



The *Lion* of St. Mark's

FEBRUARY 2005

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For a Deeply *Thoughtful* Lent This Year...

The Road to Coronation will be the theme of the gatherings on Wednesday evenings in Lent at St. Mark's this year. We will focus on the different ways in which the Gospel writers have told the central story of Jesus' journey to the cross and resurrection. Each of them has emphasized a different aspect of the story; each of them contributes important insights for knowing the Lord Jesus. We'll also explore how later interpreters have pointed

to the same truth through the visual arts.

Lent begins with **Ash Wednesday, February 9**, with services of **Holy Communion at 12:00 in the Chapel and 7:00 in the Nave.**



On this solemn day, we acknowledge the depths of our estrangement from God, and hear the word of hope: "*Dust you, dust redeemed by the cross of Christ.*"

On subsequent Wednesday evenings

we use the following schedule:

- (1) We gather for potluck supper and conversation at 6:15 in Fellowship Hall.
- (2) We have a brief study-time at the table at 7:10 on the theme.
- (3) We move to the Nave to sing Evening Prayer at 7:30, and are on our way home at 8:00 P.M.

It is a wonderful time of mutual encouragement for the family of faith. Mark your calendar and plan on participating!

Morning Prayer continues to be sung each weekday at 9:00 A.M. All are welcome to participate. As well as naming many needs from around the community, it is our intention to name in prayer each member of the congregation in the course of the 40 days of Lent. Stop in and become a part of the church gathering for prayer. It helps to frame the rest of the day in an excellent context.



COUNCIL UPDATE

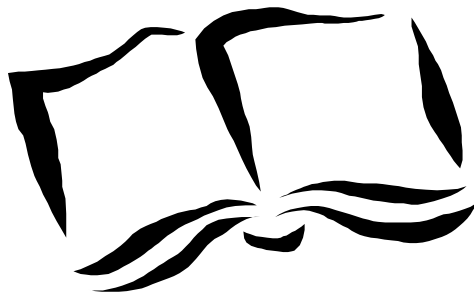
***The Council met in regular session on Monday, January 17.
In the course of the meeting, the Council:***

- ✝ Received reports from committees and officers.
- ✝ Approved a letter of commendation for the Hessert family.
- ✝ After detailed discussion, approved a request for the use of space at St. Mark's by one of the local AA groups. If the group accepts the terms set by the Council, the group would be meeting at 1:00 on Sundays in the lower level of the parish house.
- ✝ Due to Harriet Fornwalt's illness, Lois Smith will be co-chairing the Parish Life Committee with Dick Lakey.
- ✝ Noted that our John Bower Basketball teams are doing well.
- ✝ Noted the many social ministry needs that are being listed in the bulletin and newsletter.
- ✝ Approved the replacement of one of our computers, and its placement in the secretary's office.
- ✝ Since time ran out, a special meeting of the Council will be held on Monday, January 31 to continue the sorting and discussion of ideas from the Transformation event.
- ✝ The meeting was adjourned and Prayer at the Close of the Day was sung in the Chapel.



Deana Sholder has tendered her resignation as Environmental Services Technician effective January 24. We thank her for her four years of work. Lou DeSeau has assumed the duties of Sexton on a temporary basis pending interview.

FROM THE PARISH REGISTER



- ✧ Olin Storch's memorial service was celebrated on January 5, 2005.
- ✧ Alex Larson was confirmed on January 9, 2005
- ✧ Donald and Janet Hessert and family were commended to the First United Methodist Church on January 18, 2005.
- ✧ Martha Haussmann's funeral service was celebrated on January 22, 2005.

MILESTONES MARKED DURING JANUARY

Remembrance Service January 7, 2005

The following people were remembered during our annual Remembrance Service that was held last month:

John C. Alt Sr.
Harry Bailey Jr.
Betty Bubb
Bill Burd
Loved ones of Ruth & John Burkholder
Shirley & Bob Campbell
Charles Dailey
Dorothy Dailey
Emily Doeblor
Lawrence & Helen Eaton
Rosemary Ertel
Bernetta Flexer
Jack Fortin
Susan S. Gage
Wells H. Gage Sr.

Dorothy S. Good
Rev. Frederick Hasskarl
Mary Heck
Harold "Hershey" Hershberger Sr.
Truman Horn
Alfred Johns
Gordon Jones
Ray Kinney
Madaleine B. Kline
Jean Knowlden
Robert Kuntz
Mark Kuntz
Marty Kuntz
Mr. & Mrs. Philip Loveland
Ruth Lukens
Layton Lyon
Jackson Markel
Larry Miller
Judy Dailey Murnane
Al & Claudia Owen
Gladys M. Reese
Samuel M. Reese
Samuel M. Reese Jr.
Dorothy Robbins
Parents and loved ones of
Bob & Mary Schultz

Eleanor Starr
Olin Storch
Luther Stroup
Michael V. Townsend
Dorothy Trate
Donald Vollmer
Nathan Young
All unborn
Those who have died while serving our country
Those who died in the recent tsunami disaster

Confirmation January 9, 2005

Alex Duke Larson

Faith Chests January 9, 2005

Micah Charles Alt
Amalie Lynn Robertson
Owen Edward Gair

MILESTONES COMING UP IN FEBRUARY

On Sunday February 20th, the 2nd Sunday in Lent, St. Mark's will be giving out the "All the Languages of the Good News" milestone to those children in kindergarten. Ezra Buckman, Morgan Comini and Kara Hershey will be the recipients of the milestone.

This milestone is a reminder that the St. Mark's congregation is a huge part of this Child in Our Hands' faith journey. The bags may be used as a tool for nurturing faith in the home. Please make yourself known to the children and their families and wish them well on this day!

A luncheon for the children and their families will be held directly following the 10:30 a.m. service in Fellowship Hall.



IN CASE YOU WERE WONDERING:

If you are thinking about making a donation toward the relief of the tsunami victims but are concerned about choosing a reliable and trustworthy charity, here are a few facts, as reported in the January 17, 2005 edition of *Newsweek* magazine (as provided to *Newsweek* by the American Institute of Philanthropy):

Aid Organization	% spent on program services	Cost to raise \$100	Grade	
American Red Cross (a leading force in tsunami aid/has raised some \$150 million already)	91.....	\$8	A+	☺
Lutheran World Relief (Great track record; now promises to give 100% of tsunami relief to victims)	90	\$3.....	A+	☺

The two organizations listed above are the only ones rated “A+”. Other organizations that are rated “A” and “A-” include **Doctors Without Borders, Care, and Save the Children.**

The organizations that received poor grades are:

World Emergency Relief (This Christian group spends too much and gives too little, critics say.)	31-56.....	\$30-59.....	F	☹
Feed the Children (Critics say they spend too much on ads...)	19	\$65.....	F	☹

SOME (LOCAL) WAYS TO HELP VICTIMS OF THE TSUNAMI

Winter Picnic

A benefit for the tsunami victims sponsored by the Annunciation Youth Group will be held this **Sunday, January 30 from 11:00 AM to 4:00 PM** at the Fleming Center, 720 West Fourth Street in Williamsport.

Come dressed in your summer best & enjoy music by the Beach Boys. Platter and ala carte items will be available. **Hamburger or Cheeseburger Platters—\$3.50; Hotdog Platter—\$3.00.** Platters include baked beans, salads, French fries, beverage and dessert. Take outs will be available. Call the Fleming Center at 323-0850. For more information, call Fr. Greg, Youth Group Moderator at the Parish Rectory at 323-9456.

Disaster Assistance Night-time Christian Event

When: Fri., Feb. 4th 7:00 – 10:00 PM

Where: Church of the Savior, 522 North Grier Street, Williamsport.

What: Music will be provided by Variety 97.7 DJ and Erica Bird. **Donation: \$2.00**

Refreshments available for a small donation. All proceeds go to the tsunami disaster victims through the Lutheran World Relief.

NURSE'S NOTES

February 6

Matters of the heart: February is American Heart Month. Here is a reminder which bears repeating. Symptoms of heart attack in women, may differ from the "typical" crushing pain in the chest. Symptoms to be aware of include: shortness of breath with or without chest pain; flu-like symptoms: nausea, clamminess or cold sweats; unexplained fatigue, weakness or dizziness; pain in upper back, shoulders, neck or jaw; sudden feeling of overwhelming anxiety. Never drive yourself to the ER if you think you may be having a heart attack. Call 9-1-1 so proper treatment may be implemented immediately.

February 13



3-Calorie Romance

Remember those sweet little hearts with loving phrases stamped into the top? Here are some fun facts in honor of Valentine's Day.

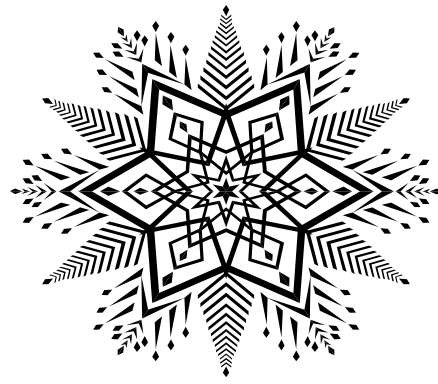
- ❖ Number of Sweethearts made each year: **8 billion**
- ❖ Number of miles they would cover, heart to heart: **5,924 or from NYC to LA and back**
- ❖ Number of sayings introduced each year: **10**
- ❖ Number of calories per heart: **3**

February 20

Make a "date" with your doctor! If you have any of the risk factors for heart disease, talk to your physician about adopting a more heart-healthy lifestyle. If you have not had a physical exam for several years, Heart Month is the perfect time to do so ... for yourself and for those you love!

February 27

Dry chapped lips? Don't lick your lips – when saliva evaporates, it removes any natural oils that you have on your lips. Smooth on a heavy-duty lip balm that has ingredients such as avocado oil (relieves the chapped lips) and shea butter (helps prevent moisture loss). Stay away from matte lipstick formulas, which can be very drying. Instead, stick to lip gloss or a tinted balm. (Prevention, February 2005).



Winter Assistance for Heating Bills

The federal government has released \$100 million to the states for heating cost relief. PA was awarded about \$7.5 million. If you are in need, you can contact:

Ms. Donna Roe, acting director
Division of Federal Programs
Department of Public Welfare
PO Box 2675, Harrisburg, PA 17105
717-772-7906 (office) 717-772-6451 (fax)

Email: droe@state.pa.us
Website: www.dpw.state.pa.us/LowInc/HeatAssistance/003670277.htm

(Print and fill out online application:
Low-Income Home Energy Assistance
Program (LIHEAP) Application)

Public inquiries: 1-866-857-7095



CHRISTIAN COMMUNITY NEWS

Newborns Need Your Help

The Pregnancy Care Center of the Susquehanna Valley is a member of CareNet. CareNet is a not for profit organization linking churches, pregnancy care centers and concerned Christians to provide services for individuals experiencing an unplanned pregnancy. Pregnancy Care Centers in Lewisburg and Williamsport and the maternity home, Providence House, also in Williamsport, provide these services free of charge to its clients.

Check out the bears...

What better way to welcome a new baby into the world than with a baby shower? During the months of February and March we will support the work of The Pregnancy Care Center of Williamsport by collecting items all newborns need plus hygiene items for their mothers. To participate in our "baby shower" choose one or more teddy bears from the display in the Narthex. Then purchase and return the item listed on the teddy bear. (Please do not gift wrap the item or remove the price tag if the item has one. This makes bookkeeping easier for the staff at the center.) Items can be returned to the tubs in the Narthex coatroom.



Want to know more?

Your assistance with this outreach to the unborn and newly born in our community is greatly appreciated. **See Becky Miller Pryor with questions or for additional information.**

Polish Choir Visits Area

The Szczecin University Choir, from Szczecin, Poland, will present a choral concert in Clarke Chapel on the campus of Lycoming College on Monday, February 21st at 8:00 PM. The choir is known internationally for exciting and dramatic performances of demanding literature. The choir is conducted by Dr. Richard Zielinski, successor to Jan Szyrocki who conducted two concerts at the college in recent years. The Lycoming College Tour Choir has been a visiting choir in Szczecin, Poland in two of their European tours, and thus a long friendship has existed between Fred Thayer and Jan Szyrocki over the years.

Come and Listen

You are invited to attend the concert. A free will offering will occur to help defray the choir's expenses. This concert at Lycoming College will be the first concert given by the Szczecin University Choir in their 2005 American tour.

Have an Extra Bed?

If you are able to help with providing housing for members of the choir, would you please call Dick Lakey or the church office (323-4619). If you are able to help with the housing, you would meet your houseguest at 10:00 PM following the concert in Clarke Chapel, and house them for the evening, provide breakfast for them and return your guests to Clarke Chapel by 9:30 AM, Tuesday morning, Feb. 22nd. Thank you for your generosity!

YOUTH & FAMILY NEWS

Faith Life Weekly, a take-home resource, is available in the Narthex every Sunday. This resource offers an at-home plan for nurturing faith and faith practices based on Sunday's worship service. Also, *Kid's Celebrate* is available for youth to use during the worship service or to take home to add to family devotional time throughout the week. Stop and pick up a copy!



Children's Church will be held on Sunday, February 13th at 10:30 a.m. in the Chapel.

FOR CONFIRMANDS: The student, mentor, parent meeting will be on February 13 at 7:00PM in Fellowship Hall.



It's time to "soup" up for Souper Bowl Sunday! On February 6th, congregations across the globe will be donating money to feed the hungry in their neighborhoods. Be a part of this ministry by bringing your dollar and placing it in the designated container for this worthy cause! All money collected on this day will be given to the food pantry of our choice, locally!

Mark Your Calendar!

Following is the February schedule for the John Bower Basketball League games. Come and cheer on our teams!

Feb. 5 ~ 3:00 AM - Beginner Pee Wee
@ Curtin
3:30 PM - Pee Wee
@ Curtin

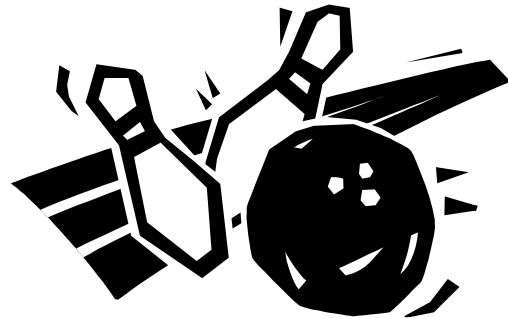
Feb. 12 ~ 11:00 AM Pee Wee
@ PCT
12:30 AM Beg. Pee Wee
@ PCT

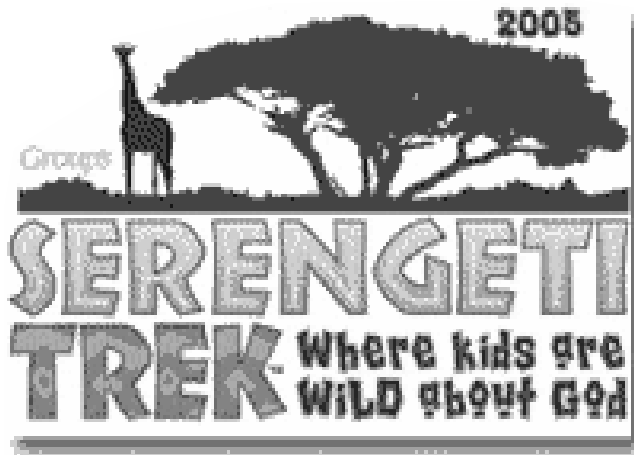
Feb. 19 ~ 12:30 AM Beg. Pee Wee
@ PCT
2:30 PM Pee Wee
@ PCT



Bowling anyone?

In March, we will be having a Youth Bowling Party at Faxon Bowling Lanes. A date has not officially been set yet. Watch your weekly bulletin for more details! And, anyone interested in the event, please call the church office at 323-4619.

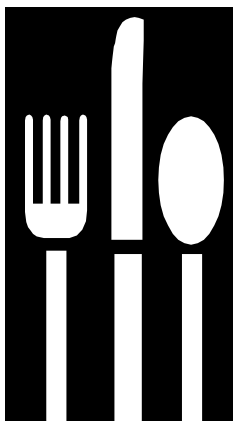




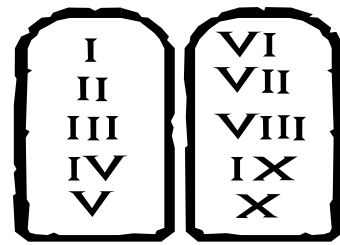
Are you looking to get WILD about God?

Get your safari gear ready and join us for an awesome trip through the Serengeti to catch a glimpse of the journey that God has in store for you! St. Mark's Vacation Bible School will be the week of June 19th – 23rd. Anyone interested in helping or volunteering for VBS may call the church office at 323-4619 or sign up on the sheets located in the office hallway.

There will be NO Lunch 'N' Fellowship during the months of February and March due to the Lenten meals.



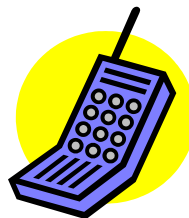
The next scheduled Lunch 'N' Fellowship will be Wednesday, April 20th. Watch upcoming editions of the *Lion* and Sunday bulletins for more information.



There is Nothing Like It!

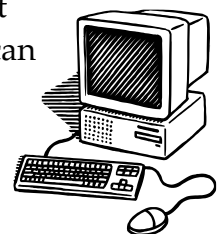
The *Ten Commandments* is a historic document that is over 3,000 years old and is a code for living that is more influential than any other. The *Ten Commandments* were given to the people of Israel and have been embraced by diverse cultures over a number of centuries. This document confronts us today as an object of unceasing and intense public debate. The neglect of the *Ten Commandments* is seen by many as contributing to moral breakdown today. Can you think any other ancient text that so inspires such contemporary attention? **Beginning Sunday, February 13th, in the Middle Lounge at 9:15 AM**, join us for a six-week series of videos that cuts through the maze of psychobabble. See how the *Ten Commandments* get to the center of issues of the heart and how they affect the way we live today.

This information was received in the synod office recently:



Cell phone numbers will soon be given out to telemarketing companies. Therefore, these numbers will also need to be registered on the national "do not call" lists. You can

call from your cell phone to register at 1-888-382-1222 or online at www.donotcall.gov.



SPECIAL DATES

Happy Birthday!

2/1	Daniel Boone Melissa Winters	2/10	Gloria Greevy Charlene Wright	2/18	Danielle Bardo Geraldine Martin
2/2	Gregory Kinney Micah Alt	2/12	Betty Diehl Erick Fortin	2/20	Tyler Stugart Donna Elkin
2/3	Kelly Foust Lucille Markel	2/13	Helen Ochs Alice Alt	2/21	Evelyn Ward Brandon Pelleschi
2/4	Susan Wolfe Lawrence Bair		Emily Newcomer Michelle Owen	2/22	Kahla Doane Seth Greninger
	Ethel Chambers Susan Curry	2/14	Elsie Sechler Robert Curry	2/24	Kenneth Caster Mary Smith
	Abigail McCoy	2/15	Eric Hieber	2/27	Gary Clark Patricia Hershey
2/7	Jeanne Schneider		Annette Peluso		Irma Logan
2/8	April Biblehimer Matthew Heaps	2/16	Scott Kimble Jarrett Eyer		Arlene McCoy Jane Kline
	Paul Zimmerer	2/17	Betty Stroup	2/29	Ralph Zeigler Jr.
2/9	Robert Lamade		Rick Robertson		

Anniversary

2/1	Henry & Harriet Fornwalt	2/14	Frank & Shirley Vognet
2/7	Lawrence & Louella Bair	2/23	Wilson & Blanche Doebler
2/10	William & Helen Hibschman	2/25	Robert & Mary Schultz

Special congratulations to Henry & Harriet Fornwalt and Lawrence & Louella Bair, who are celebrating their 57th wedding anniversary this month, and to Frank & Shirley Vognet, who are celebrating 58 years together. Congratulations!

Also, special congratulations go out to some of our more senior members who are celebrating their birthdays this month: Lucille Markel, Helen Ochs, Ethel Chambers, Betty Diehl, Geraldine Martin, Jeanne Schneider, and Robert Lamade...

...and to Mary Smith, who celebrates her 100th birthday on the 24th.

HAPPY BIRTHDAY TO YOU ALL!

SPECIAL THANK YOU'S

Dear St. Mark's Family:

Thank you so much for encouraging **Micah Charles Alt** on his faith journey! By guiding him every Sunday and by presenting him with Milestones, he can only grow in God's love. Thank you again.



- Yours, Matthew, Alice, Kline & Micah Alt

Anna Harris would like to thank the members of the congregation who have been so kind to her in many ways.

Dear Pastor Elkin & Friends at St. Mark's:

Thanks so much for supporting our **United Churches ministry**, both financially and through your prayers. Your partnership makes it possible for us to provide ministry in area institutions; to the people of our county and to our congregations. It is amazing how we can find the hungry when we work together.

-Gwen Bernstine, Exec. Dir.

Dear People of God at St. Mark's:

On behalf of the officers, deans and all the members of the **Society of the Holy Trinity**, I thank you for your generous gift of \$300 in support of our common work and ministry in the Lord during calendar year 2004.

May Christ our Lord bless you as you have blessed us.

In Christ,

Rev. John E. Priest

Secretary, Society of the Holy Trinity

Delhi, NY

Dear Friends at St. Mark's:

I have recently been notified of your donation of \$75 to PVS (**Prisoner Visitation and Support**) during the Winter Fund Appeal, and I wanted to be the first to thank you for your support this year. Because of PVS, ...countless prisoners across the country are given a voice and a connection with the world beyond prison walls. Your gift helps us advance this mission, and we are all truly grateful for your help this holiday season. Thank you, and best wishes to you and yours in the New Year.

Sincerely,

Jessica Lein, PVS Intern



Thank you for supporting Bette

McCrandall, our

missionary in Liberia.

Supporting Bette during the month of January are

Nancy Moff, Bob &

Mary Schultz, John Bower, Ethel Chambers,

Ruth & John Burkholder, The Dancho/

Campbell family, Connie Shaible and

anonymous supporters. You may also support Bette with prayers and/or offering. Envelopes & calendar may be found in Fellowship Hall.



SPECIAL CONCERNS LIST

Patricia Alexander
1745 Chestnut St.
Williamsport, PA 17701

Ruth Best
Sycamore Manor
1445 Sycamore Rd., Rm 213
Montoursville, PA 17754

Larue Dieter
2150 Warrensville Road Apt. 2
Montoursville, PA 17754

Jane & Luther Doebler
Wmspt. Home, Apt. #115A
Williamsport, PA 17701

Doris Fortin
Rose View Court
1251 Rural Ave., Apt. 308
Williamsport, PA 17701

Earl Foulkrod
Sycamore Manor
1445 Sycamore Rd., Rm 412
Montoursville, PA 17754

Emma Geschwent
1900 Ravine Rd.,
Woodland Vista, Suite 4
Williamsport, PA 17701

Anna Harris
2018 Wheatland Ave.
Williamsport, PA 17701

Charles Homan
2215 Warrensville Rd.
Montoursville, PA 17754

Charlotte Hughes
140 Blueberry Lane
Williamsport, PA 17701

Lucille Markel
Rose View Court
1251 Rural Ave., Apt. 307
Williamsport, PA 17701

Geraldine Martin
1900 Ravine Rd. Rm. 109
Williamsport, PA 17701

Anne Miller
947 Hepburn St.
Williamsport, PA 17701

Randy Miller
2420 North Hills Dr.
Williamsport, PA 17701

Frank Pile
Manor Care S., Rm. 52
Williamsport, PA 17701

Dorothy Rivetti
Valley View, Room 607
2150 Warrensville Road
Montoursville, PA 17754

Mary Helen Scinicarello
Danville St. Hosp. Ward #311
Danville, PA 17821

James Sechler
Manor Care N. Rm. 202
Williamsport, PA 17701

Geraldine Shipman
1900 Ravine Rd. Apt. #222A
Williamsport, PA 17701

Mary Smith
c/o Sandra Billington
506 Bellflower Rd.
Langhorne, PA 19047

Fred Stover
600 Bayard St. Ext. SW
S. Williamsport, PA 17702

Kester & Eleanor Sobers
425 W Highland Ave.
S. Williamsport, P A 17702

Ralph Zeigler Sr.
Rose View Court
1251 Rural Ave., Apt. 209
Williamsport, PA 17701



HEALTH, HEALING AND WHOLENESS

I get to meet the most delightful people! This month's article comes to you from Dr. Bruce Romanic, a physician friend who recently answered God's call to Diakonal Ministry. I asked Dr. Romanic to write an article that speaks to the concept of wholistic health – promoting wellness in body, mind, spirit, and in relationships with others. Below are his observations and thoughts on that delicate intersection between science and faith ... I look forward to hearing more from Dr. Romanic as he pursues this new path that God has placed before him!

“Praise the Lord and take your Digoxin”

Word and Service in Medicine

Bruce M Romanic, M.D.

January 2005

Stat! MRI Scan, surgical scrubs and handsome George Clooney in 'ER'; these are some of the more predominant images of medicine today. A fast paced high-tech culture of curing disease. Thus, it is true, medicine has made significant strides in diagnosis and treatment for the benefit of many. Yet for many of us the daily existence and reality of medicine, and life, remain as true today as they were for the French surgeon Ambroise Pare over 300 years ago when he said “The task of medicine is to cure sometimes, to relieve often, and to comfort always”. Our fast paced culture and technology has concentrated directly on 'cure and treat'; sometimes, however, at the expense of comforting.

The notion of comfort just does not sit well with me as a physician of physiology and quantification. When sitting knee to knee with a person in congestive heart failure I am considering their fluid status and medication options, for example, should they be on digoxin. Their comfort cannot be quantitated or written as a prescription, it can only be enfolded in our presence together. I cannot cure their problem. I can work out treatments for the physiology: diuretics, ACE inhibitors, and digoxin, but their pain is their own. I cannot cure their pain, but I can - I must - comfort them by being present and walking with them. Their pain is theirs alone, but with our presence, in His presence, they can be assured that their suffering is not theirs, alone.

Diakonal ministry is called to Word and service. Medicine has afforded me the training and execution of sound science in dealing with curing and treatment; I am equipped to do fairly well in the service part of my call. However, where most of us live - where our anxieties confront us – where we have no technology to lean on is in comforting. Ironically, this is precisely where we spend most of our time, and it is where we are commanded to be; “A new commandment I give to you, that you love one another; as I have loved you, that you also love one another” [John 13:34]. Hence, being equipped to serve is important and certainly is the human skill part of a physicians call. Finally though, the execution of this call is in the proclamation of His Word through service to my neighbor ...

To love as I am loved.

Thank you, Dr. Romanic! A peaceful and blessed Lenten journey to all!

Debbie Best, Program Coordinator, Diakon Lutheran Social Ministries

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FAX: 570-323-2452

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