



## Epiphany Continues ... (throughout the month of February)

Jesus' glory as the Son of God continues to be revealed to his followers, his family, to the church, and to the world:

**February 3** - Jesus is revealed as more than a prophet through an inaugural sermon in Nazareth. He reveals a mission of God to radically reverse what is happening in the world. God's mission pushes beyond human boundaries to offer hope and healing, especially to the vulnerable of the world.

**February 10** - Jesus chooses unlikely followers to carry out his mission - fishermen and us!!!

**February 17** - From a plain, Jesus proclaims blessings through a sermon, also included in the Sermon on the Mount in Matthew. This sermon begins with surprising statements about who is truly blessed in the eyes of God.

**February 24** - Jesus' radical sermon the plain invites us, his followers, to show radical love, blessing, forgiveness, generosity, and trust even to enemies and outsiders.

## In February ...

**Care-A-Lot Preschool Registration begins!!!**

**Sunday, February 3 -**

Souper Bowl of Caring

**Friday, February 8 -at 11**

AM - WELCA

**February 8-10 - Annual**

Confirmation Retreat

**Wednesday, February 22-**

Soup Supper - Cream of Broccoli and Chicken Noodle

**Sunday, February 24 -**

Annual Congregational Meeting after worship (snow date March 3)

**Wednesday, March 6 -**

**LENT BEGINS** - Ash

Wednesday Worship 1 and 7:30 PM



## Inside this Issue ...

Congregational Meeting & Soup 2

Outreach & WELCA 3

February Worship Assistants 4

February Birthdays, Anniversaries, Baptisms 4

Care-A-Lot, Prayer, and Thank-you's 5

Meditation Article 6

Parish Nurse 7

## February Ministry Highlights

**SOUPER BOWL OF CARING** - Bring lots of canned soup and \$\$\$ to be distributed to the hungry of our area through local food banks.



The annual **Upper Bucks Conference Annual Confirmation Retreat** will take place from February 8-10, at Crossroads Camp in NJ. Pastor Deal will be away with the youth, so Tom Gaun will lead worship.



**The February Soup Supper** will be on Wednesday, February 20th, from 4-6:30 PM. The soups are Cream of Broccoli and Chicken Noodle. You can eat in or take out. All proceeds go to the hungry!

## Annual Congregational Meeting - Sunday, February 24

**Our** Annual Congregational meeting will take place on Sunday, February 224, after worship. In case of inclement weather, the snow date will be March 3.

The focus of the meeting will be feedback from the Mission Assessment Profiles you gave us last year. Snacks will be available during the meeting.

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### SOUP SUPPER

**January Statistics:** We sold 134 quarts of vegetable, 85 quarts of potato. We served 27 adults, and 1 youth. Our total income was \$1,749.00.

**Special Thanks:** We want to give special thanks to:

- **Springtown Meat** for donating the beef bones **and** the beef.
- **Thrivent** who through their new action team project gave us a debit card with **\$250** to help with expenses. This program is designed to involve Thrivent members as they lead volunteer projects and it paid the majority of our expenses. They also donated t-shirts for us to wear while we were serving.



**Esther Crouse** who started our soup suppers in 1991 and has supervised them ever since. We had a glitch with the leftover soup this year; our refrigerator did not cool the soup down sufficiently. Thanks to Val McGinn who discovered the problem and to Esther who took the leftovers home to her refrigerator, and bottled the 2 pots of vegetable soup. We decided not to sell this soup, but to give it away at church on Sunday. When church was cancelled, we called folks and managed to give all the soup away. Also thanks to Donnie Crouse who left work to cart all the leftovers to his mother's refrigerator for us.

**Thank you to everyone who helped with this project:**

- **The Kressmans** for ordering all our potatoes and onions and donating the leeks
- **Our bakers:** Miriam Anderson, Helen Dungan, Dot Peterman, Barbara Naska, and Althea Crouse for their donations of desserts and bread.
- **The Monday crew:** Miriam Anderson, Helen Dungan, Mark Harwick, Val McGinn, Dot Peterman, Althea Crouse and Joe Hlavaty. These folks make the beef broth, peeled onions, washed jars, strained the broth, and pulled the meat off the bones, and washed pots.
- **The chief chefs,** Mark Harwick (vegetable soup) and Nancy Moskella (potato soup).
- **The Wednesday workers who** peeled potatoes and chopped vegetables in the morning, set up and watched over the soup in the afternoon, and jarred, served, washed dishes and pots, and took down the tables and cleaned up in the evening: Miriam Anderson, Joanne Antoni, Serena Ashmore, Althea Crouse, Pastor Deal, Helen Dungan, Lynn and Tom Gaun, Virginia Hager, Kathy and Joe Hlavaty, George Krietz, Frank Mammana, Valerie McGinn, Barbara and Ben Naska, Gladys Nicholas, Dot Peterman, Caitlin Pyne, and Patsy Zion. And a big thanks to our guest workers – Caroline Jones, Lois Miller, Bonnie Seipt, and John Westbrooks. **You folks are great!**



Helen Dungan

On **Sunday December 9<sup>th</sup>**, we hosted our annual Christmas covered dish dinner with lots of food and fellowship for everyone. Our **January** meeting was Friday January 11<sup>th</sup>. We had devotions, planned out the January soup supper, and some of us had lunch together before going to visit Evelyn Newcomb at Saucon Manor. We had a really nice visit with lots of remembering the events and people of the past.

Our **February** meeting is Friday February 8th at 11:00. Our business meeting will focus on the February soup supper. Program to be announced.

**Christmas gifts:** Thanks to Lynn Gaun for organizing our giving and to all who participated. We gave Giant gift cards for \$100 to 11 families as well as gifts to 8 children. We also gave small fruit baskets to each family, the monies taken from our Good Neighbor Fund. The baskets were made up by Laura Helfrich from Trauger’s Market. Trauger’s gave us a nice discount so that we could do this. Lynn wants to thank everyone for their generosity, “because of you, you made Christmas (special) for these families. We also thank everyone who made a personal care kit; we collected 15 kits. These will be taken to the Synod Convention in May and shipped from there to LWR’s warehouse in New Windsor, Md.



Helen Dungan

**Shut in ministry:** We went caroling on Dec. 23<sup>th</sup> to the shut-in members of our congregation: Norma Rodenbach, Evelyn Newcomb, Elfriede Marschewski, and Cleo and Ken Eck. We had a nice turn out and everyone enjoyed the singing.

**Food ministry:** Thanks to all who contributed to our collection of holiday food items for the local food banks.

**Souper Bowl of Caring:** We will be collecting soup and and/or money for the two food pantries. We will continue to collect soup and crackers through the month of February, but celebrate Souper Bowl of Caring on Super Bowl Sunday, February 3, 2019.

**Food baskets** On December 23 a food basket was given by Laura Helfrich and Rachael Roney and all the grandchildren in memory of “Pappy” (Myron Kressman) and in honor of Clayton Helfrich’s 11<sup>th</sup> birthday. On December 24<sup>th</sup> a food basket was given by the Altemose and Litzenberger families in memory of Robert Litzenberger.

### **Christmas Gift THANK YOU**

- ◆ The Pastor and Staff of Evangelical Lutheran Church of Durham would like to thank the Congregation for your generous gifts at Christmas. We are all blessed to be part of such a caring church family.

~ Pastor Dave, Carolyn, Ann, and Dianna

## February Worship Assistants

	3*	10	17*	24
Youth Acolyte/ Communion Assistant	Nicholas Philipps	Matthew Mueller	Hunter Aquino	Samantha Mueller
Greeter(s)	Ed Xander	Ed Xander	Ed Xander	Ed Xander
Lay Worship Assistant/ Lector	Mark Harwick	Tom Gaun	TBA	TBA
Council Communion Assistants	Val McGinn Kathy Hlavaty		Val McGinn Kathy Hlavaty	
Counters	Val McGinn and Kathy Hlavaty			
Head Usher	Mark Harwick		* Indicates Communion will be served.	
Altar Guild	Miriam Anderson and Dot Peterman			

	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 (61)	19	Kathleen Miller
13	Miriam Anderson			22	Benjamin Williams
15	Norma Fox (87) Norma Rodenbach (85)	21		26	Tom Gaun, Doug Litzenberger
16	Kathy Haney	23	Victoria & Adam Phillipps (17)	28	Nicole Crouse
17	Betty Kreitz (79)				
20	Esther Crouse (84)				
21	Caitlin Pyne				
24	Frank Moskella				
27	Tanya Naska				
28	Grace Litzenberger, Rowan Froehlich				



February is a month for “Love”—our Christian theme for this month. We share our love every day by caring and sharing with our friends, family and teachers. We’ll share valentines with each other and have a party on Valentine’s Day. We’ll start our month with learning about the groundhog and checking to see if he sees his shadow. Miss Becky, from Riegelsville Library,

will be sharing stories and giving each child a chance to pick a book to keep for the month. Our themes for the month are Transportation, Feelings and Community Helpers.

We’re planning a field trip on February 20th to the Riegelsville Fire Station. We’re making a special “Firefighter Survival Kit” to show our appreciation to the firefighters. We’ll end our month with a Red/White/Blue parade and song fest to celebrate President’s Day. Parents and family are invited to view our presentation.

Care-A-Lot registration for the 2019-2020 school year begins this month. We’re hoping for both a Preschool and Pre-K class for next year. Registration forms for 2019-2020 will be available on a table in the narthex as well as some additional information and business cards. If you know anyone who has a child from 3 to 5 years old, please have them call me at 484-894-0585 to plan a visit to the school. They can view the school activities and the children in the daily program. Thank you for helping Care-A-Lot to grow.

*“Sharing Love With Everyone, Not Only In  
February, But Throughout The Year!”*

~ Linda Reinbold

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## PRAYER

Please lift up in prayer the following ...

## Worshipping God through Meditation - Bea von Watzdorf

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." (Philippians 4:8)*

What we think about influences how we feel and live.

The Apostle Paul knew this. In Philippians, he encourages us to focus our minds on whatever “is excellent or praiseworthy” so we can live and worship joyfully.

### Biblical Meditation

**Biblical meditation** is a powerful way to do this.

By meditating on God’s word, we focus on what He wants us to focus on. We ground ourselves in His truth, learning to think accurately about Him, ourselves, others, and life. And we give God’s wisdom and Spirit the opportunity to re-center, relax and rewire us (John 16:13).

### Prayer Meditation

Incorporating prayer into our meditation allows us to experience yet another benefit.

Richard J. Foster paints a beautiful picture of how God uses meditative prayer in *Sanctuary of the Soul*, *“In meditative prayer we are creating the emotional and spiritual space that allows God to construct an inner sanctuary of the heart. ... Jesus is knocking; meditative prayer opens the door.”*

When we engage in **prayer meditation**, we turn our attention fully towards God. Closing out the world’s chatter and demands, we enter into the silent space where God has promised to meet us. It’s in the inner recess of our hearts where the Lord dwells and we experience His presence. Spending time with Him there, we become aware of Him in a way that is deeply personal, profound, and sustaining.

### Be Still Biblical Meditations

This has been my experience. It’s also one I sensed the Spirit leading me to share with others by crafting Biblical prayer meditations for online publication. I’m grateful to have been used by God in this special way, and to share with you the prayer meditations He has created through me.

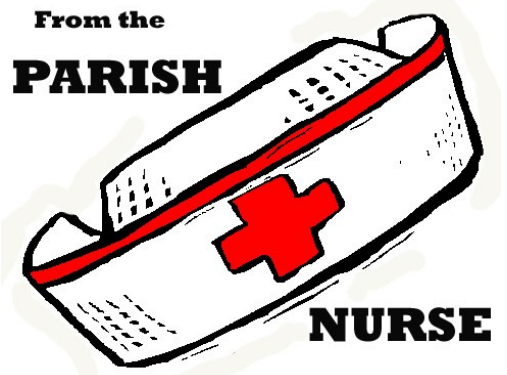
Each meditation focuses on a different topic - experiencing God’s presence, peace, protection, or healing, for example - and can be found at my website, *Be Still Biblical Meditations* ( <http://bestillbiblicalmeditations.com/guided-christian-meditations/> ). All are accompanied by scriptures and most by music (created by talented Christian musician Jason Reif from nearby Bethlehem). They can also be found on YouTube by googling “Beatrix von Watzdorf” and/or “Be Still Biblical Meditations.”

For maximum benefit I recommend doing a meditation all the way through. If you only have a few minutes, try a shorter one. Or just do what you can. As a recovering perfectionist, I’ve learned that even a small amount is better than nothing. We still gain so much from any experience of spending time with God in meditative prayer.

Then enjoy relaxing and resting in God’s word, as He transforms you through the renewing of your mind (Romans 12:2), heart and spirit.

## Fighting Colds & Flu with FOOD

Americans get a billion colds a year and there are more than two hundred viruses that can cause them. Millions of people get the flu each year with approximately two hundred thousand needing medical attention. Over the counter cold and flu meds are “iffy” at best and do not always work. But, healing foods that boost the immune system are catching the attention of the medical community.



The following are some of these foods and their healing properties:

1. Chicken Soup, provides not only fluids but it also decreases the inflammation that triggers the symptoms. Researchers believe it may be the combination of healthy vegetables and chicken. “Bonus Tip”- studies show that even commercial soups are effective!
2. Citrus fruits, red peppers, broccoli, butternut squash, sweet potatoes, and tomatoes are high in Vitamin C. This powerful antioxidant can reduce the symptoms of a cold and flu.
3. Garlic, onion, and leeks contain broad-spectrum antiseptic and immunity-boosting compounds. Add these to those soups.
4. Ginger, be it the ginger staple, ginger ale, or ginger powder does much to soothe sore throats. The chemicals in ginger target the rhinoviruses (cold viruses) and are also a natural pain and fever reducer.
5. Honey has a natural antiseptic property. It coats the throat for pain relief and acts as a barrier against infectious viruses.
6. Yogurt contains bacterium called “Lactobacillas” that blocks replication of viruses. Not all yogurts contain it.
7. Selenium rich foods, such as brazil nuts and seafood (lobster, crabs, clams, oyster, & tuna) boost the immune system.
8. Mushrooms increase production of cytokines, cells that fight off infections and boost immunity.
9. Black pepper, peppercorns are high in piperine, a compound known for its anti-fever and pain relief properties.

Hand washing, disinfecting, sleeve coughing or sneezing are essential for minimizing a cold and/ or the flu. Staying hydrated, eating healthy, exercising, and getting rest also play a vital role.

[www.rodalene.com](http://www.rodalene.com) (Health 2014)

God Bless You,

Mary Hurley, RN

# *Evangelical Lutheran Church of Durham*

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

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# EVANGEL



# February

# 2019

# 2018