



Living God Newsletter

Sunday
Worship
9:30 AM

3200 Horseshoe Pike
Honey Brook, PA 19344
Phone: 610-273-9383
www.livinggodchurch.org

January, February, March 2014

†Go forth with the gospel! †Loving God †Growing with Christ †Welcoming All

☞ HAPPY NEW YEAR AND A BLESSED 2014 ☛

NEWS FROM THE OFFICE

Congregational Meeting Sun, January 12, 2014

LGLC will hold the annual congregational budget meeting January 12 following the morning service. All members of LGLC will receive a letter including a copy of the proposed budget two weeks prior to the meeting. If you have questions that can be addressed prior to the budget meeting please direct them to Mary Wallett (council President) or Patty DeLong (church treasurer). Their contact information is listed below. Otherwise, come to the budget meeting and participate as a voting member of the congregation

Mary Wallett, Council President 610-384-2056
mawallett@gmail.com
PattyDeLong, Church Treasurer 610-273-9677
psaut70@aol.com

ANNUAL REPORTS DUE—It's that time of year again!

Reports for the 2014 Annual Report are needed. Please email your report to living_god@verizon.net no later than **Mar. 24th**. Copies of the 2014 Annual Report will be available two weeks prior to the May 18th meeting. If you have any questions please call me at 610-273-9383.

Landline or Cell Phone Number? During the past few months I have received several calls from church members informing me that they no longer have a landline and have switched to using their cell phone number as their main contact. If you are considering doing away with your landline in favor of a cell phone please contact the church office to make sure we have the correct contact number on file. Thank you, Donna



REMINDER—Newsletter articles for the April, May, & June newsletter are due **by March 5th**. Please email your article to living_god@verizon.net Thank you!

Please refer to the church website www.livinggodchurch.org to view LGLC's online calendar.



WORSHIP TEAM NEWS

Christmas Eve Children's Pageant 4pm

Christmas Eve Traditional Service 8pm

Epiphany Service Mon, Jan 6th, 2014 at 7pm

STEWARDSHIP TEAM NEWS

Health & Wellness Ministry – News You Can Use Anti-Inflammatory Diet – What's that?

Inflammation is the body's natural response to injury or infection. Inflammation can be acute (short term) as in the case of an injury, or chronic (long term) which is the process behind the development of problems such as cardiovascular disease, arthritis irritable bowel syndrome and many other inflammatory problems. Chronic inflammation occurs when this response is not turned off or when the body triggers an abnormal inflammatory response to healthy tissue in the absence of injury or disease. Over time, inflammation can cause serious damage to the body's organs and other tissues. Symptoms of chronic inflammation can include swelling, congestion, muscle and joint pain, infection, diarrhea, and organ failure. **Can diet help?** Yes, research shows that inflammation can be prevented and decreased through a healthy diet. A study by the [American Journal of Clinical Nutrition](#) found that the more fruit, vegetables, legumes, fish, poultry, and whole grains that one ate the lower their plasma level of CRP, a protein found in the blood that rise in response to inflammation. **What foods are anti-inflammatory?** *Fruits and vegetables:* Fruits and vegetables are high in fiber which lowers CRP levels in the blood. They are also high in anti-inflammatory vitamins (such as vitamin A, B6, C, D, E, and K) and antioxidants which lower our levels of free radicals that contribute to chronic inflammation. The [USDA](#) recommends that adults eat at least 5 servings of colorful fruits and vegetables a day. •*Protein:* Lean animal and plant based protein sources are the best anti-inflammatory protein sources. These include poultry, fish and seafood since they are high in **omega-3 fatty acids** and plant sources such as soy foods like tofu, along with legumes, seeds, and nuts which are high in **monounsaturated fatty acids (MUFAs)**.

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OUTREACH TEAM NEWS

I wish to thank everyone for the wonderful heartfelt response to our food collection and Christmas Ingathering projects. We weighed all the bags of food collected before we took them to Steeple to People on the Sunday before Thanksgiving. Steeple to People makes up food baskets for shut ins and people in the Honey Brook area that would not have a Holiday dinner without the basket they provide. Many of the items we collected can be used for Thanksgiving, Christmas or even New Years family dinners. We sent 495 lbs. of non perishables!

Our Christmas Ingathering supplied Lutheran World Relief with 7 Health Kits which can be sent anywhere in the world. We sent 1 dz. pair of warm socks and work gloves for the Philadelphia Seaman's Institute, and gifts for 20 children in Foster Care through Lutheran Family and Children's Services. Some of the children needed warm coats, some requested gift cards to do their own shopping, some will receive toys, games or puzzles. We also supplied Hearts in Hand with some gift cards for adolescents to buy something special for themselves.

We are a generous and caring congregation and we should all be proud of our accomplishment and caring for others, locally, nationally and internationally.

Lin Williams and the Outreach Team


SUPPORT TEAM NEWS

Building & Grounds Meetings The B&G Team will hold their next monthly meetings on **Tues, Jan. 21st, Feb. 18th, and Mar. 18th.** All are welcome to participate. If you have any questions about the team please contact Barry at 610-273-2371.

LGLC Council Members
Mary WalleTT-President
Jay Arndt-Vice President
Julie Funk-Secretary
Sue Fessenbecker, Joyce Ring,
Denise Singer-Ott, Lin Williams, and Lana Wolfe

Church Staff
Pastor Richard Moore
Office Manager-Donna Lewis
Music Director-Angela Zoltek
Treasurer-Patty DeLong
Contribution Recorder-Linda Hume
Nursery Room Attendants-Sharon Pierce & Liza Tosunian



 Find us on Facebook View information and upcoming events at LGLC.

EDUCATION TEAM NEWS

Youth Group Information The LGLC youth group (called JAM) meets every other starting Sunday Sept., 22 through June 2014 from 11-12:30pm for those in grades 5-12. A special event is usually scheduled once a month. New friends are always welcome. For more information about the program go to LGLCYOUTH.BLOGSPOT.COM

Children's Ministry Children ages 3-4th grade are welcome to join us for Sunday school every Sunday starting Sept. 22, through June 2014 at 11am. For more information about the program go to LGLCKIDS.BLOGSPOT.COM

First Holy Communion
All parents of children in fifth grade, and those believed ready for Holy Communion are encouraged to contact Pastor Moore at revrichm@gmail.com for more information. Children will be invited to partake in their "First Communion," on Sunday, March 2, 2014.

FELLOWSHIP TEAM NEWS

Fellowship Snacks
The following Committees are responsible for snacks and treats after church service during the following months;
Jan.-Support Team, Mary WalleTT
mawallett@gmail.com
Feb.- Education Team, Denise Singer-Ott 484-514-2175
Mar.- Stewardship Team, Lana Wolfe
Lana.wolfe@qvc.com

FREE TICKETS TO THE THEATRE
LGLC has free tickets for the People's Light & Theatre located in Malvern, PA. Please visit the website at www.peopleslight.org to view the current 2013 season which highlights the productions for this year. Please contact the church office 610-273-9383 if you have any questions or are interested in reserving tickets.

March 9, 2014 Quarterly Pot Luck Lunch
LGLC will host a quarterly pot luck lunch on Sun., Mar. 9th following church service. A sign up sheet will be posted for those who wish to attend. Questions please contact Joyce Ring at tinderjr@hotmail.com or call 610-458-5525.

Contemplative Prayer
A new session will begin on Jan. 7th, 2014. If you have any questions please contact Tony or Joyce Ring at 610-458-5525 or tinderjr@hotmail.com



Recently, I went Googling for an image of people in worship. I found hundreds, possibly thousands---I didn't look through all the pages. All of them, it appeared to me, were people standing with arms raised high, faces looking upward. *Why? Generally, we don't worship this way in our church...should we?*

Then I recalled a lesson from my seminary days on clergy posture during worship. This posture of hands open eyes tilted upward is called *Orans*, (latin for "praying") and it's actually nothing new. The



origin of orans stems from the posture of the early church leaders or priests, in which the priest intercedes during the liturgy on behalf of all. His arms outstretched, eyes raised upward, simply a humble posture for one who is pleading for help--reaching out to God saying, essentially, "We beg you, help us." When you think about it this is actually a very natural human gesture for anyone who is humbly pleading for help.

But, the people in the pictures I Googled do not look very humble, and they don't seem to be pleading for help. To me, their posture seems more like that of someone cheering at a concert. Curious---I Googled "crowd at concert" and the images were exactly the same.

What does it say about us Christians that the popular images of our reaction to the presence of God in worship is the same as that of the presence of a rock star on a stage?

Personally, I prefer the posture of this text from Isaiah. These are not the words of one who is cheering a rock star god. These are words of a humble servant, pleading with God for help. I imagine Isaiah's arms outstretched, eyes tilted upward, begging God, "*O that you would tear open the heavens and come down...*" These are humble words, yet they are mighty in faith. They are not self-pitying, or grandiose. They are hopeful--expectant of God to come down and save. When I am facing the darkness in my life, I want these to be my words; my faith to be this strong; my hope to be this expectant. Don't you?

I don't need a rock star god that I can cheer on as he does his work from "up there" in heaven. I need a God who is willing to tear open the heavens to come down here and help. Don't you?

The promise of Advent is that God comes down!

With a baby born in a stable, God tore open the heavens and came down for us! He answered the pleading prayers of Isaiah, and came down. With this event, we might remain strong in

Isaiah 64:1-4

O that you would tear open the heavens and come down, so that the mountains would quake at your presence—as when fire kindles brush-wood and the fire causes water to boil—to make your name known to your adversaries, so that the nations might tremble at your presence! When you did awesome deeds that we did not expect, you came down, the mountains quaked at your presence. From ages past no one has heard, no ear has perceived, no eye has seen any God besides you, who works for those who wait for him.

Living God Lutheran Church

3200 Horseshoe Pike
Honey Brook, Pennsylvania 19344

Office Hours

Tues., Wed., Thu.,
9AM to 4PM

Non-Profit Org.
U.S. Postage
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Coatesville, PA
Permit #444

Or current resident



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our faith, trusting in God's promise to come down for us again and again.

So, then, how shall we respond in worship? In the end, it doesn't really matter what we do with our hands, eyes or the rest of our posture. What matters, I suppose, is what God is doing with our hearts.

Prayer...

O God, that you would tear open the heavens and come down...for me...for all of us! In Jesus' name. Amen.

Yours in ministry,

*The Rev. Richard Moore, pastor
3200 Horseshoe Pike
Honey Brook, PA 19344
www.livinggodchurch.org
revrichm@gmail.com*

STEWARDSHIP TEAM NEWS *continued from page 4*

- *Whole grains:* Whole grains are high in fiber which can prevent inflammation and include foods such as oatmeal, brown rice, popcorn, and whole wheat breads and pastas.
- *Spices and herbs:* Ginger, garlic, turmeric, green tea, black pepper, curry, and cinnamon are also high in antioxidants. So don't be afraid to season up your foods, these not only add flavor but they are good for you too.

Fats and oils: Monounsaturated fatty acids are also found in avocados and olive oil and omega-3 fatty acids can be found in canola oil. So try switching to oil instead of butter when cooking your next meal.

What foods should I avoid?

Research has found that foods normally used in the Western diet (a diet pattern high in processed foods, red meats, high-fat dairy products, fried foods, and refined grains) are positively associated with homocysteine and CRP levels which are linked to inflammation and disease. So avoiding these types of foods and replacing them with anti-inflammatory type foods can be beneficial. The next time you go shopping try some of these foods which are considered some of the best anti-inflammatory foods:

- Salmon, Extra virgin Olive Oil, Blueberries, Turmeric, Garlic, Green Tea, and Sweet Potatoes

Eat smart and stay healthy!!