



Wings of the Almighty by Kara Derstine

After the excitement and celebrating Christ's birth in December, we settle into January, which has now led to February. These 2 months are often long for me—less daylight, more sleeping, lower energy, more sourdough...the last one is funny, but true! I do enjoy getting outside even in the cold, but it takes a bit more self-talk and convincing to get fresh air on those cold days. I'm thankful for our dog, who needs a daily walk. Xander can be that extra push out the door. While it is still dark, I go downstairs for my cup of coffee and time with The Lord before the demands of the day whisper their presence.

A word I'm pondering and meditating on this year is Abide. John 15:4-5 "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is who bears much fruit, for apart from me you can do nothing."

The Biblical definition of abide means "to remain, dwell, stay, or be held in a close, vital relationship with Christ, drawing life and strength from Him like a branch connected to a vine. It signifies continuous, faithful connection through prayer, obedience, and reliance on His word, leading to spiritual fruitfulness and a deep, enduring fellowship, not just a superficial acquaintance." To abide is a verb—an action. It is something that I must do and be a participant in. It is not passive. To abide I must have connection and dependence on Jesus, to live in His word, to pray and have fellowship, faith and trust in Him, transformation through him, and then fruitfulness as a byproduct.

Another word that I'm pondering is Selah. This word has musical meaning—to pause and reflect, to lift up and praise, to ponder a profound message just spoken, emphasizing God's worth, power, or refuge... Psalm 62 is so beautiful, so please take a few minutes to read it. The Psalms are filled with invitations of selah. As for me, I find it difficult to pause and stop, to take a break. As women—wives, mothers, friends—our lives are abundantly full with responsibilities, and there are always opportunities vying for our time and attention. So, this year I will do my best to abide and selah, and I invite you to do the same.

Imagery is so powerful to me. As I ponder this word, abide, I am drawn to Psalm 91:1... "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty." I think about being in a nest, covered by God's mighty wings of love, care, and protection. As I consider the word selah, I think about sitting under a mature river birch tree by a stream, resting in its shade. Jeremiah 17:8 says, "They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bring fruit."

My prayer for you, women of FMC, is that you make time to abide and selah...Lord, draw these women close to you. Each one wears many hats—no matter what age. I pray they choose to abide in your word daily—that you write scripture on their hearts and that they long for selah in their full lives. May the fruit of their faithfulness be abundant! In your most Holy name, Amen.

February 2026



WOMEN'S MINISTRY MISSION STATEMENT: Encouraging women to connect in deeper, genuine relationships both with each other and with Jesus Christ.



Making Connections

Meet **Abby Kramer**.

First of all, I want to start off by saying how thankful I am to be a part of Franconia's community. Getting to know the congregation, including the youth of the Church, has really been a blessing and encouragement. I'm so grateful for the consistently welcoming spirit. I have really loved meeting the parents of all these great kids and truly appreciate the support along the way. Thank you all for being so kind!

I grew up in a home of believers. My father is a pastor of a local church, so I had the privilege of growing up in an environment that valued the things of the Lord. In the past, my mother has led the children's ministry at their church and currently leads that church's special needs ministry. I have one sister who lives in Florida, along with her husband and three children. Our daughter loves facetime calls, and any get-togethers with her cousins. I'm also incredibly blessed to be part of Isaiah's family. We were married in December of 2011, and I gained brothers and sisters-in-law who are wonderful. Isaiah's mother has also been a huge example of a strong and godly woman who follows the Lord's leading and encourages others to do the same. I could not ask for a better family.

I work part time at a dental office in Conshohocken. I've worked in various roles in the dental field for the past decade. Being in the medical field is something I really enjoy. Having the opportunity to talk with people and truly hear them out while in a vulnerable environment is something I do not take lightly (I also don't mind all the free toothbrushes I get to take home).

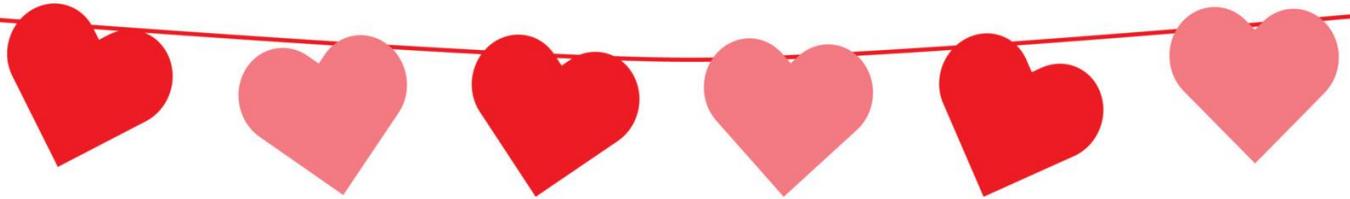
These past few months I have been reflecting on the book of James. More specifically, James 1:22-25. The concept of "doing" versus just "hearing" God's word is something that looks different season by season for us as believers. "Doing" and not just "hearing" is certainly more easily said than done. There's no time off or moments that don't matter when we are representing our Lord - it all matters. In James 1:5 we are called to simply ask him for help. I pray that the reality of that verse is something we can all practice and encourage each other in.

I'm so excited to get to know all of you more, and, again, I want to thank you all for being so loving and genuine to my family and me in these first months of joining the congregation.





Get Involved!



W O M E N ' S Bible Study



Starting January 28, We will meet weekly in room E200 on Wednesday mornings, from 8:45-9:45, for 12 weeks.

****Childcare will be provided****

Please SIGN UP by emailing Julie Kratz – jskratz@gmail.com

"Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him." John 14:21



Other Upcoming Activities

Sewing Circle
Tuesday, Feb. 10
8 AM – 4 PM

Prayer Shawl Ministry
Tuesday, Feb. 10 at 7 PM



CONTACT US: franconiawomen@gmail.com

Women's Ministry Team: Gail Reinford - leader, Renae Derstine, Charity Veltre, Kristen Weaver, Kim Wieder, and Heidi Yoder
Editor of The Spice: Tricia Bergey