

In February ...

- **Sunday, February 1-**
Souper Bowl of Caring
- **Saturday, February 7,**
"Connecting the Web of
Faith"
- **Tuesday, February 10**
WELCA at 1:30 PM
- **Sunday, February 15-** An-
nual Congregational
Meeting & Covered Dish
- **Monday, February 16 -**
Red Cross Blood Drive
- **Wednesday, February 18**
- Ash Wednesday worship
at 1 & 7:30 PM

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"Lent - A Solemn and Serious Return to the Lord"

Lent begins on Ash Wednesday, February 18, with a solemn call to repentance as we begin our annual journey to the baptismal waters of Easter. Lent is a "reality check" - a time to put aside any notions we have of self-sufficiency, perfection, self-created power. We are human beings - fragile and self-centered. As the Ash Wednesday liturgy will remind us: "Remember you are dust, and to dust you shall return." We are called to "return to the Lord," our creator, our redeemer, our hope. Despite our straying from God and God's will, God offers us forgiveness and new life, eternal life, through the sacrifice of Jesus, God's Son. During this Lenten Season (from February 18-April 5), we the people of God can reflect on the meaning of our baptism into Christ's death and resurrection.

Striking a balance between self-righteousness and personal shame, we always need to remember that God loves us; Jesus loves us. For this reason, I have included the following reflection from Mother Theresa, a fitting piece as we begin Lent together.

~ *Pastor David Deal*

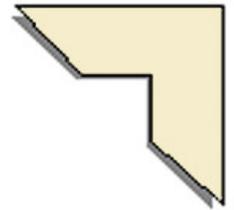
The Fulfillment Jesus Wants for Us - A Talk to the Sisters by Blessed Teresa of Calcutta

Jesus wants me to tell you again...how much love he has for each one of you — beyond all you can imagine. I worry some of you still have not really met Jesus — one to one — you and Jesus alone. We may spend time in chapel — but have you seen with the eyes of your soul how he looks at you with love? Do you really know the living Jesus — not from books but from being with him in your heart? Have you heard the loving words he speaks to you?

Ask for the grace; he is longing to give it. Until you can hear Jesus in the silence of your own heart, you will not be able to hear him saying, "I thirst" in the hearts of the poor. Never give up this daily intimate contact with Jesus as the real living person — not just the idea. How can we last even one day without hearing Jesus say, "I love you" — impossible. Our soul needs that as much as the body needs to breathe the air. If not, prayer is dead — meditation only thinking. Jesus wants you each to hear him — speaking in the silence of your heart.

Be careful of all that can block that personal contact with the living Jesus. The devil may try to use the hurts of life, and sometimes our own mistakes — to make you feel it is impossible that Jesus really loves you, is really cleaving to you. This is a danger for all of us. And so sad, because it is completely opposite of what Jesus is really wanting, waiting to tell you. Not only that he loves you, but even more — he longs for you. He misses you when you don't come close. He thirsts for you. He loves you always, even when you don't feel worthy.

Continued on page 2



Council has been diligently working on the boiler situation. The current plan is to try to nurse the old boiler along until the weather warms up in late March or early April if at all possible. We learned that removal of the old boiler and installation of the new would take closer to a week rather than the day or two we originally anticipated. We would have to rent heating equipment or drain and winterize the pipes, additional expenses we hope to avoid. Meanwhile, we are getting the new boiler ordered, a process which takes a couple of weeks. It will be delivered to the company chosen to install it for us, and be available if the old one lets go completely. We are keeping the water supply to the boiler shut off to minimize potential flooding, checking the pressure daily and adding water only as needed to maintain heating. Absence of heat, or water on the boiler room floor should be reported immediately to Dave Sauter or any other council member you can reach.

Further information on council activities will be available at the Annual Congregational Meeting after worship on February 15. As usual, we are bribing you to show up for the meeting by feeding you. Council members will provide the main courses, and we ask you to bring a side dish or dessert to share, if you can. Unlike the meeting in December, we feed you first. Therefore, in order to assure a quorum of members, our goal is to make sure you're too full to get up and leave.

Val McGinn, Council President

Next Council Meeting: February 10 at 6:30

Council Assignments for February: Dave Sauter and Cheryl Mesko

Our January meeting was a fun fellowship event. We met for lunch at Olive Garden and then went to view a quilt exhibit at Lafayette College's Skillman Library. We did have a brief business meeting after lunch to plan for the soup supper, and to discuss the best time to meet. We decided to change our meeting time from Friday to Tuesday afternoon.

Our February meeting will be held on **TUESDAY** February 10th at 1:30 in the church fellowship hall. Our program is going to be on the power of prayer - sharing some comments from two of the recent Triennial Gathering's speakers. Our business meeting will be planning for the February soup supper, and a report on the January one. Please join us.



Helen Dungan

Continued from Page 1

When not accepted by others, even by yourself sometimes — he is the one who always accepts you. My children, you don't have to be different for Jesus to love you. Only believe — you are precious to him. Bring all you are suffering to his feet — only open your heart to be loved by him as you are. He will do the rest.



Lent

Outreach - Helen Dungan

Souper Bowl of Caring: We is **February 1, 2014**. We will be collecting soup and and/or money for the two food pantries. We will continue to collect soup through the month of February.

Food baskets: Thank you to everyone who put a food basket on the altar during December and January. If you have a loved one you would like to celebrate or remember, consider sponsoring a food basket in their name. There is a sign-up sheet in the narthex, you can purchase your own groceries or delegate the task to me.

Shut in ministry: Thanks to all who went caroling on December 21st. We sang to some of our normal car-olers who were shut-in this Christmas. This was especially nice as they sang along with us.

Ingathering: Thanks to all who participated in this year's Ingathering; we gave Christmas presents to 15 foster children and collected 51 institutional gifts – I think this was largest amount we ever collected!



Helen Dungan

Because of the forecasted snow, we asked for and received lots of extra help peeling and paring. As a result we were ready to start jarring early. We made a little less soup, and sold out.

We served 21 adults dinner plus 2 older kids & 1 younger one; unfortunately we had to turn people away because we ran out of soup. We sold 123 quarts of vegetable beef soup and 77 quarts of potato. The final figure is not available yet, but we cleared more than \$1300.

Thank to everyone who helped with this project:

The Kressmans for supplying us with the potatoes, onions, cabbage, and leaks we used. We were happy that they had an abundance of “not pretty enough to sell” leaks for us. Our potato soup is almost totally a **Trauger's Farm Market** creation.

Springtown Meat for donating the beef bones.

Our bakers: Miriam Anderson, Helen Dungan, Nancy Fox, Lynn Gaun, and Dot Peterman for their donations of cakes and bread.

The Monday night crew, Miriam Anderson, Helen Dungan, Valerie McGinn, and Mark Harwick who strained broth, picked meat off the bones, and washed pots and pans.

The chief chefs, Mark Harwick (vegetable soup) and Nancy Moskella (potato soup) and Esther Crouse, administrative chef.

Our pre-school teachers: Moira Hower, Judi Pason, and Andrea Errico who cleared the kitchen and set up our work tables so we could get a quick start.

Finally, thanks to all the Wednesday workers – Laura Helfrich, Myron Kressman, Ken & Cleo Eck, Barbara & Ben Naska, Norma Fox, Esther Crouse, Nancy Moskella, Lynn and Tom Gaun, Jayne Miller, Hal Taylor, Joe Hlavaty, Miriam Anderson, Betty Fox, Val McGinn, Althea Crouse, George Kreitz, Frank Mammana, Darlene Durns, Lois Miller, Dot Peterman, Helen Dungan, Mark Harwick, Pastor Deal, Jack Pyne, Katie Aquino, and Matthew Muelle, and I hope I didn't miss anyone. These are the people who responded to our invitation to peel, slice, dice, cook, wash endless pots and dishes, set up tables, jar, serve, put everything away, and generally make this a fellowship as well as a service event. **You folks are great!**

FEBRUARY SOUP SUPPER IS ASH WEDNESDAY, February 18th. Soups are Cream of Broccoli and Chicken Noodle. We will again need a Wednesday crew to help prepare the soups, set up & take down, jar and serve. On Monday February 16th we will need a night crew to work on the broth. Please mark your calendars and share your time and talents with us.

February Worship Assistants

	1*	8	15*	18* Ash Wednesday	22*
Youth Acolyte Communion Assistant	Alaina Apgar	Matthew Mueller	Jack Pyne	Nicholas Phillipps	Makenzie Naska
Greeter(s)	Helen Dungan	LeeAnn Kressman & Clayton Helfrich	Althea Crouse	Lynn Gaun	The Mueller Family
Lay Worship Assistant/Lector	Barb Naska	Ben Naska and Scouts	Val McGinn	TBA	TBA
Council Communion Assistants	Cheryl Mesko David Sauter		Cheryl Mesko David Sauter	Cheryl Mesko David Sauter	Cheryl Mesko David Sauter
Counters	Cheryl Mesko and David Sauter * Asterisk indicates that Holy Communion will be served.				
Head Usher	Althea Crouse				
Altar Guild	Miriam Anderson and Dot Peterman				

	February Birthdays		February Anniversaries
2	Amanda Frey		
3	Sam Rhine		
5	Laura Helfrich		
7	Dianna Streletz		
8	Diane DeWalt		
10	Wayne Mesko		
12	Steven Streletz		
13	Miriam Anderson		
15	Norma Fox (84) Norma Rodenbach (80)	15	Betty and George Kreitz (57)
16	Kathy Haney		
17	Betty Kreitz		
20	Esther Crouse (81)		
21	Caitlin Pyne		
24	Frank Moskella	23	Victoria and Adam Phillipps (13)
26	Avery Causa		
27	Tanya Naska		
28	Grace Litzenberger		

We remember the following who were baptized in February:

4 -Laura DeWalt; 5 - Mike Rhine; 9 - Andrea Fox and Serena Ashmore;
12-Haley Rodd; 19 - Kathleen Miller; 26 - Tom Gaun and Doug Litzen-
berger; 28 -Nancy Fox and Nicole Crouse.

**CARE -A-LOT**

Love is in the air! In February, we will be learning about Love and Trust as we celebrate Valentine's Day. We will be doing a Valentine's craft and celebrate with a party.

This month we will study different tools and their uses. In Science and Math, we will use various tools to determine sizes and measurements of different objects. We will be taking a field trip to the DaVinci Science Center where we will learn more about tools, animals and our bodies.

Love,

Mrs. Errico, Mrs. Pason and Mrs. Hower

PRAYER

Please lift up in prayer the following:



~ FEBRUARY Highlights ~

Service of Healing - "Moments of Grace" - Sunday, February 1 at 10:30 AM.

"Souper Bowl of Caring" also February 1 - Bring soup and other food to worship for donation to food banks.

"Connecting the Web of Faith" - Saturday, February 7 - An event for lay and clergy church leaders, sponsored by the Upper Bucks Conference, SEPA Synod. 9 AM-3PM at St. John Lutheran, Quakertown. Lunch is included. Registration is free, but you must let Pastor Deal know ASAP if you'd like to attend.

Scout Sunday - February 8 - Special worship being organized by Ben Naska at 10:30 AM. All Boy and Girl Scouts are invited to participate. Wear your uniform! Please contact Ben at 610-346-9395 or bnaska@yahoo.com if you are a scout, a scout leader, or scout parent.

Annual Congregational Meeting - Sunday, February 15. After a special worship service at 10:30 AM, we will gather for good food and fellowship downstairs. For the covered dish dinner, Council Members will provide main courses, please bring a side dish or dessert to share. The meal will begin at approximately 11:45 AM. The meeting will begin at about 12:45 PM. In case of bad weather, the meeting will be postponed to February 22nd.

Season of Lent begins - "Return to the Lord" - Ash Wednesday, February 18. Worship at 1 PM and 7:30 PM, with a Soup Supper from 4-6:30 PM. The soups are Chicken Noodle and Cream of Broccoli.

Sacrament of Holy Baptism - Sunday, February 22 - Baptism of Benjamin Llewellyn Williams at 10:30 AM.

Midweek Lenten Gatherings - Plans are underway along with other congregations in the area. We will let you know soon the final schedule.

My Daily Prayer by Grenville Kleiser

If I can do some Good today
If I can serve along life's way
If I can something helpful say
Lord, show me how.



If I can right a human wrong
If I can help to make one strong
If I can cheer with smile or song
Lord, show me how.



If I can aid one in distress
If I can make a burden less,
If I can spread more happiness
Lord, show me how.



RED CROSS BLOOD DRIVE

Monday February 16th at St Peter's Lutheran Church -
305 Delaware Avenue Riegelsville, PA 18077
2 PM to 7 PM



Register at www.redcrossblood.org sponsor code riegelsville
or call 1-800-redcross

You are eligible if your last donation was on or before Dec 22nd
Eligibility questions call 1-866-236-3276



February is American Heart month and the first Friday of the month (2/06/15) is designated as “Wear Red Day”. It has been a campaign of the American Heart Association since 2003 to raise awareness of heart disease and its symptoms in women. Now, twelve years later it not only represents heart disease in women

but has educated many on heart disease in both genders.

One aspect of this campaign is that it has raised awareness of what we should be eating, *aka* a heart healthy diet. Fresh produce provide the cornerstone for a heart-healthy diet because they wipe out free radicals in the bloodstream, thus protecting blood vessels.

The “whole-foods diet” is food in its natural form, as it comes from the ground. The less processed the better. Whole grains, beans, nuts, fish, fruits, and vegetables offer all sorts of heart-protective phyto-nutrients. The following foods are examples:

1. Salmon contains Omega-3 fatty acids.
2. Flaxseed (ground) contains Omega-3, fiber, and phytoestrogens.
3. Oatmeal contains Omega-3, magnesium, potassium, folate, niacin, calcium, and fiber.
4. Black or Kidney Beans contain vitamin B-complex, niacin, folate, magnesium, omega-3, calcium, and fiber.
5. Almonds & Walnuts contain plant omega-3, vitamin E, magnesium, fiber, polyunsaturated fats, and phytosterols.
6. Tuna contains omega-3, folate, and niacin.
7. Tofu contains niacin, folate, calcium, magnesium, and potassium.
8. Brown rice contains vitamin B-complex, fiber, niacin, magnesium, and fiber.
9. Soy Milk contains vitamin B complex, niacin, folate, calcium, magnesium, and potassium.
10. Blueberries contain beta-carotene, vitamin C, folate, calcium, magnesium, potassium, and fiber.
11. Carrots contain carotene and fiber.
12. Spinach contains vitamin B complex, folate, magnesium, potassium, calcium, and fiber.
13. Broccoli contains Vitamins C & E, potassium, folate, calcium, and fiber.
14. Sweet potato contains vitamins A, C, & E, and fiber.
15. Red bell peppers contain luten, vitamin B complex, folate, potassium, and fiber.
16. Asparagus contains luten, vitamin B complex, folate, and fiber.
17. Oranges contain luten and flavonoids, vitamin C, potassium, folate, and fiber.
18. Tomatoes contain lycopene, vitamin C, potassium, folate, and fiber.
19. Acorn squash contains luten, vitamins B complex & C, folate, calcium, magnesium, potassium, and fiber.
20. Cantaloupe contains luten, vitamins B complex & C, folate, potassium, and fiber.

Phytosterols are plant sterols that resemble (good) cholesterol and seem to reduce blood cholesterol. All nuts and seeds, including wheat germ, have phytosterols. Polyphenols are a set of antioxidants that protect blood vessels, lower blood pressure, and reduce LDL (bad) cholesterol. Omega-3 fatty acids help boost the immune system. Reduce blood clots, and protect against heart attacks. Vitamin B-complex (B12 & B6) protect against blood clots and atherosclerosis (hardening of arteries). Niacin (vitamin B3) helps increase HDL (good cholesterol). Magnesium, potassium, and calcium help lower blood pressure. Fiber helps lower cholesterol levels.

Wear red on February 6th and add some of these “heart-healthy” foods to your diets.....

God Bless You,
Mary Hurley, RN



Palisades Cluster News - Helen Dungan

Bear Creek Day Camp: Will be held at St Peter's Riegelsville from June 29, 2015 through July 3, 2015. The date has been reserved and the deposit sent.

Crop Walk: Pastor Rasmussen distributed a detailed report on the 2014 CROP Walk. He plans to get the 2015 planning committee together in April. He also questioned whether we would like to do something to support the ECLA's World Hunger Walk for Water either in conjunction with or in place of the CROP Walk.

Thrivent: The amount of money available for the Care Abounds in Communities program has been cut. (The Cluster received \$1000 toward the CROP Walk last year and \$500 toward Bear Creek.) Thrivent has introduced a new program Thrivent Action Teams which offers seed money (\$250) to help buy supplies and promotional materials for projects. Any Thrivent member can apply to Thrivent online to get this. Once the project is completed they want stories, photos and participation information.

Lenten Services: Trinity, Pleasant Valley, Christ Springtown and Evangelical Durham will be hosting joint Lenten services on Thursdays during Lent. There will be a light meal served at 6:00 PM followed by a quiet reflective service, "Prayer Around the Cross," at 7:00 PM

Code Blue: The Code Blue Shelter seems to be going well. There are not as many participants as last year. There will be a Code Blue meeting at Salem Mennonite Church on February 3, 2015 at 7:00 and all are invited to attend. Mental illness, addictions, lack of education / job skills or criminal convictions all play a role in homelessness. There are some who are working, but don't make enough money for rent. We need more in place to help them. We are trying to connect those who have had a criminal conviction, but were not incarcerated to New Life Ministries who will help them to find jobs. (Those who are incarcerated get help when they are released.) Salem Mennonite Church is holding a memorial service for Steve, a homeless man, who died. The service is for his friends and the volunteers who met him at the shelter.

A note from...



Sincere thanks for the prayers and get well cards I received during my two recent hospitalizations. I especially appreciated the visit from the Christmas carolers of my beloved church.

Joan Mammana

Hope you all had a Merry Christmas and will have a healthy, joyous New Year. THANK YOU for the cards and prayers. **Norma Fox**



Enjoy whether you are Lutheran or not Lutheran. By Garrison Keillor

I have made fun of Lutherans for years - who wouldn't, if you lived in North Dakota? But I have also sung with Lutherans and that is one of the main joys of life, along with hot baths and fresh sweet corn. We make fun of Lutherans for their blandness, their excessive calm, their fear of giving offense, their lack of speed also for their secret fondness for macaroni and cheese. But nobody sings like they do.

If you ask an audience in New York City, a relatively Lutheranless place, to sing along on the chorus of Michael Row the Boat Ashore, they will look daggers at you as if you had asked them to strip to their underwear. But if you do this among Lutherans they'll smile and row that boat ashore and up on the beach! And down the road!

Lutherans are bred from childhood to sing in four-part harmony. It's a talent that comes from sitting on the lap of someone singing alto or tenor or bass and hearing the harmonic intervals by putting your little head against that person's rib cage. It's natural for Lutherans to sing in harmony. We're too modest to be soloists, too worldly to sing in unison. When you're singing in the key of C and you slide into the A7th and D7th chords, all two hundred of you, it's an emotionally fulfilling moment.

I once sang the bass line of Children of the Heavenly Father in a room with about three thousand Lutherans in it; and when we finished, we all had tears in our eyes, partly from the promise that God will not forsake us, partly from the proximity of all those lovely voices. By our joining in harmony, we somehow promise that we will not forsake each other.

I do believe this: These Lutherans are the sort of people you could call up when you're in deep distress. If you're dying, they'll comfort you. If you're lonely, they'll talk to you. And if you're hungry, they'll give you tuna salad!

The following list was compiled by a 20th century Lutheran who, observing other Lutherans, wrote down exactly what he saw or heard:

1. Lutherans believe in prayer, but would practically die if asked to pray out loud.
2. Lutherans like to sing, except when confronted with a new hymn or a hymn with more than four stanzas.
3. Lutherans believe their pastors will visit them in the hospital, even if they don't notify them that they are there.
4. Lutherans usually follow the official liturgy and will feel it is their way of suffering for their sins.
5. Lutherans believe in miracles and even expect miracles, especially during their stewardship visitation programs or when passing the plate.
6. Lutherans feel that applauding for their children's choirs would make the kids too proud and conceited.
7. Lutherans think that the Bible forbids them from crossing the aisle while passing the peace.
8. Lutherans drink coffee as if it were the Third Sacrament.
9. Some Lutherans believe that an ELCS bride and an LCMS groom make for a mixed marriage. (For those of you who are not Lutherans, ELCS is Evangelical Lutheran Church Synod and LCMS is Lutheran Church Missouri Synod. When and where I grew up in Minnesota, intermarriage between the two was about as popular as Lutherans and Catholics marrying.)
10. Lutherans feel guilty for not staying to clean up after their own wedding reception in the Fellowship Hall.
11. Lutherans are willing to pay up to one dollar for a meal at church.
12. Lutherans think that Garrison Keillor stories are totally factual.
13. Lutherans still serve Jell-O in the proper liturgical color of the season and think that peas in a tuna noodle casserole add too much color.
14. Lutherans believe that it is OK to poke fun at themselves and never take themselves too seriously.

And finally, you know you're a Lutheran when:

- *It's 100 degrees, with 90% humidity, and you still have coffee after the service;
- *You hear something really funny during the sermon and smile as loudly as you can;
- *Donuts are a line item in the church budget, just like coffee;
- *The communion cabinet is open to all, but the coffee cabinet is locked up tight;
- *When you watch a 'Star Wars' movie and they say, 'May the Force be with you,' you respond, 'and also with you'.

(If I can remember who they are, I will forward this to all my Lutheran friends, so they too, can smile as loudly as they can. I love that line)

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Souper Bowl of Caring</i> 9 AM Christian Education 10:30 AM Communion - Healing	2 <i>Groundhog Day</i> Pastor in Office AM	3 9 AM - 12:30 PM Care-A-Lot Secretary in Office PM	4 9 AM - 12:30 PM Care-A-Lot Pastor in Office AM 6:30 PM Choir	5 9 AM - 12:30 PM Care-A-Lot Pastor in Office AM Secretary PM	6 Pastor at Home Office	7 9 AM - 3 PM "Connecting the Web of Faith" at St. John, Quaker- town
8 <i>Scout Sunday</i> 9 AM Christian Education 10:30 AM Worship with Scout Participation	9 Pastor in Office AM	10 9 AM - 12:30 PM Care-A-Lot Secretary in Office PM 1 PM WELCA 6:30 PM Church Council Supper/ Meeting	11 9 AM - 12:30 PM Care-A-Lot Pastor in Office AM 6:30 PM Choir	12 9 AM - 12:30 PM Care-A-Lot Pastor in Office AM Secretary PM	13 Pastor at Home Office	14 <i>Valentine's Day</i> Pastor's Day Off
15 <i>Transfiguration of Our Lord</i> 9 AM Christian Education 10:30 AM Communion 11:45 AM Covered Dish Dinner 12:45 PM Annual Congrega- tional Meeting	16 <i>President's Day</i> Pastor in Office AM Red Cross Blood Drive 2-7PM at St. Peter's	17 9 AM - 12:30 PM Care-A-Lot Secretary in Office PM	18 <i>Ash Wednesday</i> 9 AM - 12:30 PM Care-A-Lot 1 PM Communion 4-6:30 Soup Supper 7:30 PM Communion	19 9 AM - 12:30 PM Care-A-Lot Pastor in Office AM Secretary PM	20 Pastor at Home Office	21 Pastor's Day Off
22 <i>First Sunday in Lent</i> 9 AM Christian Education 10:30 AM - Communion, Bap- tism of Benjamin Llewellyn Williams	23 Pastor in Office AM	24 9 AM - 12:30 PM Care-A-Lot Secretary in Office PM	25 9 AM - 12:30 PM Care-A-Lot Pastor in Office AM 6:30 PM Choir	26 9 AM - 12:30 PM Care-A-Lot Pastor in Office AM Secretary PM	27 Pastor at Home Office	28 Pastor's Day Off

Evangelical Lutheran Church of Durham

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

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EVANGEL

