

A Congregation of the Evangelical Lutheran Church in America

Welcome To . . .

St. Luke Evangelical Lutheran Church

Lifting up Praise and Prayer to Jesus Christ our Lord and Savior.

God saves us not for what we are, but for what God can make of us.

Ferndale, Pennsylvania  
lkferndale@epix.net  
www.stlukeferndale.com  
www.engageinfaith.com



# Revelations



December 2011

Vol 9 number 12

To the King of the ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen. (1 Timothy 1:17)

A Newsletter for Members and Friends of St. Luke Evangelical Lutheran Church

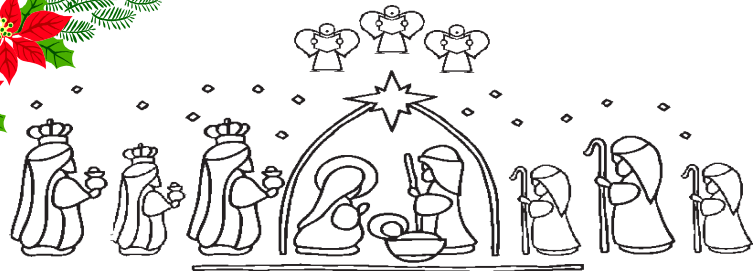
## Congregation Elects 3 members to Council

At the 2011 Fall Congregational Meeting the congregation voted to elect 3 new persons to positions on the council which now holds 10 seated members. Alan Kiefer, Jared Spry, and Walter Gaibler (Alan is reelected to a second term). Having served two consecutive terms and not eligible to run this year Salena Spry retired (temporarily). Sue Taber did not wish to be reelected to a second term due to family and personal issues. We thank all who have faithfully served on council and look to working with them in many different positions in service to Christ our Lord. The congregation wants to truly express appreciation to all the council members for their diligent work and deep desire to lead the congregation into ministry. We look to 2012 with hope and expectation.

The Fall Meeting agenda also included the consideration of the 2012 budget. with the vote the congregation has approved a budget of \$132,520 budget is just \$800 over the budget for 2011.

Increases were solely for expected ministry and maintainance items, salaries were not increased.

*Solely by Faith  
Solely by Grace  
Solely by Scripture*



## Christmas Eve

7:30 PM

The Worship of Christmas

Word and Sacrament

Family oriented

Candlelight



**Stop Wrestling with God's Word  
Start resting on it.  
Directions to St. Luke's**



St. Luke's Evangelical Lutheran Church is located at 470 Church Hill Road in Ferndale, PA. Turn left at the Ferndale Inn coming North on 611 (Turn Right if coming South) You may also follow Route 611 north to the traffic light in Harrow turn left onto Route 412 go to Palisades High School on right, turn onto Church Hill Rd. The Church building is halfway between Rt. 412 and Rt. 611 on Church Hill Rd.

St. Luke is located in historic Upper Bucks County. We have modified the building for complete handicap accessibility.

The parish office and church phone: (610) 847-5630 Fax: 610-847-1156

e-mail us: [lkferndale@epix.net](mailto:lkferndale@epix.net) [www.stlukeferndale.com](http://www.stlukeferndale.com)

Come and Join Us! The Lord will guide you - **Trust His Direction!**



ORGANIZED 1763

# Worship and Praise

**Fall/Winter  
Schedule:  
Sundays  
10:30 am  
Worship with  
Communion**

The opportunities for learning and growing in the faith are available to you and your friends

**Come and See**

Discover how Sunday Worship and learning can give you a better Monday, Tuesday, Wednesday, Thursday, Friday and Saturday!

**Weekday  
Bible Studies  
Thursdays  
7:00 PM**

## The members of St. Luke's Invite you to Know the Lord

St. Luke's Evangelical Lutheran Church is a congregation of the Evangelical Lutheran Church in America and has been serving Jesus Christ in the Ferndale area for over 250 years.

Offering activities and hospitality through the Word and Sacrament, St. Luke Evangelical Lutheran Church was built and commissioned by God to share the glory of His will with all. In this purpose we avail ourselves to address your spiritual needs in the name of Jesus Christ our Lord and Savior.

Pastoral Care is available by contacting: Pastor William Rex (215) 804-0863 or at (610) 847-5630 or by Email at [william.rex@verizon.net](mailto:william.rex@verizon.net). Pastor is also available in the office at the Church, by appointment. Concerning office appointments, if you have any need, feel free to contact him for an appointment or in the case of an emergency call him at any time.

*Easy access is provided for all persons.*

*St. Luke's Evangelical Lutheran Church  
A 254 Year young Congregation  
With You & your Special Needs in mind!*



Completely ADA Compliant:

Handicap Parking, Stepless entry points, Full size Elevator to Sanctuary Accessible Restrooms, Air Conditioned, Large Print Bulletins for the Visually Impaired, Auditory Headsets for the Hearing Impaired

For Information & directions contact us

610.847.5630 Office, 215.804.0863 Pastor, 610.847.5611 Fax

Mission Statement St. Luke's Evangelical Lutheran Church  
Our Premise

"Therefore, my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labor is not in vain." **1 Corinthians 15:58**

"For in Christ Jesus . . . ; the only thing that counts is faith working through love." **Galatians 5:6**



**The Mission of St. Luke's Lutheran Church  
We are to be**

*We are to be Christ centered servants, dedicated to glorifying him by being Loving, compassionate, forgiving and loyal.*

With the help of God, we will attempt to fulfill this mission through our work to serve him in the following ministry areas: Witness, Support, Learning, Service and Worship.

## Prayer Support

*Our Bishops: Mark Hanson of the ELCA and Claire Burkat of the SEPA Synod, Our Sister Synod: The Evangelical Lutheran Church in Tanzania Northeastern Diocese, The Maramba Parish of Tanga, Tanzania, the Parishes of the ELCA, Underground Christians worldwide, Our Troops Overseas in harms way, Our Enemies, the Streets of America and Our Children.*

**Healing of Members:** Bernice Behm, Ruth Behm, Carol Fluck, Helen Gaibler, Pastor Rex, Adam Serok, Doug Toth, Jean Toth, Shirley Walker, Carl Young. Bill Kahn and Sue Zimmerman.

**For our homebound:** Mildred Rufe, Shirley Walker, Ruth Behm and Barry Smith

**For friends and family:** Rose Marie Alex, Edward Annan, Lisa Babb, Deborah Balogh, Marty Barrows, Sarah Bataka, John Berninger, Jerry Biresch, Lois Black, Nancy Beyer, newborn Belle Sara Chambers, Gary Coelho, Brunilda Contestable, Pastor Deborah Dawson, Anita Elsey, Harold Furry, Lynn Greening, Ken Gross, Sr., Tammi Hanna, Todd Holden, James Johnson, Barbara Karr, Janet Koerper, Joy Krug, Judy Lovekin, Manuel Malaret, Marilyn Meekly, Kyle Monroe, Steven Moyer, Elizabeth Munro, Betty Noecker, Frank Noecker, Jay Perez, Austin Race, Heather Rogers, Mary Ann Roth, Rachel Ruche, Lynn Salverio, Baby Joanna Schidell, Elaine Serok, Ann Siberlick, Sandy Silverman, Matthew Smith, Marc Smith, Nancy Stover, Janet Taylor, Dennis Wehrung, Marta Weis, Nicole Whitman, Lamar Wilt, Mr. Yetter

**For the grieving:** Donna Berger's family (mother-in-law, Joan Berger, and father-in-law passed away), family & friends of Viola Fair, family & friends of John McFarland, family & friends of George Controse, family & friends of Ellen Crooke, Family and friends of little Alexa

**For those in need:** Chris Bolich's mother, father, and stepfather, staff & faculty of the Palisades School district, Michael Shapin, Men and Women of the Military, Lynn Faust, Margaret Knecht, Seafarers at sea and in port and the ministry of those who serve, those unemployed in our congregation including Bill Schnabel. Persons affected by natural disasters.

**For the ministries of area churches:** Churches of the Palisades Cluster: Christ, Springtown; Trinity, Pleasant Valley; Evangelical LC, Durham; Christ LC, Pipersville; St. Peter's, Riegelsville; Upper Tincum, Upper Black Eddy, Dean of the Upper Bucks Conference Pr. Carolann Hopke.

**Prayer List** names will be kept on the list for one month. To add or delete a name, put your request in prayer box at the back of the sanctuary. If conditions change put a note in the prayer box or contact Blanche Wehrung. email [bea4101@epix.net](mailto:bea4101@epix.net).

## Food Pantry and Health Clinic

We have a food pantry and health clinic in our area. Both are located at St. John the Baptist Church, 4050 Durham Road, Ottsville (Rte. 412, 1/4-mile north of Rte. 611). The Lord's Pantry food bank is located inside the church and is open Monday 3-5, Tuesday 9-11:30 and Thursday 9:30 to 1:30.



The Ann Silverman Community Health Clinic is located in the rectory behind the church and is open on the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Thursdays from 9:30 am until the last patient is seen. For information and to schedule an appointment, patients should call the main clinic number, 215-345-2260, select #2. Free dental care is available in Doylestown.

## ALERT!

**If you know of someone who would like to be receiving our newsletter please let us know their name and address so we may send them a copy. Likewise if at any time you or someone you know would like to be taken off the newsletter mailing list please contact us, return this box to the church office or place it in the offering plate.**

Name:

Address:

## Check Out These Links!



St. Luke's Website:

[www.stlukeferndale.com](http://www.stlukeferndale.com)

MinistryLINK online:

[www.ministrylink.org](http://www.ministrylink.org):

MinistryLINK archives:

[www.ministrylink.org/bulletins/latest.htm](http://www.ministrylink.org/bulletins/latest.htm)

Synod headlines:

[www.ministrylink.org/bulletins](http://www.ministrylink.org/bulletins)

Synod calendar:

[www.ministrylink.org/resources/calendar.asp](http://www.ministrylink.org/resources/calendar.asp)

Complete position listings:

[www.ministrylink.org/resources/jobs.asp](http://www.ministrylink.org/resources/jobs.asp)

Palisades Cluster of Lutheran Churches: [www.engageinfaith.org](http://www.engageinfaith.org)

ELCA Website --- [www.elca.org](http://www.elca.org)

Northeastern Diocese of The Evangelical Lutheran Church in Tanzania: [www.elct-ned.org/](http://www.elct-ned.org/)

The Devil is not afraid of the Bible that has dust on it.

## My Cup has Overflowed

I've never made a fortune,  
and it's probably too late now.  
But I don't worry about that much,  
I'm happy anyhow.

And as I go along life's way,  
I'm reaping better than I sowed.  
I'm drinking from my saucer,  
'Cause my cup has overflowed.

Haven't got a lot of riches,  
and sometimes the going's tough.  
But I've got loving ones all around me,  
and that makes me rich enough.

I thank God for his blessings,  
and the mercies He's bestowed.  
I'm drinking from my saucer,  
'Cause my cup has overflowed.

I remember times when things went wrong,  
My faith wore somewhat thin.  
But all at once the dark clouds broke,  
and the sun peeped through again.

So Lord, help me not to gripe,  
about the tough rows I have hoed.  
I'm drinking from my saucer,  
'Cause my cup has overflowed.

If God gives me strength and courage,  
When the way grows steep and rough.  
I'll not ask for other blessings,  
I'm already blessed enough.

And may I never be too busy,  
to help others bear their loads.  
Then I'll keep drinking from my saucer,  
'Cause my cup has overflowed.



"Okay your father  
managed to get a mouse.  
Now how do we use it?"



## Clean Laugh Site

Tiring of the same old buzz haircut from the base barber at Fort Dix, New Jersey, a soldier went into town to get my haircut.

The hairdresser noticed his accent and asked where he was from. "Trinidad," he said. "Is that in Arabia?" "The Caribbean." He said. She laughed, "Sorry, I never was very good at geometry."

*A jockey is in the parade ring discussing race tactics with the horse's trainer. The trainer tells the jockey that this is the worst horse he has ever seen. It has had 23 races and finished last in every one of them. If it doesn't win today the milkman will be using it for deliveries in the morning. The jockey mounts up and takes the horse down to the start.*

*The race begins and the horse is immediately 10 lengths behind the pack. So the jockey gives the horse an sharp thwap on the shoulder. Nothing. He then gives him a series of strikes on the rump. Nothing. He then gives him two wallops right on the hindquarters. The horse comes to a sudden stop, turns to the jockey and says "Give it a rest with that whip, will ya, buddy? I have to be up at four in the morning to deliver milk."*

The other day a man pointed to a couple across a restaurant and said to his wife, "That's us in ten years." She replied, "That's a mirror."

*A woman was having trouble with the idea of turning 30 and was oversensitive to any signs of advancing age. When she found a prominent gray hair in her bangs, she pointed to her forehead. "Have you seen this?" she indignantly asked her husband. "What?" he asked. "The wrinkles?"*

A man got a job as a night watchman at a factory. There had been a lot of thefts by the workers on the night shift, and so every morning when the night shift workers passed through his gate it was his job to check their bags and pockets to make sure that nothing was being stolen.

Things were going along very well the first night on the job until a man pushing a wheelbarrow of newspapers came through the gate. Aha, he thought, that man thinks he can cover up what he is stealing with that newspaper. So he removed the paper only to find nothing. Still he felt that the man was acting strangely, so he questioned him about the paper.

"I get a little extra money from newspapers I recycle, so I go into the lunchroom and pick up all the ones people have thrown away." The guard let him pass, but decided to keep a close eye on him. The next night it was the same, and the night after that. Week after week it went on. The same guy would push the wheelbarrow of newspapers past the guard's checkpoint. The guard would always check and find nothing.

Then one night, about a year later, the guard reported for work only to find a message had been left for him telling him to report to the supervisor. He walked into the supervisor's office and before he could say a word, the boss said, "You're fired!"

"Fired?" he asked in total surprise. "Why? What did I do?" "It was your job to make sure that no one stole anything from this plant and you have failed. So you're fired." "Wait a minute, what do you mean failed. Nobody ever stole anything from this place while I was on guard." "Oh, really," the boss answered. "Then how do you account for the fact that there are 365 wheelbarrows missing?"

# Pastoral Reflections

By Pastor Wm Rex

Well folks it that time of year again! Advent/Christmas/Epiphany the new year Hooray! But what does the dawn of a new year bring us? It's now been 5 years of recession and who knows how many years of building toward that end took place before? Let's face it this is the new "norm" we will have to understand this and recognize there is no silver bullet answer to the vexing problems before us. No political Ad campaign will steer us in the right direction nor will a candidate solve the problem with promises unable to be kept. It will take more than slogans and promises to lead us back to prosperity and security. Our homes and families, our governments and our churches are all facing the harsh realities that are confronting our lives today – no one is exempt. But as Christians we are called to live life aggressively and faithfully. How you ask try the following steps and just maybe there can be a change.

**Keep Awake** don't close your eyes in the hope that this will all just go away.

**Be enriched and strengthened** by focusing on the Word of God and his eternal promises

**Lead a Life of Holiness** you are a member of a Holy Priesthood of Believers act like one!

**Wait Patiently** God said he was in charge and you can count on that just wait for the master he will return.

**Be at Peace** serenity is the foundation of a faith in Christ be still and know that he is God strength come from his embrace.

**Prepare** we live in a world of instant gratification we want what we want now no plans just give it to me now we have got it backwards. Preparation leads to a confident conclusion.

**Repent** Ah there is the rub we don't think in today's world that sin truly exists so what is there to repent of? Well God sees it differently and we had better take a closer look or we will join the goats on judgement day!

God saves us not for what we are, but for what God can make of us.

**Rejoice Always!** Even when the weight of life seems to crush us again I say rejoice. God has you in his hands.

**Give Thanks!** It's hard to rejoice and give thanks when the bottom falls out of life but we are to be a hopeful people and in that hope we discover that every rose has its thorns and every night has its dawn. God's gift is life not survival.

**Test Everything** be as wise as serpents and as gentle as doves. The cross and resurrection draws us to understand life with new senses and a wisdom that passes all understanding. If you are drawn into the darkness it is because you have let go of the light. We can be scammed only when we let our wisdom and sense go to sleep.

**Abstain from Evil,** what is evil in a society that is wide open and good for everything? That is the definition of evil. There are no limits to freedom just consequences know the difference and live life accordingly.

**Give Glory to God.** We are to praise and worship him for all his benefits. Even when church bells are falling God is still the master of who we are and what we are to do. We are his people the sheep of his fold and he provides for us even when we are without the security of financial security and national wellbeing.

**Do Not Be Afraid!** Now this is hard. But if you put to practice the thoughts above you will have courage in the face of trials, tribulations, the loss of personal security, even death and the Devil himself.

**Let It Be!** The Beatles sang a song in which they said 'Let it Be ... There will be an answer. Let it Be' God is in charge and we are to follow him into Glory. In life we can not change people, places or things by our will or by ourselves so let God the creator, sustainer and power do what is necessary. There will be an answer just Let It Be!

It has been asked of me what are my plans to close St Luke? I answer that I have no plans except those that lead to life in Christ. He is our shepherd and we

are his sheep. We are to follow the Master in his journey through life into life. Jesus does not speak to his followers about survival but rather about life. In him we are to die to sin and rise into life. If St Luke is to close it will be because God wills it so. We are to look to him for his plan for our future. The present is suspended between the past and the future. We are the body of Christ on the cross of time he died so we could live life to his glory and rest confidently in the power of his resurrection.

If a cancer patient is asked why they want treatment and they answer I don't want to die it is almost 100% sure they will die quickly. But if they



answer I have a life to live they will pass many times through the valley of the shadow of death without failing. I knew a little girl, Alexa, who lived life longer than others with the same rare childhood disease because she glorified God by living life without the fear of dying. She had the attitude that cancer was not going to beat her she was going to beat cancer! She did and we who knew her are blessed because she did. Death is not the end but the beginning! Thanks be to God. Amen.

## Receive our Newsletters by e-mail.

Many are choosing to receive the St. Luke's Revelations newsletter by e-mail it is convenient and in full color! Sign up today and you will begin next month to receive your copy.

Then each month you will receive a PDF file that will bring you this newsletter. You will reduce your paper mail by one piece each month and enjoy the benefits of full color. **To register please send us permission at [lkferndale@epix.net](mailto:lkferndale@epix.net) Your e-mail address will never be shared with others at any time.**



## James W. Moss

Church Consultant

### People Spot Missile: On Being Grateful

One family decided it was time to look for the dream home at last. To begin that process they called a realtor to begin the process of selling their home. The realtor took down all the pertinent information and then returned to the office to prepare an appropriate prospectus. A week later the realtor returned with a sheet of appropriate pictures and a description of the house. The husband and wife exchanged glances of amazement. They looked at each other and nodded. The husband announced, "we can't go through with this." The realtor responded, "What in the world are you talking about?" The husband explained, "You see, we have been thinking about our dream home. As you described this house in your promotional piece, it became apparent that we already had our dream house, we just didn't know it." God has given us many blessings. Sometimes we just need to be grateful for what we have already.

God is so good. Praise His holy name. He knows what is best for us. The Bible never calls us to be successful but clearly calls us to be obedient. Obedience and faithfulness are always rewarded. Maybe not always in the way we would like but...

I knew a man named Paul Wade. He was serving the New Baltimore Church of God. It was a very small church on the South Mountain. Paul pastored there for years. There were Sundays when he was the only person there. There were others when there might be just 2 or 3 folks. But he stayed at it. Roy Daywalt and his family began to attend and eventually became the pastor. The congregation is alive and vibrant averaging 50 now. They have begun a Heritage Center and Museum. The

curator is Lee Daywalt. I praise God for Paul Wade's faithfulness for years. Had the New Baltimore Church of God closed, the vibrant ministry now occurring there would not exist.

Have you ever driven by a pasture field. One of the cows has their head stuck through the fence eating the grass on the other side of the fence. That is where the phrase comes from, "the grass is greener on the other side of the fence."

I was talking with a pastor who asked if he should consider moving. I asked him to describe his church. He did so very eloquently. Then I asked, "why would you want to consider leaving such a fine church? You know where all the potholes are here. You go someplace else it may take you several years to discover them."

I get up in the morning and am grateful for the day God has given. "Thank you Lord for another day! What surprises do you have for me today?" I recently saw a saying on "Good Morning" I loved it. *"Be the kind of woman that when your feet hit the floor each morning the Devil says "Oh crap, she's up!" My first thought after reading it was, "wouldn't it be great to know that each morning when we awake, that the Devil is scared of us!"* The Bible tells us that we can overcome the Devil if we just put on the whole armor of God. *Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take the shield of faith and with it you will be able to extinguish the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is God's word. Ephesians 6:14-17*

There are three rules that I strive to live by. They are not easy, but I work very hard to follow them. When I do, life goes so much better.

Rule number 1: Don't worry until you have something to worry about! I have heard others say 95% of what we worry about never comes to pass. So why worry?

Rule number 2: Don't take it personal unless it is a compliment. For me, because of who I am as a person, this has been the most difficult. Not sure why but some people get their jollies zapping and belittling others. Sometimes I think people try to build themselves up by tearing others down. It doesn't work. We just need to ignore them and move on and protect our person.

Rule number 3: If they love, you they will understand. If they don't love you, it doesn't matter what they think at all.

I was having a delightful conversation with a brother Christian. Both of us were upbeat and positive. I called him by name and said, you're a child of the King, I named his parents and said you are a son of...., I named his wife and said, you are the husband of .... Then I commented, it doesn't get any better than that. He agreed, we smiled and went on our merry way.

We ought always have a spirit of gratitude in our hearts for each day the Lord gives, and for each of the many blessings that come our way. We ought also to be grateful that we don't get what we deserve. God is good! All the time!

### New Heating System Installed

Finally, after two weeks of work in the social hall during some very cold weather the transfer from steam/oil heat to hot water/propane heat is complete. And does it feel good! More efficient too!

Many hours of volunteer labor went into the demolition of the old system and Harry and Bill are gratefully appreciated.

The council sought to give the remaining oil to families in the area who could use it and on Thanksgiving day Tom MacFarland and Pastor did just that. 3 families are now warmer praise Jesus!





## Community Health Ministry

God Bless You, Mary Hurley, RN  
[www.nimh.nih.gov/health/depression](http://www.nimh.nih.gov/health/depression)  
[www.mayoclinic.com/helath/depression](http://www.mayoclinic.com/helath/depression)

*The Community Health Ministry is a faith community program organized by several faith communities in Upper Bucks County, Pennsylvania as an outreach to the sick and homebound. The health ministry is dedicated to the promotion of mind, body and spiritual well-being through health awareness activities in the community, and in visitations to the homebound under accredited Faith Community Nursing guidelines.*

*The Faith Community Nurse (Parish Nurse) is a Registered Nurse, licensed in the Commonwealth of Pennsylvania who has undergone specialized training.*

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.



Linda Frey

### Hello parish nurses and friends of the Community Health Ministry

A Community Health Ministry meeting was held Tuesday, November 15, 2011. Mary Fontenot volunteered to contact each participating church and request their visitation list for the purpose of compiling a list to deem a parish nurse visit.

The Health Ministry is looking for a second part time volunteer who is a parish nurse, to be the point person to coordinate requested services. Please send information or requests to Mary Crouse at [mcrouse114@gmail.com](mailto:mcrouse114@gmail.com) The next Community Health Ministry meeting is Tuesday, January 24, 2012, 7:00 PM at St. John the Baptist Church, 4050 Durham Road, Ottsville.

## Thank You!

To all the members of St. Luke's, Thank you from the bottom of our hearts for the sheaf of wheat you sent to Mom's memorial service. Its sentiment and symbolism is heartfelt.

Mom loved her church family and her Lord. We appreciate all your thoughts, prayers and outpouring of sympathy during this time. We look to the day when God's promise will be fulfilled and we'll be together again. *Love, Jim & Jeanne Kenna and Dave & Judy Wolfinger*

Last week, Palisades School District and our families were hit especially hard by the unexpected snowstorm in October. Power outages throughout the district caused school to be cancelled for most of the week and many families were more than inconvenienced by their own loss of water, electric, and in some cases, a dwindling food supply.

Around our community, individuals and organizations came together to support those in need. Our showers at the middle school were open for public use, and hot meals were prepared and served to those who came in to the middle school to enjoy them. Nearly 750 visits were made to our middle school during the week by those who needed some extra assistance or just wanted to partake in the social atmosphere that was evident at the school each evening.

Supporting one another in time of need, creating a safe environment for people to enjoy a shower or a meal (or both), and taking action to make a friend's or neighbor's life a little less stressful are some of the things that I am proud to have witnessed last week. Being the Superintendent of the Palisades School District is a truly and remarkable job. I



am thankful to serve in a community that feels so strongly about helping one another to get through a particular situation and to assist one another.

On behalf of the Palisades School District and Palisades School Board, I would like to thank you for your acts of kindness and generosity in supporting the Palisades community in its time of need. *Sincerely, Dr. Bridget O'Connell, Superintendent*

Please accept my deep appreciation for your recent gift of the many hats and socks for the seamen in support of the Seamen's Church Institute. SCI's annual program to distribute gifts to our visiting seafarers is an important part of this ministry. Most seafarers are never home for Christmas and this day can be a day of loneliness and sadness. To be remembered by the people of the Delaware River Valley on Christmas Day brings a real sense of joy to their lives. We often hear from the ships with kind notes of thankfulness that they are cared for by all of you.

Each year we collect items and stuff 3,000 ditty bags for distribution to the seafarers along the Ports of Philadelphia and South Jersey. We are most dependent on their labors for the many items we use in our daily lives... fresh fruit, clothing, fuel for our homes and vehicles, etc. The list is almost endless and we have the seafarers to thank for brining these cargoes to our Ports.

Part of our work is also to protect the rights of seafarers. Attached is a short article about a ship crew that was denied shore leave by their captain. With a couple of emails and phone calls we were able to reverse that decision. You can find similar articles of how we support the seafarers at

[www.sciphiladelphia.org](http://www.sciphiladelphia.org).

God saves us not for what we are, but for what God can make of us.

We can now be found on Facebook, where we are connecting to our local community with our far flung congregation. Join us there to offer your own personal message of thanks to the seafarers.

Without your kind help, this mission would be a very difficult task. The seafarers are blessed to have such faithful friends and we *thank you* for your continued support. *Faithfully yours, James D. VonDreele*



**Seamen's Church  
(SCI)  
475 N. 5<sup>th</sup> St.,  
Philadelphia, PA  
19123**

"God cannot give us a happiness and peace apart from himself, because it is not there. There is no such thing."  
- C.S. Lewis



## Pray as You Go!

Our life in Worship is centered around the Word and Sacraments of Jesus Christ. You are welcome and invited to join us as we praise God. Sunday helps us discover a better way to live

**Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday!**

For Pastoral services you may contact Pastor Rex in the following ways:

87 Franklin Lane, Quakertown, PA 18951 or St. Luke's Office Mon., Wed, Thurs or by appointment

Office - (610)-847-5630 Home - (215)-804-0863, Fax - (610)-847-1156

e-mail address - [william.rex@verizon.net](mailto:william.rex@verizon.net) & [lkferndale@epix.net](mailto:lkferndale@epix.net)

## A Tribute to a special Little Girl

Alexa was a beautiful, spunky, strong-willed, outgoing, loving little girl that had childhood stage 4 neuroblastoma cancer. She was diagnosed on September 9, 2005 with this incurable cancer. This last month she lost the fight against this terrible disease we ask that you continue to pray for Alexa and her family (Pastor Deborah Dawson, of St. Peter Riegelsville, and Tim her husband are Alexa's Grandparents) during this time.

She loved to ride her bicycle, attend dance class, watch Harry Potter, wear her mother's makeup and have a 'dance-party' with her sisters. She was the youngest girl of four children in the Bailey Family. Mom (Stephanie), and Dad (Brett), Brittany, Savannah, and Dylan. Alexa started preschool at the hospital in the midst of her cancer treatments and she had mainstreamed her education passing the expectations of all who new her.

It all began on Sept. 7 with horrible leg pain. After seeing the family MD and the local ER, and after two more days of increasing pain; Alexa was taken to Dupont Hospital for children. On Friday, September 9, after a CAT scan; it was revealed that she had a solid abdominal tumor between her kidney and spinal column. The following Wednesday, Sept. 13; a biopsy confirmed neuroblastoma with metastasis to her bones. She had a central IV line placed in her chest and began chemotherapy less than a week from her diagnosis. The first round of chemotherapy was eventful with the expected nausea, mouth infections, and dramatic decrease in her 'blood cell counts.' She returned to the hospital after a three-day discharge to home and was readmitted on Sept. 28.

Alexa's return to the hospital and the effects of the cancer and its treatments made it necessary to put her in pediatric isolation due to multiple infections, weight loss and dehydration. Perhaps the most upsetting aspect for Alexa was the loss of her hair. When you are a young child, it is difficult to understand a disease you

can't see when all you feel are the discomforts of its presence. Multiple IV's including blood transfusions, nutrition and hydration, antibiotics, and morphine aren't a 'normal' way of life for any child or adult. As the tumor reduced, she received radiation and surgery to remove it from her body. The treatment plan included stem cell harvest and multiple transplants to rebuild her immune system using her own cells.

The family prepared mentally, physically, emotionally and spiritually for upcoming events of multiple, frequent hospitalizations as well as all the time they could not be together as a family. We are so grateful to our extended family, to our friends, our church community, co-workers, the nurses and doctors, to everyone that we know and love for all of the love, the support, the constant prayers and gifts we have received. Your gifts of time, listening, love, and financial assistance have reminded us how truly we have been blessed and that our Lord has been present even as we struggled to understand and defeat this cancer. We feel truly blessed and know that God is only capable of good. We count and thank God for our many blessings. May God bless you!

## Seminarians learn the realities of seafaring life

A second group of first year seminarians from the Lutheran Theological Seminary of Philadelphia (LTSP) were recently introduced to the realities of being a modern day seafarer and the importance of maritime ministry to their lives. They came face to face with these realities on a recent Saturday at the Seamen's Church Institute (SCI). Part of their visit included a tour of a ship at the South Jersey Port Corporation's Beckett St. terminal. SCI's ship visitor staff had gotten word the day before that none of the crew of Myanmar seafarers was being permitted to have shore leave even though cleared by Customs Border Protection (CBP). If seafarers have American Visas, CBP normally clears

them for shore leave. This time the captain informed the crew that it was company policy that they could not go ashore. Having been at sea for many months, they were very disappointed and upset by this denial.

In response, the Rev. Canon James Von Dreele, SCI's Executive Director, phoned the Liberian Registry, the flag state of the ship. (Every ship must have a flag state registry in order to sail.) Fr. Von Dreele conveyed the problem of these seafarers and the inhumanity of this company policy — which was promulgated to keep the seafarers from jumping ship. Within a

few hours the Liberian Registry worked out an arrangement with the owners to allow for the officers to escort the crew for shore leave. Needless to say, the seafarers were ecstatic.

The next day, Pastor William Rex, halftime chaplain on call from the Seafarers & International House of the Lutheran Church and Fr. Von Dreele led this group of seminarians onto the ship, the MV Annabell. The captain invited all to assemble on the ship's bridge and he mustered the whole crew to meet our group. For about 45 minutes, the crew introduced themselves one by one, what their rank was and what duties they performed aboard ship. Then the seminarians asked about their lives, families and why they went to sea. Finally, the chief cook invited everyone

The next day, Pastor William Rex, halftime chaplain on call from the Seafarers & International House of the Lutheran Church and Fr. Von Dreele led this group of seminarians onto the ship, the MV Annabell. The captain invited all to down to the mess area to have lunch.

Soon afterwards, Pastor Rex was back at the ship to take them shopping. On final reflection, the seminarians marveled at the existence of this kind of ministry, its commitment to advocacy, justice and hospitality. This relationship between SCI and LTSP has opened the eyes of these new students to the varieties of ministry within the church, especially this industrial based ministry.

**DECEMBER 2011**

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday | Saturday   |
|---|---|---|---|---|--------|--|
|   | NO Soup Supper this month<br>Next Soup Supper in January 2012 | No Quilting this month.<br>Watch the newsletter for future work date. |   | BIBLE STUDY<br>7:00 p.m.                        |        |  |
| 2 <sup>nd</sup> Sunday in Advent<br>(Blue/Purple)<br>HOLY COMMUNION<br>10:30 a.m.<br>SUNDAY SCHOOL<br>10:30 a.m.        | 5   | 6   | 7<br>FINANCE COMM.<br>MTG.<br>7:30 p.m.<br>JUNIOR CHOIR<br>REHEARSAL<br>7:00 p.m. | 8<br>BIBLE STUDY<br>7:00 p.m.                   | 9      | 10<br>CHILDREN'S<br>CHRISTMAS<br>PARTY<br>1-3 p.m.                                     |
| 3 <sup>rd</sup> Sunday in Advent<br>(Blue/Purple)<br>HOLY COMMUNION<br>10:30 a.m.<br>SUNDAY SCHOOL<br>10:30 a.m.        | 12  | 13<br>CHURCH<br>COUNCIL<br>7:00 p.m.                                  | 14<br>JUNIOR CHOIR<br>REHEARSAL<br>7:00 p.m.                                      | 15<br>BIBLE STUDY<br>7:00 p.m.                  | 16     | 17   |
| 4 <sup>th</sup> Sunday in Advent<br>(Blue/Purple)<br>HOLY COMMUNION<br>10:30 a.m.<br>SUNDAY SCHOOL<br>10:30 a.m.        | 19  | 20  | 21  | 22<br>Winter Begins<br>BIBLE STUDY<br>7:00 p.m. | 23     | 24<br>Christmas Eve<br>(White)<br>Christmas Eve<br>Candlelight<br>Worship<br>7:30 p.m. |
| The Nativity of Our Lord<br>Christmas Day<br>(White)<br>HOLY COMMUNION<br>10:30 a.m.<br>NO SUNDAY SCHOOL class this day | 26<br>St. Stephen, Deacon<br>and Martyr<br>(Red)              | 27<br>St. John, Apostle and<br>Evangelist<br>(White)                  | 28<br>Holy Innocents,<br>Martyrs<br>(red)   | 29<br>BIBLE STUDY<br>7:00 p.m.                  | 30     | 31<br>New Year's Eve   |

The Devil is not afraid of the Bible that has dust on it.

**CONGREGATIONAL LEADERSHIP DIRECTORY**

Church Building - (610)847-5630 Fax-(610) 847-1156 Website: www.stlukeferndale.com e-mail: lkferndale@epix.net

|                                  |  |               |  |
|----------------------------------|--|---------------|--|
| South Eastern Pennsylvania Synod | www.ministrylink.org                           | (267)323-3737 | getinfo@sepa.org   |
| The Rev. Bishop Claire Burkat    | Bishop SEPA Synod                              | (267)323-3747 | cburkat@sepa.org   |
| The Rev. William Rex             | Pastor   | (215)804-0863 | william.rex@verizon.net                                    |
| Alan Kiefer                      | term ends 12/11 Vice President                 |               | perkbear@aol.com   |
| Carol Lehr                       | term ends 12/12 Council Secretary/ WELCA Chair |               |  |
| Bruce Young                      | term ends 12/13 Treasurer                      |               | brahmayoung@msn.com  |
| Darla Mills                      | term ends 12/13 Financial Secretary/ Council   |               | darlamills@frontier.com                                    |
| Alida Spry                       | term ends 12/13 Council/Chair Witness Comm     |               | geneagirl@verizon.net                                      |
| Harry Noecker                    | term ends 12/12 Council                        |               |  |
| Bonita Weller                    | term ends 12/13 Council                        |               | bonitae77@hotmail.com                                      |
| Sue Taber                        | term ends 12/11 Council                        |               | soccer9@epix.net   |
| Selena Spry                      | term ends 12/11 Council                        |               | horselover24_7@yahoo.com                                   |
| Bill Schnabel                    | term ends 12/12 Council                        |               |  |
| Donna Serok                      | Sunday School                                  |               | <a href="mailto:dserok@verizon.net">dserok@verizon.net</a> |
| Darlene Durns                    | Organist/Choir Director                        |               |  |
| Cindy Rasich                     | Church Secretary                               |               | lkferndale@epix.net  |
| Blanche Wehrung                  | Prayer Chain                                   |               | bea4101@epix.net   |

May God Bless you this Christmas with Healing and Grace.

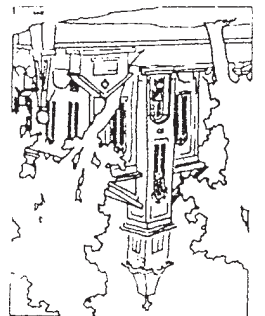
*Christmas Pointsettias order form*

**CHRISTMAS EVE WORSHIP SET 7:30**

*\$ new Council Persons Elected*

*What's Happening:*

**inside**  
for december 2011



Ferndale, PA 18921

P.O. Box 67

470 Church Hill Road

St. Luke Evangelical Lutheran Church

**Parish Revelations**

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|---|
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