

In April ...

- **Thursday, April 2-**
Maundy Thursday Wor-
ship, 7:30 PM at Durham
- **Friday, April 3,** Good Fri-
day worship , 7:30 PM at
Trinity Lutheran, Pleasant
Valley
- **Sunday, April 5 -** Easter
Sunrise Service at 6:30
AM, Breakfast at 7:30 AM,
Festival Communion at
10:30
- **Tuesday, April 7** WELCA
at 1:30 PM
- **Saturday, April 11 -** Spa-
ghetti Supper
- **Sunday, April 19-** Annual
Congregational Meeting

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Where Would We Be Without that Easter Announcement?

Jesus' followers were grieving, stumbling, wandering, and wondering. Where would they go? What would they do now that their master and friend, Jesus, had been crucified? Mary Magdalene, Mary the mother of James, and Salome went to the tomb to anoint Jesus' body. Instead, they were greeted with this Easter announcement: *"Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here."* (Said a young man dressed in a white robe, sitting on the right side, according to Mark 16:5-6.)

Where would we be without that announcement? Overcome with grief - filled with fear - mired in sin - without hope??? Instead, we are filled with faith and joy that he is alive! Jesus is alive! Our tears can be wiped away. We receive the blessed reassurance that sins are forgiven. We are granted joy and courage to live a new life with our resurrected Lord.

Don't miss our special worship services coming up in April. And don't miss that Easter ANNOUNCEMENT!

~ Pastor David Deal

HOLY WEEK



Holy Week and the Three Holy Days

Palm/Passion Sunday, March 29 @ 10:30 AM

Eco-Palm distribution, procession, reading of the Passion

Maundy/Holy Thursday, April 2 @ 7:30 PM - here at Durham -

Service of Forgiveness/Washing/Communion/Stripping the Altar

Good Friday, April 3 @ 7:30 PM - at Trinity Lutheran, Pleasant Valley

Sunday, April 5 - Resurrection of Our Lord/Easter Day

6:30 AM - Sunrise Communion (simple, less formal)

7:30 AM - Easter Breakfast - NO Sunday School

10:30 AM - Festival Resurrection Service of Holy Communion



Thanks to our delightful winter, we were forced to postpone the Annual Congregational Meeting. We have rescheduled for April 19th, after worship; too late for snow and too early for hurricane season. Please take a copy of the Annual Report for 2014, and try to get any questions you may have to any Council member so we can provide answers at the meeting. Because we expect the meeting to be brief, and everyone's lives are so busy in the spring, we decided not to reschedule the dinner for this year. Council reorganized as best we could in March, filling the vacancies left by Dave Sauter and George Kreitz with interim appointments of Beth Snyder and Cathy Mueller. Cheryl Mesko's first term expired, but she agreed to stay on for another. Council officers remain the same: Val McGinn, President; Lynn Gaun, Vice-President; Helen Dungan, Secretary; and Beth Snyder, Treasurer.

Our boiler has continued to function despite numerous leaks, thanks to the TLC of Dave Sauter, Mac's Oil Burner Service, and daily monitoring by Pastor. We should now be past any serious danger of frozen pipes during the installation of the new boiler, which is expected to take place this month. We hope it can be accomplished without too much disruption to Care-a-Lot Pre-school.

A new challenge facing us may make it difficult to get enough volunteers for Vacation Bible School this year. Recent legislation requires multiple background checks every three years for all employees and all volunteers who work with children. Most of our Sunday School staff had already submitted a background check, but that is no longer sufficient and the deadline for compliance is July 1st. If you are, or plan to be, one of our Sunday School or Vacation Bible School volunteers, please take a copy of the letter on the table in the Narthex from the Office of the Bishop, which explains the requirements and how to comply. While the new laws are certainly well-intended, it would be sad if we had to cancel VBS for lack of sufficient volunteers to maintain safety.

Val McGinn, Council President

Next Council Meeting: April 14th at 6:30

Council Assignments for April: Ken Anderson and Val McGinn

A Note from the Church Office:

If you would like to get the necessary Child Protection Clearances online, but are unsure how to do it, please call me at the Church Office on Tuesday or Thursday afternoons, or at my home (610-346-6020) so we can set up an appointment to get your clearances moving forward.

A **special THANK YOU to Ken Anderson** for helping me to migrate our website to a more stable and secure webhost. Not only did he migrate www.durhamlutheran.org, he also helped me migrate the site for my church! Please be sure to check our website regularly, and "like" and visit our Facebook page - <https://www.facebook.com/pages/Evangelical-Lutheran-Church-of-Durham/166596531706?fref=ts>

Outreach

Helen Dungan

Food ministry: Thanks to everyone who donated condiments and other food to our March food drive. We will collect **canned vegetables** for the food banks during the month of April.

Food baskets: Thanks to the following who placed food baskets on the altar during March: March 1st: Ben and Barbara Naska - in honor of their children and grandchild's birthdays - Josh Michl, 30th birthday on Feb. 13, Tanya Naska, 42nd birthday on Feb. 27; Becky Naska, 39th birthday, on Feb. 28th, and Amanda Harrison, 21st birthday, on March 4th.

March 15^h: The Mueller family - in honor of Samantha Mueller's 8th birthday.

March 29th: Helen Dungan in honor of our singers and those they will be singing to today.

We began our March meeting with a review of our soup suppers. Barbara Naska gave us a detailed report. We then dispersed proceeds as follows:

- \$600 Project Easton food bank
- \$600 Upper Bucks (Lord's Pantry) Food Bank
- \$600 World Hunger
- \$300 Northampton County Meals on Wheels
- \$300 Upper Bucks Meals on
- \$2400 Total



Helen Dungan

We still have \$100 plus to distribute and there is some money still to come in. Thanks to Val McGinn who sold leftover soup at church on February 22nd.

We also decided to change our meeting date to the **first** Tuesday of the month. After this we had a brief discussion on prayer.

Our Next meeting: Tuesday April 7th at 1:30 in the church fellowship hall. **Topic: Code Blue Shelter.** Betty and George Kreitz and Pastor Dave have been volunteering at the Code Blue shelter over night and will share some of their experiences. Val McGinn will talk about the chauffeuring side of volunteer work; and Barb Naska who has attended one of the board meetings may also comment. George and Pastor have been talking to us at Council and their stories are fascinating. We invite **all** of you to come and hear them – **men are welcome too!**

Upper Bucks Conference of WELCA Spring Gathering will meet Saturday May 2, 2015 at St Peter's Riegelsville. Registration begins at 9:00. Lunch will be served following the program. The theme is **A Well Watered Garden**. But we will be looking at this in the light of drought – specifically the drought of mental illness. How do we as part of the church help those suffering from mental illness? How do we help them embrace the theme's text (Isaiah 58:11) *The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.* There are three speakers planned, and more information on the topics they will cover will be forthcoming.

April Worship Assistants

	2* Maundy Thursday	5* Easter Sunday	12*	19*	26*
Youth Acolyte Communion Assistant	Makenzie Naska	Alaina Apgar	Austin Apgar	Matthew Muel- ler	Jack Pyne
Greeter(s)	Lynn Gaun	6:30 Miriam Anderson 10:30 Jayne & Jim Miller	Ed Xander	Carole Ulmer	Althea Crouse
Lay Worship Assistant/ Lector	TBA	TBA	TBA	TBA	TBA
Council Communion Assistants	Ken Anderson and Val McGinn	Helen Dungan & Joe Hlavaty	Ken Anderson and Val McGinn	Ken Anderson and Val McGinn	Ken Anderson and Val McGinn
Counters	Ken Anderson and Val McGinn * Asterisk indicates that Holy Communion will be served.				
Head Usher	Ben Naska, Sr.				
Altar Guild	Serena Ashmnoe and Beth Snyder				

	April Birthdays		April Anniversaries
13	Phyllis Lanshe, Kevin Bolesta, Ben Naska, Sr	9	Elfriede & Manfred Marschewski (60th)
19	Matthew Crouse	16	Joan and Frank Mammana (49th)
20	Karen Rilling		
21	Jayne Miller, Chris Apgar		
25	Harold Nicholas (85th)		
26	Robert Ziegenfuss (70th)		
27	Nancy Moskella		
28	Frank Mammana		

We remember the following who were baptized in April:

1-Hal Taylor; 3--Rachel Crouse and Sam Rhine; 4-Dave Helfrich; 6-Chris Fox and Benjamin John Naska; 9-Diane Dewalt; 10-Becca Anderson; 18-Laura Helfrich; 19-Cleo Eck; 24-Landon Helfrich; 27-Clayton Helfrich, Landon Frey, and Izbella Grzymala. Exact date unknown: Nicholas Phillipps and Samantha Mueller.





CARE -A-LOT

Spring is finally here! We hope you're enjoying the warmer days. Pastor Dave will be teaching the children about renewal and growth as we continue to celebrate spring and the changes it brings, as well as talk about and celebrate Easter.

Our theme this month is *How Our Garden Grows*. In Science, we will be talking about Life Cycles and Earth Day. We will also talk about flowers and plants as we watch new plants and flowers grow as the weather warms up. The Bees will continue to take turns being the scientist. Each one gets to bring in an experiment to do with the class. In Math, we will be doing number sentences.

The children have been enjoying monthly visits from Miss Julia from the Riegelsville Library. Julia comes and reads a few monthly theme related stories to the children. She also brings a bunch of books and lets the children "borrow" them to keep at school until her next visit. The children really enjoy when she comes.

We will celebrate Easter with our Easter Egg Hunt on March 31st. Happy Easter to all!

Love,

Mrs. Errico, Mrs. Pason and Mrs. Hower

PRAYER

Please lift up in prayer the following:

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Palisades Cluster News - Helen Dungan

The Palisades Cluster meet on Sunday March 15, 2015 at Durham. Topics discussed included: **Bear Creek Day Camp** which will be held June 29, 2015-July 3, 2015 at St Peter's Riegelsville. Brochures and registration information will be available after Easter.

CROP Walk for 2015 which will be held October 18th, Pastor Rasmussen requested someone from each church to serve on the work team which will begin its work after Easter.

Code Blue has been averaging 5 people per night which is down from last year. Two of those using the service had gotten temporary housing. Next year they will use the Masonic Temple in Quakertown as the overnight location; it has a shower and is close to the Y which also allows guests to shower 3 days a week. Concerns were raised about its closeness to a school.

They are also going to apply for non profit organization status which will allow them to get insurance. They are looking for a lawyer who will guide them through this process for free.

Child Protection – Pennsylvania has recently passed new legislation regarding protection of children that affect all churches. Under state law clergy, paid staff and volunteers who work with children and youth in any capacity are now “mandated reporters” who must report suspected child abuse directly to authorities. The law also now requires all employees and volunteers who work with children 18 and younger to have background checks every three years. These background checks include Report of criminal history from the Pennsylvania State Police, Child Abuse History Clearance from Department of Human Services, and employees are required to have an FBI Fingerprint clearance. (I am quoting this from the Synod's web page - <http://ministrylink.org/article/churches-child-protection-laws/> if you want more details.) The Synod also suggests speaking to the congregation's legal counsel – Pastor Rex has asked a member of his congregation who is a lawyer to look into this. There is a lot of concern and questions about this.

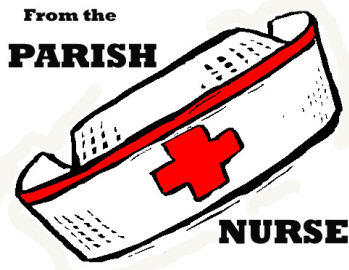
Youth – Pastor Rasmussen is interested in forming a cluster wide youth group. He would like to get one person from each congregation or at least 3 folks spread throughout the cluster to work with him in planning activities. He thought we could begin with something every other month then move to monthly gatherings and maybe to a mission trip. If you would be interested in helping with this speak to Pastor.

Ascension Day services will be held at St Peter's in Riegelsville on Thursday May 14, 2015 at 7:30.

Easter Vigil: Trinity, Pleasant Valley is holding an Easter Vigil beginning at 7:30 with a fire. The Catechism students are putting this together. All are welcome to attend.



DIABETES



Diabetes refers to a group of diseases that affect how the body uses sugar (glucose). If you have diabetes, no matter what type, it means there is too much glucose in the blood. Chronic diabetes includes type 1 and type 2 diabetes. There are also potentially reversible diabetic conditions such as pre-diabetes, this is when the blood sugar levels are higher than normal but not high enough to be classified diabetic. Gestational diabetes occurs during pregnancy and may resolve after the baby is born.

Normally, when you eat food it gets broken down and turned into glucose. The glucose is then used for energy within the body and brain. In order to use glucose properly, the body needs a hormone called insulin to transport the glucose out of the blood into the body's organs for energy. This hormone is produced by the pancreas.

Type 1 diabetes (Diabetes Mellitus), once known as juvenile diabetes or insulin dependent Diabetes is an inflammatory autoimmune disease of the pancreas. It is a chronic condition in which the pancreas produces little or no insulin. Type 2 diabetes, is the most common type of diabetes. Either the pancreas cannot produce enough insulin, or the insulin being produced is weak, or the body's cells cannot use it properly. Instead of being transported for energy, that glucose stays in the blood damaging organs and causing health problems. Thus, blood sugar levels in the blood rise. The initial treatment for type 2 diabetes is weight loss, diet, exercise, and basic life style changes. There are oral medications that strengthen the insulin's ability to transport glucose or medications that directly interact with the pancreas' production of insulin. Over time though, the oral route may not be sufficient enough to manage the glucose levels and insulin injections are needed.

Type 1 and type 2 diabetes share similar symptoms. They include: excessive thirst, frequent urination, unexplained weight loss, tingling and numbness in the hands and feet, and blurred vision. The difference between the two is that in type 1 diabetes the pancreas is directly affected by an inflamed auto-immune system causing it to lose the potential to produce insulin or produces insulin too weak to transport. The average age of type 1 diabetes is usually before age 20 and for type 2 diabetes around 45. With an increase in obesity and inactivity the age has been getting younger, often affecting juveniles.

God Bless You,
Mary Hurley RN, Parish Nurse

www.Mayo Clinic.com/diabetes

~ **APRIL Highlights** ~

Our Annual Congregational Meeting has been rescheduled for Sunday, April 19 immediately after 10:30 AM worship. Every effort will be made to keep the meeting brief!

There will be NO Covered Dish Dinner before the meeting.

PLEASE BE PRESENT!!!

Saturday, April 11th ~ 4 to 7 PM

\$10 Adults \$5 kids 6-12



Buy your tickets at church, or call Debby Christman at 267-424-9640.

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