark Harwick; and Kori Bezemek.



## PALISADES AREA CROP WALK

Sunday, October 18

Registration begins at **12:30 PM**

at St. Peter's in Riegelsville

1 Mile and 4 Mile Walks along

The Delaware Fiver Canal begin at 1 PM  
(right through Trauger's Farm)

The walk will include games, special challenges, and lots of fun and fellowship.

Join with churches all over the world with  
CROP/Church World Service to  
**END HUNGER ONE STEP AT A TIME!**

Sign-up forms and pledge forms are in the Narthex. You can connect online with our CROP Walk Team either to walk or donate at:

[http://hunger.cwsglobal.org/site/TR/2015CROPHungerWalks/TR-CHW2015?team\\_id=120879&pg=team&fr\\_id=20694](http://hunger.cwsglobal.org/site/TR/2015CROPHungerWalks/TR-CHW2015?team_id=120879&pg=team&fr_id=20694)



*75 % of the proceeds from this walk go to CROP to fight hunger globally, and 25% stay locally to support The Lord's Pantry and Meals on Wheels.*

## Palisades Cluster Youth Unite



On Sunday, September 20, about 20 Middle School and High School youth and adults from St. Peter's in Riegelsville, Trinity Lutheran in Pleasant Valley, and ELC of Durham came together at Trinity for pizza, ice cream sundaes, games, and vision. After eating and playing, the youth shared their hopes for ministry they could do together with larger numbers than just with their own congregational youth.

It was an exciting time of brainstorming and sharing. Here are some of the possibilities for the future: "Sleepout for Homelessness;" visiting and volunteering at a soup kitchen in the Lehigh Valley; visiting the Welcome Church (a homeless congregation) in Philadelphia; a servant trip to Tom's River, NJ (recovering from Hurricane Sandy); "Trunk or Treat;" Movie Nights; Hunger Simulation and/or Fast; visiting Muhlenberg College; and so much more. Most of the youth present said they would be walking in the upcoming October 18 CROP Walk, which is our next cluster-scheduled youth event. **Please pray for our cluster youth as they "Rise Up Together."**

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### Upper Bucks Conference Rostered Leaders Come to ELC of Durham - Tuesday, October 13

From September through May, pastors, church musicians, Christian Education directors and others gather on a monthly basis to network and to grow in faith together. On October 13, the Rev. Dr. Philip Kreg, newly installed Pastor at St. Andrew's in Perkasio and former President of the Lutheran Theological Seminary in Philadelphia, will be the presenter for the day at the monthly meeting to be held here at Durham. His topic will be the Gospel of Luke and specifically the scriptural texts for the Season of Advent, beginning a new Church Year in December. You are also invited to come and hear the Re. Dr. Kreg. The schedule for the day is:

- 9:30 - 10:00 AM    Coffee, tea, goodies, and fellowship
- 10-10:30 AM        Brief Worship to prepare us for the presentation
- 10:30-12:15 PM    Dr. Kreg's presentation
- Catered lunch to follow in the fellowship hall.

If you would like to attend, please RSVP to Pastor Deal by phone at 610-346-8314 or by email at [evangel@durhamlutheran.org](mailto:evangel@durhamlutheran.org).

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### MARK YOUR CALENDAR with these Upcoming Events ...

**All Saints' Day - Sunday November 1** - We celebrate all the baptized of every generation and remember with candles, bells, and prayer the saints who have gone before us and now rest from their labors. Don't miss this celebration of all the saints of God (that includes us!)

**Sunday, November 22 at 4 PM - Annual Ecumenical Community Thanksgiving Service** - at Salem UMC in Springtown. More details to follow.

**Saturday, December 5 - Free Community Holiday Dinner at the Riegelsville Fire House.**

Sponsored by nearby congregations and the Firehouse, we feast side by side with our neighbors. More details to follow. Bakers are needed for 2 bake sales which fund the dinner: October 19 and November 15, both at 9 AM at the Firehouse.

## HEADACHES

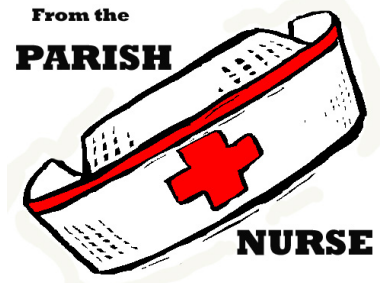
There isn't anyone who doesn't suffer from a headache now and then. According to the National Headache Foundation, forty-five million people suffer from chronic, recurring headaches every year.

In the following causes of headaches, there are probably some that may surprise you.

1. Heat – Weather can have a large impact on headaches. Heat and humidity are most often associated with headaches, but rain or changes in barometric pressure can be culprits.
2. Dehydration can cause headaches by activating the pain sensitive nerves of the head. The Mayo Clinic recommends that women drink nine cups of fluid a day and men drink thirteen.
3. Stress is a major cause of headaches. Destressing with activities such as yoga or relaxing outdoors has been recommended.
4. Red wine can cause a headache. It contains tyramine, which affects blood vessels causing headaches.
5. Strenuous exercise can cause headaches either during or after the activity. Some of these activities may be running, rowing, swimming, and weight lifting.
6. Smells - Since there is a direct connection to the brain certain smells may be a trigger for headaches. Such smells may be perfume, paint, or flowers.
7. Bad posture – “Slouching” or having bad posture will build up pressure in the head and neck muscles leading to headaches.
8. Caffeine withdrawal- The National Headache Foundation states that caffeine withdrawal will occur “after consuming more than 200 mg of caffeine per day for at least two weeks.” It is recommended to slowly decrease caffeine intake, rather than stopping abruptly.
9. Cured/Smoked meats contain tyramine and nitrates that can trigger headaches. This includes cold cuts and processed meats.
10. Cheese – Eating aged cheeses such as cheddar, blue, and Swiss can be triggers. They also contain tyramine.
11. Bright or flashing lights may not be the primary cause of a headache but seem to worsen an existing one. (Mayo Clinic.com)

October is Breast Cancer and Prostate Cancer Awareness Month and is a good time to schedule those screenings to detect these cancers.

God Bless You,  
Mary Hurley , RN



Be sure to LIKE our page on Facebook! With each person who likes and shares our posts, our EVANGELISM increases EXPONENTIALLY!

<https://www.facebook.com/pages/Evangelical-Lutheran-Church-of-Durham/166596531706>



# October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pastor's Office Hours: Monday, Wednesday, Thursday 10 AM – Noon Secretary's Office Hours: Tuesday, Thursday 1 to 5 PM				<b>1</b> CAL - 9 AM – 12:30 PM	<b>2</b>	<b>3</b> Pastor's Day Off
<b>4</b> <i>Worldwide Communion</i> 9 AM Christian Ed 10:30 AM Baptism/Holy Communion/Blessing of Pets	<b>5</b>	<b>6</b> CAL - 9 AM – 12:30 PM	<b>7</b> CAL - 9 AM – 12:30 PM 6:30 PM Choir	<b>8</b> CAL - 9 AM – 12:30 PM	<b>9</b>	<b>10</b> Durham Community Day 1-5 PM
<b>11</b> 9 AM Christian Ed 10:30 AM Worship – Service of the Word	<b>12</b> WELCA – 1:30 PM <i>Columbus Day</i>	<b>13</b> 9:30 AM – UBC Rostered Leaders meeting here at Durham 6:30 PM Church Council	<b>14</b> CAL - 9 AM – 12:30 PM 6:30 PM Choir	<b>15</b> CAL - 9 AM – 12:30 PM	<b>16</b>	<b>17</b> Pastor's Day Off
<b>18</b> 9 AM BAKE SALE at Riegelsville Fire House for Community Dinner 9 AM Christian Ed 10:30 AM – Communion 12:30 PM – CROP Walk	<b>19</b>	<b>20</b> CAL - 9 AM – 12:30 PM	<b>21</b> CAL - 9 AM – 12:30 PM 6:30 PM Choir	<b>22</b> CAL - 9 AM – 12:30 PM	<b>23</b>	<b>24</b> Pastor's Day Off
<b>25</b> <i>Reformation Sunday</i> 9 AM Christian Ed 10:30 AM	<b>26</b>	<b>27</b> CAL - 9 AM – 12:30 PM 7 PM – Finance Committee – Budget Proposals	<b>28</b> CAL - 9 AM – 12:30 PM 6:30 PM Choir	<b>29</b> CAL - 9 AM – 12:30 PM	<b>30</b>	<b>31</b> <i>Reformation Day</i> <i>Halloween</i>

# *Evangelical Lutheran Church of Durham*

*"The church on the hill, lighting the way to God's love"*

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HAPPY HALLOWEEN!

# *EVANGEL*

