



In February ...

Sunday, February 5 - Souper
Bowl of Caring

Monday, February 6 - 6:30
PM - Church Council

Thursday, February 9 - @
1:30 - WELCA

Friday, February 10 - **Sunday,
February 12** - Confirmation
Retreat

Wednesday, February 15 -
Soup Supper

Sunday, February 19 - Annu-
al Congregational Meeting

Sunday, February 26 - Joint
Confirmation at TLC

Wednesday, March 1 - Ash
Wednesday, Services at
1:00 and 7:30 PM

"Blessed are You ... "

These are the words - "blessed are you ..." - which Jesus addressed to his disciples in Matthew's Sermon on the Mount. This sermon occupies much of our attention on Sunday mornings from the end of January through the third Sunday in February. And what Jesus says to his disciples then and now clashes with what the world seems to say - or what our innermost selfish selves seem to say.

The Sermon on the Mount emphasizes Humility, Meekness, Compassion, Sharing, Respect, Non-violence, turning the other cheek, and a whole lot more concepts that seem counter-intuitive to us. But those are the values of the Kingdom of God, and they are not just intended for heaven. They are placed before us to seek to attain even now --- as Jesus' followers.

This is quite a challenge in our self-centered, proud, violent, disrespectful world --- and maybe in our own minds and hearts. These next several Sunday mornings will indeed challenge each of us and the Church as a whole to live as Jesus called us to live: "...as the children of God."

~Pastor David Deal

Inside this Issue ...

Council Corner & WELCA	2
Palisades Cluster	3
February Worship Assistants	4
February Birthdays, Anniversaries, Baptisms	4
Care-A-Lot & Outreach	5
Soup Suppers	6
February Highlights	6
Parish Nurse	7
Prayer List	8
Events	9-10
Financial Secretary NEWS	10
Calendar	10

Annual Congregational Meeting Sunday, February 19, 2017 (Snow date - February 26)

The meeting will follow immediately after our Worship Service of Holy Communion as the Body of Christ.

We will continue a tradition begun last year of eating while we met. Last year, we dispensed with the tradition of having a covered-dish luncheon first. Instead, everyone brought finger-food snacks to share during the meeting. The tables and chairs were set up in such a way as to unite us and help us to see everyone there. And last year the meeting ended an hour earlier than previous years, around 1:00 PM. Everyone really liked that.

The meeting itself will include a financial summary of 2016, an election of three new Church Council Members, and more. We will recognize Helen Dungan, Lynn Gaun, and Barbara Naska, who must step down from Council. We owe them a special debt of gratitude. So put this important date on your calendar and we'll see you there!

Council Corner—

A MESSAGE FROM YOUR COUNCIL PRESIDENT:



By now everyone should have received their offering envelopes for January through June 2017. If you did not receive them via mail please contact Ken Anderson.

YOUR CONTRIBUTIONS ARE IMPORTANT: In order to ensure that your contributions are appropriately designated, we ask that you please use separate checks for each giving item. Also, please remember to use the memo portion of your check to let us know which of the important ministries the giving is for.

The Annual Congregational Meeting will be held on February 19th after worship, with a snow date of February 26th. Please try to attend. As always, we need a quorum of voting members in order to comply with the church's constitution. Drinks, finger food and snacks will be supplied so that we can munch during the meeting. We will try to have the annual reports available ahead of time so that you can take them home and look them over before the meeting. There are three council members who are leaving Church Council this year, so those vacancies need to be filled. It is a 3-year term, anyone who is interested to learn and to be a part of the business end of the church, please contact any council member or the Pastor.

God's Blessings,
Barb Naska, Council President

Next Council Meeting: Monday, February 6th at 6:30 PM
(dinner supplied by Ken (Miriam) Anderson)

Agenda Items due to Barb by Friday, February 3rd

PLEASE have all reports in mailboxes by Sunday, February 5th

Council duties for February: Lynn Gaun & Cheryl Mesko



Helen Dungan

On **Sunday December 11th**, we hosted our annual Christmas covered dish dinner.

We met for lunch at Mueller's before our January meeting; then adjourned to the church to talk about the January soup supper. Our devotion was on the visit of the Magi to Jesus.

Our **February** meeting is Monday, February 6th at 1:30 PM.

Our program will be Love and our business meeting on the February soup supper.

Palisades Cluster - Helen Dungan

Code Blue/AHUB: Linda Frey said the Code Blue shelter needs **male** volunteers to cover the night shifts. There are two night shifts, each needs 1 male and 1 female. The women are not being called to serve as often as the men because there are more volunteers. To ease the commitments being placed on the current male volunteers, more male volunteers are needed.

Bear Creek Day Camp: Pastor Rasmussen announced that the request to reserve the last week in June for our Bear Creek Day camp was submitted; we haven't had the date confirmed yet.

Upper Bucks Conference stewardship learning event Fear to Faithfulness : Pastor Deal spoke on the Upper Bucks Conference learning event which focuses on Stewardship and will be held on Saturday, January 28th at St. Matthew's, Keller's Church; Dr. Richard Steward will be the key note speaker.

Cluster's purpose: We continued to discuss this and the role of the Cluster and decided on the following beginning steps:

1. To try and gather insights from our congregations on what they want from the church and where they see the churches' ministries going. We are asking each church to hold this conversation as part of their council meeting – polling their church's leadership.

We are also going to try to have some social gatherings spread geographically over the Cluster where we can have fellowship (building community) and informally discuss this. We plan to begin with a picnic at Upper Tinicum, getting folks to play together, eat together and talk together. There will be a demonstration of disk golf at the picnic, as a member of Upper Tinicum is a professional disc golfer and volunteered to teach it. Pastor Zuber wants to start a league.
2. The other opportunity for community involvement is baccalaureate. Pastor Deal will speak to Ann Wong and Carolyn Williams; get a list of all Palisades churches; find out which churches have students graduating; and begin the process of preparing for this service. It was decided the pastors could do this without the cluster as a whole meeting on the topic.
3. The third opportunity is a speaker on the 500th anniversary of the Reformation. Pastor Deal will make arrangements and notify the cluster churches of this shared event.

From Carolyn Williams - I would like to thank the congregation and the choir for their very thoughtful gifts this Christmas. Your generosity is very much appreciated. Also, I enjoyed the many Christmas cards from all of you. I keep them all and look at them again next year as the season begins. It is such an honor to be a part of this lovely community of caring people.



February Worship Assistants	5	12	19 *	26 *
Youth Acolyte/ Communion Assistant	Matthew Mueller	Conner Aquino	Samantha Mueller	Emma Humphreys
Greeter(s)	Miriam Anderson.	Ed Xander	Mark Harwick	Bob Fox
Lay Worship Assistant/Lector	Scouts	Tom Gaun	Barbara Naska	Kerri Rhine
Council Communion Assistants	Lynn Gaun & Cheryl Mesko		Lynn Gaun & Cheryl Mesko	
Counters	Lynn Gaun & Cheryl Mesko			
Altar Guild	Mary Crouse and Nancy Moskella			
Head Usher	Althea Crouse * Indicates Holy Communion will be served			

	February Birthdays		February Anniversaries		February Baptisms
2	Amanda Frey				
3	Sam Rhine			3	Dale Leidich
5	Laura Helfrich			4	Laura DeWalt
7	Dianna Streletz			5	Mike Rhine
8	Diane DeWalt			9	Andrea Fox; Serena Ashmore
10	Wayne Mesko			12	Haley Rodd
12	Steven Streletz	15	Betty & George Kreitz (59)	19	Kathleen Miller
13	Miriam Anderson			22	Benjamin Williams
15	Norma Fox (86) Norma Rodenbach (84)	21	Jenny & Christopher Moyer (8)	26	Tom Gaun, Doug Litzenberger
16	Kathy Haney	23	Victoria & Adam Phillipps (15)	28	Nicole Crouse
17	Betty Kreitz				
20	Esther Crouse (83)				
21	Caitlin Pyne				
24	Frank Moskella				
27	Tanya Naska				
28	Grace Litzenberger, Rowan Froehlich				



February is a month full of love, caring and sharing at Care-A-Lot. We have many fun activities planned for the month. We will learn about Punxatawny Phil the Groundhog and watch to see if he sees his shadow. We'll celebrate Valentine's Day with a card exchange and a party. We're planning a field trip to Premier Urgent Care in Hellertown to learn about hygiene and taking care of our bodies. We'll have our monthly visit from

Miss Becky from the Riegelsville Library and will finish up the month with a Red/White/Blue Parade and song fest to celebrate President's Day.

Care-A-Lot is also beginning registration for the 2017-2018 school year this month. We welcome any ideas for advertising our terrific program. Also, if you know anyone who is looking for a pre-school, please give them my number, 484-894-0585 and I would be happy to talk with them about our program and then schedule a visit. I also have business cards available to hand out with all of our information. I will put some on the upstairs table for you to pick up. Thank you!

Thanks to Samantha O'Brien for agreeing to be our new Care-A-Lot Treasurer. Samantha is a parent of a student in our Pre-K class. Samantha has also started a Facebook page for the school. Please visit and "like" the page. It can be found under Care-A-Lot Preschool-Durham. Additional pictures and articles will be added as time goes on. Also, thanks to Rachel Roney for agreeing to serve on the Care-A-Lot School Board. I look forward to working with these dedicated parents.

The Giant A+ Rewards program continues until March. We will know our final total for the scholarship fund sometime in May and the check should arrive by June. Thanks to everyone who is participating.

~ Linda Reinbold

Christmas gifts: Thank you to all who participated! (see page 8.)

Shut in ministry: We went caroling on December 18th to our shut-in members; starting at the Dungan's, we sang with Mary; then with Leo and Betty Fox, Cleo and Ken Eck, our residents at Saucon Manor and finally with Norma Rodenbach. It was a busy day filled with carols and nice visits.



Helen Dungan

Food ministry: Thanks to all who contributed to our collection of soup and other food items for the local food banks.

Souper Bowl of Caring - February 5, 2017. We will be collecting soup and money for the two food pantries. As we have done in the past, we will continue to collect soup and crackers through the month of February.

Food baskets: On December 4th the food basket was given by the Gadwell Family in honor of Rowan Froehlich's baptism. On December 11th, Helen Dungan gave a food basket to the glory of God. The Christmas Eve Food Basket was given by Lois and Jim Altemose in memory of their parents. The Christmas day food basket was given by the Kressman, Helfrich and Roney families in memory of Myron Kressman. If you have a loved one you would or remember like to celebrate, consider sponsoring a food basket in their name. There is a signup sheet in the narthex, you can purchase your own groceries or delegate the task to Helen.



Soup Supper

Soup Suppers

THE FEBRUARY SOUP SUPPER IS WEDNESDAY, February 15th

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 13th we will need a day crew to pot watch and a night crew to work on the broth. Please mark your calendars and share your time and talents with us.

At the January Soup Supper, we sold 229 quarts of soup; 129 vegetable and 102 potato. There were 42 adults who ate plus 4 kids, 2 older and 2 who ate free. We thank everyone who helped; we had a wonderful turnout of helpers.

Don't forget to bring cans of soup throughout January and February in celebration of the Souper Bowl of Caring on February 5.

SOUPER
Bowl of Caring



Highlights in February



- **Sunday, February 5 - Souper Bowl of Caring & Scout Sunday**
Bring soup and other canned food to the service. Boy and Girl Scouts and leaders will be present to celebrate the special vocation of service scouting offers to children and youth. Also, Girl Scout Cookies will be available for purchase after the service.



- **Friday, February 10 - Sunday, February 12 - Crossroads Camp**

Our Confirmation youth will join youth from several other Upper Bucks Conference churches for a special retreat at the "Crossroads" Camp in NJ. Together, the youth will explore their baptized identity as children of God, and how this relates to their choices and relationships. All pastors will be with their youth for the weekend. That means that Pastor Deal will not be present on February 12, but the Worship Service will be extra special that day. Be sure to come, and be sure to pray for our youth: Conner, Nicholas, Charlotte, Alivia, Emma, and Grace.



- **Wednesday, February 15 - Soup Supper - 4:00 - 6:30 PM**

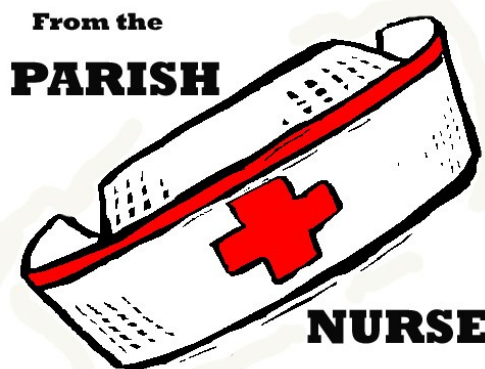
Soups: Cream of Broccoli and Chicken Noodle. Eat-in or Take out - Special prices for families!

- **Coming soon - 2017 Season of Lent , Ash Wednesday, March 1 - Services at 1 & 7:30 PM.**



MANAGING MEDICATIONS

The National Institution of Health states, that more than eighty percent of older adults (aged 57 to 85 years) take at least one prescription medication daily. They also noted that more than fifty percent take more than five medications or supplements a day. The high rate of multiple, chronic illnesses, age related drug metabolism and drug interactions potentially lead to health issues unrelated to what the medication was prescribed for. Furthermore, a large percent of this population also uses over the counter medications and dietary supplements that could compound their health.



Also noted, that when people age they become more susceptible to delirium and dementia caused by drugs. This is known as “drug-induced cognitive impairment” and, if recognized as such, can be reversed or returned to the pre-drug state by stopping the offending drug. Often this impairment is attributed to old age or an illness, when actually it may be a side effect of a drug or taking multiple drugs at once. Three reasons older people are more susceptible to drug induced delirium and dementia are: 1. The body’s ability to clear drugs decreases with age as there is an age-related decrease in the kidneys and liver. This results in a greater accumulation of drugs in the body. 2. Multiple drugs are often prescribed at the same time. Often complicated interactions occur and side effects become more pronounced. 3. Some research indicates that the brain’s transmitters, with age, become naturally imbalanced. This increases the brain’s sensitivity to certain drugs. The following are drugs that can cause cognitive impairment: Opiates (narcotics, pain medications), Tricyclics Antidepressants (used for pain, depression, and anxiety), Benzodiazepines (tranquillizers, sleeping pills) and stopping these drugs abruptly may cause a withdrawal syndrome.

Knowing the difference between delirium and dementia can help determine if it may be a drug-induced problem. Delirium is a change in attention perception (i.e. vision and hearing) and thinking. It usually starts abruptly and the most common causes are acute medical illnesses (i.e. serious infection) and medications. Dementia is a chronic alteration in thinking that sometimes progresses over a course of months, even years. Alzheimer’s disease is the most common cause, but other conditions such as strokes can cause it. Drugs may also be a cause or can worsen the condition. Unlike most of the medical causes for dementia, which are irreversible, stopping a drug that may be the cause can lead to improvement.

God Bless You,
Mary Hurley, RN

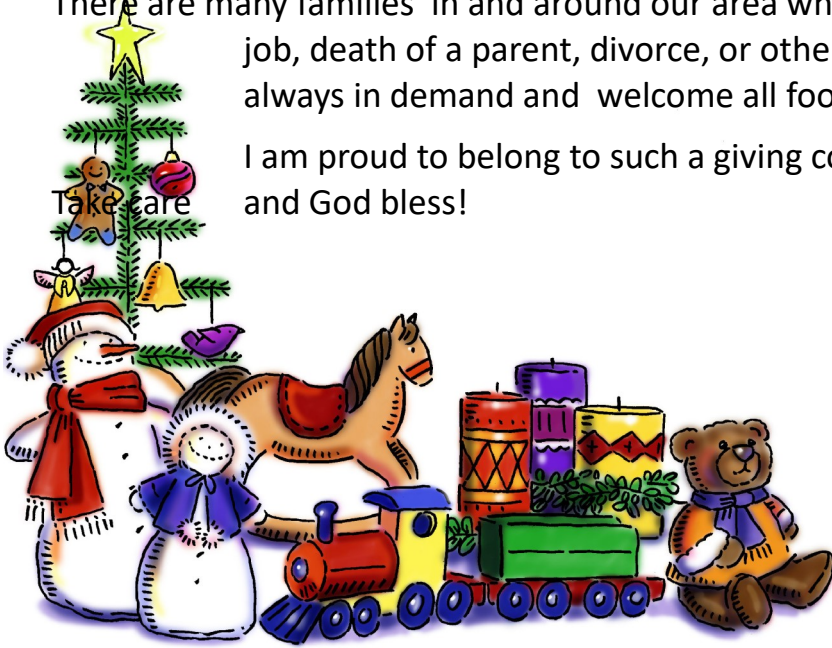
<http://worstpills.org> -- <https://www.nih.gov/> -- <https://www.drugabuse.gov/>
(National Institute on Drug Abuse) -- <http://www.health.pa.gov/>

Christmas Gift Program

Through the Christmas Gift Program for children in need , we were able to make Christmas brighter for 16 children in our area this year. Thank you to all who participated. There are many families in and around our area who find themselves in need due to a lost job, death of a parent, divorce, or other circumstances. Our food pantries are always in demand and welcome all food donations.

I am proud to belong to such a giving congregation and I thank all of you.
and God bless!

~Lynn Gaun





American Red Cross

Visit redcrossblood.org or call 1-800-RED CROSS today to schedule an appointment.

RED CROSS BLOOD DRIVE

Fri day, February 24, 2017 - Time: 2:00: PM - 7:00: PM

St. Peter's Lutheran Church

305 Delaware Avenue, Riegelsville, PA, 18077

[Click here to make an appointment](#)

You can also register at 1-800-redcross

The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program!

POVERTY SIMULATION - February 10, 2017 - 9:00 AM - 12:00 PM

Penn Hall @ Pennswood Village - 1382 Newtown Bypass, Newtown, PA 18940

The Poverty Simulation is designed to help you understand what it might be like to live in a low-income family trying to move beyond survival and achieve sustainable economic self-sufficiency. Participants will role-play a person living in poverty for four abbreviated weeks. The simulation will be followed by a discussion of your experience and the Bucks County Opportunity Council's approach to help people move beyond poverty. Participants must be 16 or older.

To register: click "join us" at bcoc.org or email Eileen - ealbillar@bcoc.org or call 215-345-8175 x 209

MEMORIALS

Memorial gifts in memory of Myron Kressman totaling \$200 were received from Silas and Norma Rodenbach, Don and Gerry Seipt, Virginia and Kenneth Hager, and Darlene Durns & Family.

A memorial gift in memory of Nancy Fox was received from Norma Fox.



Pastor Sarah Stobie of St. John Lutheran Church in Blue Bell has extended an invitation to the congregation to join them as they welcome Stephen Deal, and his wife Marta, with a potluck meal followed by a presentation from the Deals. Our special event will be Saturday, February 4, beginning at 5:30 p.m. in our Fellowship Hall.

Stephen and Marta will be speaking about their latest work and efforts in Central America.



We are excited to have Stephen and Marta join us. You are welcome to join us for a potluck dinner. You are welcome to share what type of dish you will bring. We have an online sign up sheet already started:

<http://www.signupgenius.com/go/20f0b45a9ac23a6f85-potluck>

St John Lutheran Church
1802 Skippack Pike
Blue Bell, PA 19422
Office: 610-277-1086



Announcing NEW EMAIL OPTION for ANNUAL GIVING STATEMENTS

We upgraded our accounting software this year, and we now can email Annual Giving Statements. For this year, if we already have your email address on file, we are providing both a paper statement and have also emailed a copy. This will allow us to work out any "kinks" in the setup for email distribution and ensure everyone who needs a statement gets one.

Going forward, you have the option of choosing either Email or Paper Statements.

* If you would like to receive your statements by email going forward, simply email FinancialSecretary@DurhamLutheran.org to "Opt-In" to Email Statements.

* If we do have your email but you prefer to continue receiving printed statements instead of email, simply let Ken Anderson (FinancialSecretary@DurhamLutheran.org) know that you want to "Opt-out" and we will add you to the email opt-out list.



COMMUNICATION FROM THE COUNTERS: YOUR CONTRIBUTIONS ARE IMPORTANT!

Please remember Evangelical Lutheran Church of Durham's expenses continue even when you travel or are away from the church. Help us by sending in your regular contribution by mail when you cannot come to church.

In order to insure your contributions are appropriately designated, we ask that you please use separate checks for each giving item. Also, please remember to use the memo portion of your check to let us know which of the important ministries the giving is for.

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9 AM - 12:30 PM Care-A-Lot 6:30 PM Choir	2 <i>Presentation of Our Lord - Groundhog Day</i> 9 AM - 12:30 PM Care-A-Lot	3	4 Pastor's Day Off
5 <i>Supper Bowl of Caring - Scout Sunday</i> 9 AM Christian Education 10:30 AM Worship	6 6:30 PM Church Council	7 9 AM - 12:30 PM Care-A-Lot	8 9 AM - 12:30 PM Care-A-Lot 6:30 PM Choir	99 AM - 12:30 PM Care-A-Lot 1:30 PM WE:CA	10	11
12 <i>Sixth Sunday After Epiphany</i> 9 AM Christian Education 10:30 AM Worship	13	14 Valentine's Day 9 AM - 12:30 PM Care-A-Lot	15 9 AM - 12:30 PM Care-A-Lot SOUP SUPPER 4-6:30 PM 6:30 PM Choir	16 9 AM - 12:30 PM Care-A-Lot	17	18 Pastor's Day Off
19 <i>Annual Congregational Meeting</i> 9 AM Christian Education 10:30 AM Communion 11:30 AM Meet and Eat (Snow Date 2/26)	20 Presidents' Day	21 9 AM - 12:30 PM Care-A-Lot	22 9 AM - 12:30 PM Care-A-Lot 6:30 PM Choir	23 9 AM - 12:30 PM Care-A-Lot	24	25 Pastor's Day Off
26 <i>Transfiguration of Our Lord</i> 9 AM Christian Education 10:30 AM Worship 5:30 PM Joint Confirmation at TLC	27	28 9 AM - 12:30 PM Care-A-Lot	March 1 <i>Lent Begins</i> Ash Wednesday - Services at 1:00 & 7:30 PM			
CHURCH OFFICE HOURS Pastor - Monday, Wednesday, Thursday - 10 AM - Noon Secretary - Tuesday and Friday - 2:00 - 6:00 PM (note change from Thursday to Friday)						

Joint Confirmation Retreat
to Crossroads Camp

Evangelical Lutheran Church of Durham

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

821 Durham Road - P.O. Box 100 - Durham, PA 18039-0100

Phone: 610-346-8500 e-mail: evangel@durhamlutheran.org

Web site: www.durhamlutheran.org



EVANGEL

