

In December ...

- **Saturday, December 5**
Community Dinner
- **Saturday, December 12**
Palisades Youth Caroling
- **Sunday, December 13-**
Budget Meeting, Congrega-
tional Dinner
- **Friday, December 18 -**
Red Cross Blood Drive at
St. John UCC
- **Sunday, December 20-**
Children's Christmas Pro-
gram, Caroling to Home-
bound
- **Thursday, December 24 -**
5:00 PM - Children's Ser-
vice, 7:30 PM Candlelight
Communion

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Seasons of Advent, Christmas, and Epiphany

Luke's Light of Hope Shining in a New Church Year

Bombs and senseless killing in Paris ... Christians shot during Bible Study in Charleston ... Cyber attacks and cyber bullying seemingly everywhere ... Economic struggle ... Ethnic, religious, and political violence and civil war in many places ... Climate disasters, floods, storms, earthquakes, glaciers melting, seas rising, drought, wildfires ... migrants and refugees fleeing war and terror and government collapse ... Herod as the cruel, selfish and corrupt king ... Augustus as Caesar, the Roman Empire ruling violently over Judah ... Fear and hopelessness in many places and many times ... THEN... a baby is born in a tiny town of Bethlehem. His name is Jesus. And, so says the scriptures, he comes as "Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace." (Isaiah 9:6)

On November 29, we began a new church year, the year of Luke, when Luke's Gospel will be held up during Christmas and in the church year ahead. Luke's gospel narrates the story of Jesus who comes to us as Emmanuel, God with us in the world as it is ... darkness and all. Yet, Jesus shines light and hope over the world. He shows us a God of mercy who will save us from our fear and our sin. He comes to restore human dignity, to break the bonds of subjugation of any kind.

He brings salvation to Israel and to all the nations. His mission is summed up in these words, which we will hear again on January 24, 2016:

"The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor." (Luke 4:19-19)

Jesus comes to us in the year of Luke with good news for the poor and hungry, the sick or grieving, the oppressed, the guilt-ridden, the disconsolate, the hopeless. Please come and share in worship the message of Luke, and the saving presence of our Lord Jesus Christ!

~ Pastor David Deal

Sundays of Advent - 11/29, 12/6, 12/13 at 10:30 AM - Expectation, Preparation, Rejoicing

Fourth Sunday of Advent - 12/20 - 10:30 AM "Sing A Song of Christmas" Sunday School Program, Carols

Christmas Eve - 12/24 - 5:00 PM - "Joseph Dearest, Mary Mine" Service for the very young

7:30 PM - Candlelight Communion Service

Council Corner

From your Council President ...

The Congregational Meeting for approval of the 2016 budget is scheduled for December 13th after worship. I hope by now many of you have

taken a copy of the proposed budget home and reviewed it. If you can convey any questions or concerns to Council beforehand, it might help shorten the meeting. Then we can all get downstairs to that delicious dinner WELCA has prepared for us.

The other meeting required by our constitution is more problematic. It's important to try to have the Annual Meeting before Council reorganizes at its March meeting and elects officers. Easter is early next year, so February 7th, the last Sunday before Lent begins, is our projected meeting date. We know how unpredictable the weather can be then, and how difficult it can be to decide, even a day or two ahead, whether to proceed with cooking and setting up for a big dinner or postpone. Having two large dinners every winter is a wonderful tradition. It's great fellowship, and it rewards those who care enough about the functioning of the church to stay for the meeting, thereby giving us our required quorum. But it also means a lot of work for all the members who prepare the food, as well as for Council. Do we want to consider changing this tradition? No, we can't abolish the meeting. However, we could simplify things by just having Council supply some reasonably healthy snacks like crackers and cheese and coffee. These could be consumed during the meeting, and we'd all get home a lot earlier. Let us know what you think about this at the Budget Meeting.

Now just a reminder to our employees who have contact with children. We need copies of your State Police, Department of Human Services, and FBI background checks before the end of December. Volunteers who have been working with our kids for years have until June, but we all know how time flies. Since the State Police ones are now free, please redo those when you do your DHS ones so the expiration dates will agree for renewal in 5 years. New volunteers for children's activities have to supply background checks before starting. Please don't be discouraged by this; the kids need you.

Val McGinn, Council President

Council Meetings: December 8th and January 12th at 6:30

Council Assignments for December: Ken Anderson and Val McGinn

January : Beth Snyder and Joe Hlavaty

2015 Palisades Area CROP Walk - Treasurer's Update

Grand Total Raised: \$4,808.00.

Thrivent Financial will send Church World Service an additional \$500.00.

Christ Lutheran, Pipersville – \$1,005.00	Christ Lutheran, Springtown – \$283.00
Evangelical Lutheran Durham – \$1,565.00	St. John UCC, Riegelsville – \$90.00
St. Luke Lutheran, Ferndale – \$435.00	St. Peter's Lutheran, Riegelsville – \$735.00.
Trinity Lutheran, Pleasant Valley – \$530.00	Trinity UCC, Pleasant Valley – \$165.00



The next meeting of the Palisades Cluster is January 10, 2016 (with Jan. 17 as the snow date) at 3:00 PM at St Luke's, Ferndale.

Outreach - Helen Dungan

Caroling: After church on Sunday December 20th (weather permitting) we will sing carols to some of our shut-in members. We will begin caroling at the Dungan's and share a light lunch there before heading on to our next stop. Please join us – all ages and singing levels are welcome. **You do NOT have to be a great singer to share the music of Christmas.**

Food Banks:

December – peanut butter and jelly. January – soup in preparation for Souper Bowl of Caring. However, **everything** is welcome, If you find something on sale at a really good price, please donate it. Both food banks appreciate all donations.

Food baskets: The following food baskets were placed on the altar during November,
November 8th - the Mueller family in honor of Matthew's birthday.
November 15th - the Andersons in memory of Paul Musser
November 22nd - Ed Xander donated a food basket in memory of Nancy Jean Xander. And the Pre-school presented the basket of food they had been collecting for the month.

If you would like to honor or memorialize a loved one with a food basket, please sign on the sheet on the bulletin board in the narthex; include your dedication. If you do the shopping yourself, any non-perishable item is appreciated. Alternatively, I can do the shopping. Minimum price is \$25 (the cost of altar flowers.)

Souper Bowl of Caring: On Super Bowl Sunday, we will again be collecting cans of soup for the food banks. More details in the February newsletter.



Helen Dungan

In November we hosted the **Upper Bucks Conference WELCA gathering.** Karen Reeve from Habitat for Humanity spoke to us about new program they are providing called **A Brush with Kindness.** Home owners whose income is below 80% of the average income for the county are eligible for help making repairs to the outside of their homes. Habitat offers low interest loans to pay for supplies and paid staff; but most of the work is done by volunteers. Anyone applying must be up to date on their mortgage and tax payments (they don't want to further drive a struggling person into debt.) Karen interviews applicants and in some cases supplies counseling and referrals to other sources of help. For example, she said that Home Depot has a program which aids veterans, and she directs all veterans to them. We filled Karen's car with donations to the Habitat store.

On **Sunday December 13th**, following the budget meeting, WELCA will host our annual Christmas covered dish dinner. Please join us for a time of fellowship and good food. We will supply the beverages, rolls & butter; you bring a dish and/or desert to share. The tables will be decorated with poinsettias which will be given to our shut-in members.

Our January meeting will be held Monday January 11, 2016 at 1:30 in the church fellowship hall. The main order of business is the January Soup Supper.

January Soup Supper information is on page 6.

December Worship Assistants

	6*	13*	20	24* Christmas Eve	27
Youth Acolyte & Communion Asst.	Samantha Mueller	Nicholas Phillipps	Charlotte Humphreys	Young Adults	TBA
Greeter(s)	Val McGinn	Carole Ulmer Sharon Finn	Jim & Karen Beerer	5 PM Aquino Fam. 7:30 Lois & Jim Altemose	Scott Gaun
Lay Worship Assistant/ Lector	Scott Gaun	Bob Starling Maggie Fischer	TBA	5 PM Children 7:30 PM Jessica Lehr	Tom Gaun
Council Communion Assistants	Val McGinn, Ken Anderson	Val McGinn, Ken Anderson		Val McGinn, Ken Anderson	
Counters	Val McGinn, Ken Anderson				
Head Usher	Cheryl Mesko				
Altar Guild	Barb & Makenizie Naska, Beth & Luke Snyder				
* Indicates Communion will be served					

	December Birthdays		December Anniversaries		December Baptisms
2	Clayton Lechlitter	8	Dianna and Peter Streletz (25th)	1	Kerri Rhine
14	Victoria Phillipps Benjamin Williams			2	Blake Trauger
19	Bob Starling	21	Kathy and Joe Hlavaty (41st)		
20	Valerie McGinn	26	Cheryl and Wayne Mesko (39th)	6	Brian Ashmore, Sr.
23	Clayton Helfrich	28	Jayne and Jim Miller (47th)	8	Brendan Snyder
27	Gerry Seipt (88th)	29	Lois and Jim Altemose (42nd)	9	Lois Altemose
29	Myron Kressman	30	Gerry and Don Seipt (65th) Laura and Dave Helfrich (9th)	10	Jocelyn Frey Hunter Frey
30	George Kreitz			11	Alex Crouse
				15	Lee Ann Kressman
				18	Ken Anderson
				23	Coraline Truager
Other December baptisms, exact date unknown: Nancy Fox, Cheryl Mesko, Cathy Mueller, Matthew Mueller.					

January Worship Assistants

	3*	10	17*	24	31
Youth Acolyte & Communion Asst.	Jack Pyne	Samantha Mueller	Conner Aquino	Hunter Aquino	Nicholas Phillipps
Greeter(s)	Miriam Anderson	Scott Gaun	Bob & Esther Crouse	Mary Erceg & Joanne Zieg-enfuss	Althea Crouse
Lay Worship Asst./ Lector	TBA	Linda Sauter	Val McGinn	TBA	TBA
Council Communion Assistants	Joe Hlavaty Beth Snyder		Joe Hlavaty Beth Snyder		
Counters	Joe Hlavaty and Beth Snyder				
Head Usher	David Sauter				
Altar Guild	Mark Harwick & Barb Naska				
* Indicates Communion will be served					

	January Birthdays		January Anniversaries		January Baptisms
1	Ruth Behm (95th)	8	Betty and Leo Fox (67th)	6	Kaitlin Jensen
5	Joe Hlavaty			9	Faye Gadwell Conner Aquino
12	Landon Helfrich			10	Austin Apgar, Joanne
14	Joann Thaler			26	George Kreitz
15	Don Crouse, Kathy Hlavaty			27	Joe Hlavaty, Chris Apgar, Scott Apgar
16	Jim Altemose			28	Kenneth Crouse
18	Rachel Crouse			29	Mark Harwick
25	Audrey Bolesta				
30	Carolyn Williams				
31	Rachael Roney				

Other January baptisms, exact date unknown: Victoria Phillipps, Peter Miller



January Soup supper:

Date: Wednesday January 20th **Time:** 4:00 to 6:30.

Soups: vegetable beef and potato.

Price: Quart of soup - \$6.00 (please bring your own container; we have some quart jars but not enough for everyone)

Eat In (includes soup, bread, beverage and dessert) - \$6.00 for adults; \$3.00 for kids 6-12; 5 and under free

Please join us at 9:00 a.m. **Wednesday** morning to chat, peel potatoes, chop vegetables and prepare the soups. We have BASKETS of potatoes to peel as well as other vegetables so there is lots of opportunity to chat.

We also have tables to set up and take down, bread and desserts to bake, pots and dishes to wash, and soup to serve, There is plenty of work and we need lots of helpers. Volunteers to help with serving and dishwashing are needed beginning around 3:30. Helpers to take down the tables and putting chairs away are needed around 6:30.

Monday we will be cooking bones for the beef broth; help is needed around 5 for straining the broth, and washing pots. If you can help Monday evening, please let Helen Dungan know.

And remember, ***ALL proceeds are donated to hunger causes.***

~ Some December-January Event/Mission Highlights~

Saturday, December 5 - FREE Community Dinner from 2-7 PM at the Riegelsville Firehouse.

Sunday, December 6 - Christmas Ingathering of Gifts for institutions, foster children, and Pennies from Heaven

Saturday, December 11 - Palisades Youth Caroling in Springtown, Riegelsville, Durham (time TBA)

Sunday, December 13 - Congregational Budget meeting immediately following 10:30 AM Advent Worship, followed by a festive Christmas Covered Dish downstairs in the Fellowship Hall - Sponsored by WELCA.

Sunday, December 20 - Sunday School Christmas Worship presentation of "Sing a Song of Christmas" at 10:30 AM.

ALSO on December 20 - Christmas Caroling to the homebound following worship, beginning from the home of Helen Dungan.

Sunday, December 27 - First Sunday of Christmas. No Sunday School. 10:30 AM Christmas Worship Service of Lessons and Carols, with Guest Preacher, Rev. James Heckman.

January 3, 2016 - No Sunday School - 10:30 AM Holy Communion and special Epiphany Service "The Light of Wisdom" (observing a little early the Day of Epiphany which falls on January 6)

January 10, 2016 - Sunday School and Confirmation resume - Celebrating the Baptism of Our Lord - affirming our own Baptism.

January 23, 2016 - "Growing in God Now - Shaping Faith for a Changing World" - Conference learning event, 3 AM - 3 PM at St. Peter's Lutheran in Hilltown. Registration materials available soon.

Sunday, February 7, 2016 - Annual Congregation Meeting. See Council Corner on page 2 for details.

Care-A-Lot News



As we prepare for the Christmas holiday, we embrace the changes that occur with the weather. We will discuss the colder temperatures with shorter days and snow that is likely to come and stay! In science, we will talk about the winter changes and how it affects some animals. Hibernation is one topic we will explore. We will review numbers through number games in math.

Our Christian theme is Faith and Giving and Pastor Dave will read stories about our theme from the Spark Bible during December. We will talk about the birth of our Lord, Jesus Christ. We will sing Christmas Carols. The culmination of our month of learning will be on December 22 when we perform the traditional Nativity Story for our families and friends. Our Christmas program will begin at 9:30 AM. We hope our church community will join us also. Following the play we will gather for a reception with refreshments.

Preschool resumes on January 5, after the Christmas holiday. We will celebrate the New Year with a special Pajama Day. We will wear our PJ's to Care-A-Lot and after a countdown, we will dance and play to celebrate the start of 2016. Balloons and noise makers will make it even more fun and festive!

In January, we will get back to science with an investigation of the human body. We will take a field trip to the Premier Urgent Care facility in Hellertown. We will take a tour and see the equipment used to detect medical problems. A doctor will meet with us and discuss how we can keep our bodies healthy and strong. In math, we will begin a lesson on symmetry. We will discuss how our bodies are symmetrical. We will incorporate symmetry into our art projects. In particular, we will create painted butterfly's that are perfectly balanced on both sides.

Our Christian Theme is Tolerance and Diversity for the month of January. During the month we will talk about the many differences between people. We will discuss what makes each of us special and unique, but also how we are all God's children and how God loves us all and wants us to accept and love each other! Have a Blessed Christmas and Happy New Year!!

Love,

Mrs. Pason, Mrs. Errico and Mrs. Hoffman

PRAYER *Please lift up in prayer the following:*

THANK YOU to Joe Hlavaty, Nancy Fox, and all who came out to support the 4th Annual Community Dinner ! What a great occasion for our Community to fellowship together!



Community Blood Drive Friday December 18th 2pm - 7pm

St. John UCC 651 Easton Rd, Riegelsville, PA 18077

To signup go to www.redcrossblood.org

sponsor code Riegelsville

Or 1-800- redcross

Eligibility questions call 1-866-236-3276



**Give a meaningful gift this holiday season.
Donate blood.**

Christmas Flowers It is time to order Poinsettias, and Cyclamen to decorate our chancel for Christmas. Orders will be taken until December 13. Please remember to include your phone number. You can sign up for flowers on the sheet in the Narthex, or you can order by mail. Make checks payable to Evangelical Lutheran Church of Durham. To order by mail, fill out the chart below. Place your payment in an envelope—clearly marked Christmas Flowers -- and put it into the offering plate or mail to: Victoria Phillipps, 100 Meadows Lane, Riegelsville, PA 18077. Any questions, please contact Victoria at 610-346-1996.



Quantity	Plant Description	Price	Total Amount	In Honor/In Memory of
	Red Poinsettia	\$7.00		
	White Poinsettia	\$7.00		
	Cyclamen (whatever color is available) 4.5"	\$7.00		
	Grand Total			

God's Work. Our Hands. - Pastor David Deal

SleepOUT 4 Homelessness - This event took place from 7 PM on Saturday evening, November 14, to 8 AM the following Sunday morning. 233 kids and adults from Bucks and Montgomery counties slept in makeshift cardboard shelters. Before going to bed, they participated in educational simulations about what it might be like to be poor and/or homeless. ELC of Durham had a brave crew consisting of Georgana, Jim, Emma, Alivia, and Charlotte Humphreys; Cathy and Matthew Mueller; and Pastor Deal. We teamed up with a group from Trinity Lutheran and Trinity UCC in Pleasant Valley, and St. Peter's Lutheran in Riegelsville. More than \$25,000 was raised to assist with the fight against homelessness in our area. Emma, Alivia, Charlotte, and Matthew collected about \$900. Great work!

Working Together to End Malaria - The ELCA Malaria Campaign has exceeded its fundraising goal of \$15 million!!! Do you remember our participation a few years ago? THANK YOU for the part you played in contributing to the success of this mission effort. You have helped to protect countless lives from Malaria. While the ELCA Malaria Campaign will officially end on January 31, 2016, our commitment to ending deaths from this disease will not. In the coming years, support to our companions and partners to address malaria will come through gifts to ELCA World Hunger, which has a long history of supporting health-related work.

Give to Fight World Hunger in 2015 - Use the special Thanksgiving offering envelope in your 2015 offering box, which is designated for this cause. If you don't have an offering box, make your check payable to 'Evangelical Lutheran Church of Durham,' with 'World Hunger' in the memo line.

Palisades Area CROP Walk - Thanks be to God! The results are in. There were 77 walkers who participated on October 18 in either the 1 mile or 4 mile walk. 21 of these represented ELC of Durham. As you can see from the list published by Cluster Treasurer Linda Frey on page 2, ELC of Durham walkers collected more than \$1600! THANK YOU! THANK YOU! Together, we are continuing to end hunger one step at a time. 25% of the total raised will fight hunger locally, benefitting the Riegelsville Meals on Wheels and the Lord's Pantry.

Homeless Ministry Begins December 1 - AHUB (Advocates for the Homeless of Upper Bucks) Code Blue Homeless Shelter program has permanently located this winter to 501 W. Broad Street in Quakertown, the Masonic Lodge building. AHUB will operate from December first to March 31 on any evening when the temperature or wind chill drops to 26°F or below. Many new volunteers from various churches in the area have signed up, training has taken place, and many supplies have been donated. There is one additional way YOU may be able to help, with meal donations. Each evening when the shelter is open, a hot meal is served around 9:30 PM. Food for 8-10 adults is need. Meals should be ready to "heat and serve," rich in carbohydrates, and not difficult to chew. Food may be prepared ahead of time, frozen, and stored in the freezer at the shelter kitchen. However, due to limited freezer space at the shelter, it is preferred that meals be dropped off at 8:30 PM on the assigned day. Food should be in disposable containers no larger than 9" x 9" and clearly marked with the entrée name, your name, and Code Blue. Snack donations are also accepted for guests to take with them as they leave the shelter. Contact Pastor Deal or Louise Butcher (267-377-5090) with questions.

Continued on the next page ...

Dear Friends & Family of Durham Church;

Once again, I plan to start the New Year with a mission trip. Sharing our talents and assisting others, is a great way to keep the Holiday spirit alive!

On January 10, 2016, I will be joining Discovery Service Projects with their next project in Tulum, Mexico. We will be working with Solo Cristo Salva, a House church that is ready to move into a building of their own. They have secured land in town and will have a footing dug and poured before Discovery Services arrives January 3rd, to work for 4 weeks. We will be assisting with the construction of a hurricane -proof church.

I will be attending week 2 of the project. Once again, I look forward to serving those who need & appreciate our assistance. I am grateful for the experiences I get & I always gain personal enrichment from serving others.

Discovery Services has a website if you wish to learn more about the project or to see what other projects we have been doing. Your prayers of support are always welcome! Wishing each of you a blessed & wonderful Christmas!

Your friend in Christ,
Mary Crouse

FREE CONCERT -- Quakertown Varsity Singers
Saturday, December 19 at 6:30 PM
at Trinity Lutheran Church, 2170 Route 212 in Pleasant Valley
Free refreshments



God's Work. Our Hands. *Continued ...*

Mission Support - It's not too late to use on of those 4 yellow 'Mission Support' envelopes from your 2015 offering box. The second-mile gift that you contribute to 'Mission Support' helps us do God's work in places where we cannot be physically present. Please make a generous gift to 'Mission Support' before the end of the calendar year.

Souper Bowl of Caring - This year the Souper Bowl of Caring falls on February 7, 2016, the same day that our Annual Congregational Meeting is scheduled for. Between now and then, look for specials on canned soup and other non-perishables. Collect as many cans as you can! Bring them to worship on or before February 7. We will also collect \$\$\$ for the Lord's Pantry and Project Easton Food pantries on that day.

Alternative Christmas Gifts - Are you looking to give gifts that grow the church, fight hunger, and transform lives??? Then you may want to give a gift through the **ELCA Good Gifts Program**. You are able to select the gift you want to give from a catalog. We have a copy of the Good Gifts Catalog on the Mission Table in the Narthex, or you can order by phone (1-800-638-3522) or online at www.elca.org/goodgifts

GROWING IN GOD NOW: *Shaping Faith for a Changing World*

2016 Upper Bucks Conference Learning Event



Saturday, January 23, 2016 -- 9 AM to 3 PM at

St. Peter's Lutheran Church, Hilltown, PA

Catered lunch included in registration

Featuring the Reverend Bradley Burke, Assistant to the Bishop for Youth and Young Adult Ministry

Workshops include: The Book of Faith (Rev. Paul Lutz) -- Creating a Space for Relational Family Ministry (Rev. Dane Skilbred) -- Discovering the Catechumenate "The Way" (Rev. Tyler Rasmussen) -- Forming Faith through Early Childhood Music (Andrea Baxter) -- Biblical Storytelling (Rev. Paul Lutz) -- Going Deeper and Further (Panel Discussion of year-long studies programs and off-site options)

See Pastor Deal for Registration Forms.

From the November 22, 2015 edition of the Philadelphia Inquirer - "Currents" Section

I am proud of Gov. Wolf's decision to continue to work with the federal government in welcoming Syrian refugees.

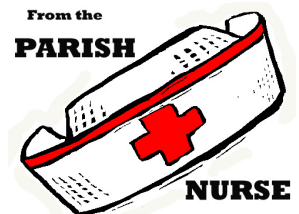
As we mourn the lives lost in Paris and Beirut, we remember that ordinary Syrians have also suffered persecution by their government and a merciless terrorist organization. Imagine trying to raise your children in such an environment. Imagine trying to move them to safety; only to be that you are now considered suspect.

Pennsylvania has long welcomed diverse refugees. Nationally, Lutherans have welcomed more than a half-million. The US Refugee Admissions Program is a secure, public-private partnership that has saved the lives of vulnerable people and helped them thrive and give back to the United States. Thanks to a robust screening process implemented by the State Department, the Department of Homeland Security, and others, we have welcomed refugees with confidence and very positive results. It breaks my heart that so many other governors have abandoned that honorable tradition now, when the need is so great.

~ Rev. Claire S. Burkat, Bishop

Southeastern Pennsylvania Synod, Evangelical Lutheran Church in America

DEPRESSION Research indicates that depressive illnesses are disorders of the brain. Depression is a common but serious illness. Most people who experience depression need treatment to get better. Medications, psychotherapies, and other methods can effectively treat depression.



Depression is more common in women than men. Biological, life-cycle, hormonal, and psychological factors that women experience may be linked to women's higher depression rate. Researchers have shown that hormones directly affect the brain's chemistry that controls emotions and mood. For example, women are especially vulnerable to developing postpartum depression after giving birth, when hormonal and physical changes and the new responsibility of caring for a newborn can be overwhelming. During the transition into menopause, some women experience an increased risk for depression. Scientists are exploring how the cyclical rise and fall of estrogen and other hormones may affect a woman's brain chemistry.

Men often experience depression differently than women. Women are likely to have feelings of sadness, worthlessness, and excessive guilt. Men are more likely to be tired, irritable, a loss of interest in once pleasurable activities, and difficulty sleeping. They may become frustrated, discouraged, angry, and sometimes abusive. They also may be more likely to turn to alcohol or drugs. Although more women attempt suicide, many more men die by suicide.

Depression is not a normal part of aging. Studies show that most seniors have satisfying lives, despite having more illnesses or physical problems. It can be difficult to distinguish depression in older adults. Many experience grief after the loss of a loved one and grief is a normal reaction. Researchers are studying the relationship between complicated grief or grief that lasts for a very long time and depression. Medical conditions such as heart disease, stroke, or cancer may cause depressive symptoms. Some medications may have side effects that can contribute to symptoms.

The following are some lifestyle and home remedies from the Mayo Clinic:

- *Stick to a treatment plan. Do not skip sessions or medications. Depressive symptoms may return and one may experience withdrawal like symptoms.
- *Educate yourself about depression. This information can empower and motivate you to stick to a treatment plan.
- *Pay attention to warning signs.
- *Exercise and don't be a "couch potato".
- *Avoid alcohol and drugs. In the long run they worsen symptoms and make depression harder to treat.
- *Get plenty of sleep. Stick to a sleep schedule. Go and get up at the same time every day, even weekends. Do not go to bed hungry or stuffed and avoid alcohol, nicotine, and caffeine as they have stimulating effects. Create a cool, dark, quiet environment, be wary of using the TV or electronic devices.

The National Institute of Mental Health funds cutting edge research into this debilitating disorder. The most common treatments for depression are medication and psychotherapy. If you or a loved one is experiencing depression call your family doctor or call 911 to go to a hospital emergency room for immediate help. Never dismiss feelings, especially of suicide. Point out realities and hope. Talk and listen carefully. Do not isolate yourself or leave a loved one alone. Go out for walks, outings, and other activities. Do not push to take on too much too soon. Set realistic goals. Use the toll-free 24 hour hotline of the National Suicide Prevention Lifeline at 1-800-273-8255. Be patient, whether it is yourself or a loved one, for with time and treatment the depression will lift.

God Bless You, Mary Hurley, RN

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
AHUB - Code Blue - Shelter for the homeless begins December 1 - The shelter is open when the temperature and/or windchill is below 26°F and is located at 501 W. Broad Street in Quakertown.	1 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	2 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	3 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	4 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	5 FREE Community Dinner @ Riegelsville Firehouse	6 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir
7 Advent II - Christmas Ingathering of Gifts 9 AM Christian Ed, Confirmation 10:30 AM Communion	8 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Church Council	9 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Church Council	10 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	11 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	12 6:30 PM - Palisades Youth Christmas Caroling	13 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir
14 Advent III 9 AM Christian Ed 10:30 AM Communion 11:30 AM Budget Meeting followed by CHRISTMAS DINNER!	15 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	16 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	17 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	18 Red Cross Blood Drive 2-7 PM St. John UCC Riegelsville	19 Pastor's Day Off	20 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir
21 Advent IV 9 AM Christian Ed 10:30 AM Sunday School Christmas Presentation Noon - Lunch and Caroling	22 Winter Begins Care-A-Lot Christmas Program	23 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir	24 Christmas Eve 5 PM Children's Service 7:30 PM Candlelight Communion	25 Christmas Day!	26 Pastor's Day Off	27 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir
28 NO SUNDAY SCHOOL 10:30 AM Christmas Worship - Lessons and Carols	29 Church Office is CLOSED!!!	30 Church Office is CLOSED!!!	31 Church Office is CLOSED!!!	32 Church Office is CLOSED!!!	33 Care-A-Lot Preschool is off from December 23 through January 4, 2016. Classes resume on January 5th.	34 Care-A-Lot 9 AM - 12:30 PM 6:30 PM Choir
35 Pastor Deal is on vacation December 27-31!	36 Pastor Deal is on vacation December 27-31!	37 Pastor Deal is on vacation December 27-31!	38 Pastor Deal is on vacation December 27-31!	39 Pastor Deal is on vacation December 27-31!	40 Pastor Deal is on vacation December 27-31!	41 Pastor Deal is on vacation December 27-31!

A decorative border of holly leaves and red berries surrounds the text on the page.

December 2015

To Our Church Family

Please consider making an extra donation toward a Christmas gift for Pastor Deal and our other loyal staff. Any amount you can afford will be greatly appreciated.

Just mark an envelope "Christmas Gifts" and place it in the collection plate or mail to Ken Anderson, P.O. Box 51, Durham PA 18039-0051.

Thank you for your generosity. Wishing you all a blessed Christmas.

Val McGinn,
Council President

Evangelical Lutheran Church of Durham

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

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EVANGEL



December 2015 - January 2016

Seasons of Advent, Christmas, and Epiphany