



The *Lion* of St. Mark's

JUNE 2005

It's all Happening in June!



Pack Your Picnic Baskets!

The St. Mark's Lutheran Church picnic will be held on Sunday, June 5th at Indian Park in Montoursville, beginning at 1 p.m. Please bring a dish, your appetite and a chair! Meat and

drinks will be provided. Come, relax, and enjoy the day!

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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!

Vacation Bible School

at St. Mark's will be the week of June 19th – 23rd.

Dinner will be served each evening at 5:30 p.m. with classes starting around 6:00.

Registration forms are available for VBS at the church office or call 323-4619 if you have any questions or would like to help.



COUNCIL UPDATE

The Council did not have a regular meeting in May.
Next scheduled meeting is Monday, June 6 at 7:30 PM.



The Archive Committee has requested your help in locating the following:

- ❖ Regular-size file cabinet
- ❖ Large map-size file cabinet

If you have one to donate, please contact the church office or Dot Berndt. Thank you!

Lunch 'N' Fellowship will meet on Wednesday, June 8th.

Pork barbeque sandwiches and baked potatoes are on the menu. Come and enjoy a pleasant lunch with old & new friends! Bring a dish to share and your place setting.



Food Pantry Update



During the months of April and May our congregation supported the United Churches Food Pantry with several boxes of non-perishable food items. In April, 92 items of food were donated. A similar response has been seen in May.

Becky Miller Pryor, Social Ministry Chairperson, wishes to thank the congregation for their continued support of projects that benefit our community. A special thank you is again extended to Lou Deseau for delivering our donations to the Food Pantry.

FROM THE PARISH REGISTER



- ❖ Betty Smollinger's funeral service was celebrated on May 12, 2005.
- ❖ Brett Campbell, Tali Thorne, Lauren Campbell, Taigen Thorne, Derek Gilbert, Andrew Zeigler, Sara Larson, and Peter Zeigler were confirmed on May 15, 2005.



Anniversary Milestone Celebration

Pictured left to right: Fred & Shirley Dieffenbach, Elda & Ralph Zeigler, Ruth & Glenn Lunger, Reba & Gene Jacobs, Eleanor & Kester Sobers. **Not pictured:** Ruth & Chuck Homan, Lillian & Randy Miller



**Here is just a sampling
from the numerous
thank you notes
we received...**

“What a wonderful day! We appreciated and enjoyed it so much and so did our family. We feel so blessed to be members of St. Mark’s congregation. You are special.”

“Thank you for your thoughtfulness, concern and talent exhibited Sunday to recognize senior members of St. Mark’s who will observe 59 or more years of marriage this year. The meal was delicious and the entire program was very enjoyable.”

“Thank you very much for the great celebration of our wedding anniversary. Sixty-two years—but as we said ‘when Pastor Houser married us, we stayed married.’ The dinner was delicious and the planting of the tree was a splendid idea.”

“Please know how touched we were with the anniversary dinner—it was quite a celebration.”

“It was a delight to help celebrate this anniversary milestone event at St. Mark’s and to share in this joy with many longtime friends.”

“Thank you for the gifts—the picture, certificate, plant and the delicious dinner. We never expected anything like this! Loved the carrots & pineapple!”

“What a nice thing to do: to honor the longest marriage in our congregation. We just happen to be that couple. We hope this becomes a tradition. We feel blessed and very thankful for our friends *and* for the Pastor’s leadership.”

“What a lovely way to honor our parents...it was a wonderful gift to pause from our busy lives and honor not just our parents but to also celebrate with the other couples and their families, for it is with those very families that we spent many days at St. Mark’s.”

“Sixty-five years ago, Sister Mildred introduced us to each other at the altar and we acted as man and wife during the crucifixion in the Easter pageant. Little did she know what she started! We, many times, have thanked the good Lord making these past 60 years possible that started in His house of worship.”

CHRISTIAN COMMUNITY NEWS



REACHING OUT - GOD'S WAY

Our annual collection of kits and soap for Lutheran World Relief will begin this month. With the number of disasters throughout the world, especially since the tsunami, these kits are in short supply. You can help ensure that when a disaster strikes, these relief items are available.

SCHOOL KITS - Many thanks to Louise Kneedler, Jane Kline, and others who made the school bags. In June they will be available in the Narthex for you to pick up and fill with the required items. Free construction paper will be available at the same time.

LAYETTES - This year we are asking that you donate specific items so that we can assemble the complete layettes in September as a group project.

HEALTH KITS, SEWING KITS, and new bars of **SOAP** will also be collected. Watch for sales on the requested items. **All kits and soap are due in September.**



Here are a few more members of our church family who have been mentioned recently in the local press:

- ❖ **Bunny Ditchfield** was pictured in the *Sun-Gazette* as she was admiring one of the trees planted in her honor in Brandon Park on Arbor Day.
- ❖ **Audrey Wacker**, 4-year-old daughter of **James and Kristine Wacker**, was pictured in the *Sun-Gazette* as she was making a personalized mother's day gift.
- ❖ **Jeremy Bittner**, 16-year-old son of **Brenda and Scott Bittner**, was featured in both the local *Webb Weekly* and *At the Yard*, the official magazine of Minor League Baseball. In these articles, Jeremy was profiled as he enters his third year as a batboy for the Williamsport Crosscutters baseball team.

You can read these articles and more on the bulletin board in the church office hallway. If you spot something in the paper that should be posted, drop it off at the church office.

Donna Clark reports that her grandson, **Anthony Clark**, is graduating from Liberty High School this month and will be starting Lycoming College as an accounting major this fall. His special interests include playing the guitar in his band. While he was in high school, Anthony promoted a music program, with the proceeds going toward the purchase of guitars for the high school band. Good luck at Lycoming, Anthony!

Andrew Danneker, son of Tom and Becky Miller Pryor, recently graduated from Shippensburg University with a bachelor's degree in Public History. He is pursuing a position in Rugby, Tennessee as a historical interpreter. Rugby is a restored Victorian village. Good luck to you, Andrew!



Best wishes to all members of our church family who are graduating from high school, college, and other institutes of higher learning! Let us know what your plans are and you will be included in an update in the July *Lion*.



Summer Office Hours

During the summer months, the church office will continue to be open weekdays from 9 AM to 1 PM. But if you would like to come in to see any of our staff members, please call (323-4619) before you come in ~ our schedules will be flexible throughout the summer.

Pastor will be out of the office between Thursday, June 9th and Wednesday, June 15th to attend a conference on marriage.



Guest Preacher

Lou Kolb will be filling in for the Pastor on Sunday, June 12th.

Planned staff vacations are:



- Dick Lakey ~ June 13-17
- Sue Myers ~ July 18-22
- Sharon Comini ~ August 6-12
- Joan Blank ~ August 22-26
(there will be coverage in the office)



The Wednesday morning Ladies Sewing Group will not meet during the months of June, July, or August.

Newsletter Crew is scheduled for July 1 and July 29 (Fridays) and Wednesday, August 31. A sincere thank you from Joan for all your help!



Video Ventures will begin meeting in the Middle Lounge on Sunday, June 5th at 9:00 AM. Come every Sunday this summer to join in the conversation as we see and learn about a range of topics. Here is the tentative list, subject to change if the discussion gets intense:

Very Varied Viewing!

- June 5 - a proclamation of the Gospel of Mark
- June 12 - the life of the apostle Paul
- June 19 - conclusion of the Gospel of Mark and thought-provoking bits on the 10 commandments.
- June 26 - dramatic true story of a person coming to faith after a near-death experience
- July 3 - the language of icons
- July 10 - the building of the medieval cathedrals
- July 17 - contemplating icons
- July 24 - the Bible and same-sex behavior
- July 31 - the experience of the Easter Vigil
- August 7 - the connection of worship and evangelism
- August 14 - more from Dr. Marva Dawn on worship
- August 21 - archeological search for Jesus
- August 28 - archeological search for Jesus
- September 4 - breakfast *al fresco*, we hope!
- September 11 - regular Sunday Church School resumes

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!



Smiles All Around !

Once a month, the youth of our church serve dinner and meet with terminally ill children, adolescents and their parents at Geisinger Children's Hospital. This is our third visit to Geisinger, and with every visit, we meet new friends and always learn something new.

It is great to see the smiles ☺ on the faces of not only the children, but their parents as well. We chat, we play, and we eat and watch a movie together. Those things are fun. But more importantly, we are silently sending the love of Jesus through our actions. The staff at Geisinger appreciates it. The patients and their parents do too.

The youth of St. Mark's are doing something good for the community and they are getting so much more in return. They are serving the Lord and have an opportunity to appreciate all the blessings that God has given them. We can only take ten people with us, so signing up is a necessity!

If you are interested in this incredible opportunity to show God's love through your actions, please contact the church office and ask to speak with either Sharon Comini or Alice Alt, 323-4619. Look for more information regarding the date in future bulletins.



The acolyte schedule for the summer has been sent out to each of your homes. Please mark the date that you acolyte on your calendars! Thank you so much for all of your service for our church.



CAMP MOUNT LUTHER

Interested in a *great* camping experience? Let Mt. Luther be the place for you! Parents, guardians and future campers will find brochures in the Narthex about the Lutheran-based camp that is located in the outskirts of Lewisburg. If you are interested in more information, please contact Alice Alt at the church office, 323-4619.

You are invited

To the Annual Summer Worship Service at Old Immanuel Lutheran Church near Hughesville on Sunday, June 19th at 3:00 pm. There will be a special service of Hymns and Praise in the oldest Lutheran church of Lycoming County. For directions and/or more information, please call Rev. Scott Baker at 537-2933.

Milestone Events with Susie Burd Hill



Susie Burd Hill with her grandmother, Beulah Wrede (left), and mother, Dottie Burd (right), at her graduation.

Our friend Susie has been traveling a long road in preparation for ordained ministry. We encouraged her start at Susquehanna University as she took courses that she thought would be helpful. We filled out forms and wrote letters as she began seminary studies at Lutheran School of Theology at Chicago.

We have named her in prayer each Sunday through these years. We offered financial support in her name to the seminary. We listened as she went through all of the ups and downs in studies and internship, and finally in approvals. We heard the anxieties of the synod assignment and interviews.



Now we are ready to rejoice with her as seminary graduation day was two weeks ago, as a call has been extended to her by Faith Lutheran Church in Forreston Illinois, as she will be ordained into the Ministry of Word and Sacrament at the Northern Illinois Synod in Assembly on June 17, 2005, and as she looks to installation as Pastor of the parish shortly afterward.

These are important milestones in her life, and we rejoice with her. With the funds that have been contributed this year by our parish, a full set of five chasubles (the vestment worn by the Pastor in Holy Communion) has been purchased for her, in each of the liturgical colors: blue, white, purple, red, and green. We did not have the opportunity to present them to her in worship, but when she was here unexpectedly several weeks ago, we sent them along with her so that they will be ready for use as soon as she is ordained. With the balance of the fund we were able to send a \$500 check to her for additional vestments and "start-up" needs. Since the Northern Illinois Synod Assembly is held at exactly the same time as our Synod's Assembly, Pastor Elkin will not be able to attend the Ordination, but intends to travel to Illinois for the Installation day.

We're planning to offer our greetings in several ways: (1) We will have a giant card on an easel in the narthex available for congregation members to sign. (2) We intend to set up a video camera on a Sunday in the near future and record greetings from any who wish. (3) Pastor will be glad to gather cards from individuals and deliver them when he attends the installation. (4) We can also send cards directly to her new address:

Pastor Susie and Mr. Martin Hill, P. O. Box 492, Forreston, IL 61030-0492

These are milestone days worth celebrating. The Gospel of Jesus Christ needs able speakers who are prepared, equipped, and sent. May God's Holy Spirit enliven Susie and her work in the Gospel!

SOCIAL MINISTRY NEWS

*Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all times you can,
To all people you can,
As long as ever you can.*

- John Wesley

This summer the Women of Saint Mark's and the Social Ministry Committee are collaborating on Christian outreach to individuals locally and globally.

The Women of Saint Mark's, guided by the leadership of Shirley Hill, are collecting school supplies, health kit items, and baby layette items for Lutheran World Relief. See the display in the Narthex and the additional information printed in *The Lion* for details on ways you can help.

Locally, the Social Ministry Committee, guided by Becky Miller Pryor, will collect hygiene products for The Shepherd of the Streets' Ministry. These items allow the Shepherd's many clients to maintain a sense of dignity in difficult times.

Items most in need are: **Bibles in good condition, deodorant, shaving cream, disposable razors, shampoo, conditioner, hand and body lotion, facial tissues, toilet paper, paper towels, women's hygiene products, baby diapers in all sizes, and baby hygiene products.**

Additionally bath towels, washcloths, sheets, blankets and pillowcases in all sizes, either new or in good condition are needed.

Your donations can be left in the bins in the Narthex closet.

Shirley and Becky welcome your comments, questions, and participation.

Please consider accepting this call to serve Christ through acts of service.



Summer is just around the corner and it is time to begin planning our **annual Fourth of July celebration.**

This is a wonderful opportunity for St. Mark's to host the community in a festive manner while sharing the love of God and collecting donations on behalf of St. Anthony's Center.

Please contact Becky Miller Pryor at 321-9523 if you have some time to set-up, distribute snacks and drinks, or clean-up all before the fanfare of the fireworks begin. Our front lawn offers the perfect spot for viewing the fireworks.

As in past years we will pop popcorn and have drinks and other snacks available for the many folks who travel past St. Mark's on this festive day.

Donations of lemonade and ice tea drink mixes, 9 oz. paper cups, individual snack-size bags of chips and pretzels, and money to offset the cost of renting the popcorn machine and other expenses will be gratefully accepted.



SPECIAL DATES



Look who's having a **Birthday!**

| | |
|--------------------|------|
| Andrew Sims | 6/1 |
| Evelyn Bastian | 6/2 |
| Kathryn Elkin | 6/2 |
| Marian Rubendahl | 6/2 |
| Grace Arner | 6/3 |
| Sean Jensen | 6/3 |
| Jane Doebler | 6/4 |
| Linda Herbst | 6/6 |
| Heidi Arner | 6/7 |
| Matthew Nolan | 6/7 |
| Jeffrey Kneeder | 6/8 |
| Kenneth Elkin | 6/10 |
| Jacqueline Kinney | 6/10 |
| Jennifer Robertson | 6/10 |
| Heather Snyder | 6/10 |
| Stephanie Fortin | 6/12 |
| Anne Rhodes | 6/12 |

| | |
|----------------------|------|
| Doris Fortin | 6/13 |
| Joyce Jones | 6/14 |
| Robert McCullough | 6/14 |
| Julie Patrick | 6/14 |
| Wanda Fortin | 6/16 |
| Merritt Hunt | 6/16 |
| Nathan Edler | 6/17 |
| John Rees | 6/17 |
| Carl Knowlden | 6/18 |
| Kelli Travis | 6/18 |
| Barbara Larson | 6/19 |
| Christina Ciesielski | 6/19 |
| Brandon Fortin | 6/20 |
| Barbara Rechel | 6/22 |
| Lillian Miller | 6/23 |
| William Poff | 6/23 |
| Taigen Thorne | 6/23 |
| Tali Thorne | 6/23 |
| Sharon Comini | 6/23 |
| Nathan Fillnow | 6/24 |
| Jeffrey Hieber | 6/24 |
| Ernestine Doane | 6/25 |
| Kristin Lynn | 6/27 |
| Edward McCoy | 6/27 |
| George Poliska | 6/28 |
| June Decker | 6/29 |
| Kenneth Shafranko | 6/29 |
| Doris Brownlee | 6/30 |
| April Clark | 6/30 |
| Emily Welker | 6/30 |



| | |
|--------------------------|------|
| Robert & Anne Miller | 6/1 |
| Glenn & Ruth Lunger | 6/3 |
| John & Ruth Rees | 6/4 |
| Donald & Barbara Switzer | 6/13 |
| James & Kristine Wacker | 6/13 |
| Steven & Randa Bieber | 6/14 |
| William & Carol Confer | 6/14 |
| Frank & Ruth Pile | 6/14 |
| Dick & Louise Kneeder | 6/18 |
| Gary & Shelby Weber | 6/18 |
| John & Ruth Burkholder | 6/19 |
| Donald & Mary Armstrong | 6/21 |
| John & Brenda Bower | 6/21 |
| Kenneth & Donna Elkin | 6/23 |
| James & Susan Newcomer | 6/23 |
| Andrew & Vicki Haussmann | 6/28 |
| Bud & Joyce Hershberger | 6/30 |

SPECIAL THANK YOU'S



~ from Judy & Charlie Fortin

Thanks to everyone for the prayers, the cards and the flowers from the church which are still beautiful today. What a treat when Shirley Kinney delivered the delicious soup and bread and the yummy treat which was quickly devoured. Charlie got off the hook for cooking supper that night and says thank you also!

~ from J. Morris Smith,
Shepherd of the Streets

... thanks for your recent gift of \$100, which helped pay for prescriptions for clients in need.

~ from Kathryn Sime, Dir.
ELCA World Hunger & Disaster Appeal

... thank you for your recent gift which provides both immediate and long-term assistance to children, families and whole communities around the world and close to home.

~ from Zachary Hoffman, Asst. Dir.
Camp Mount Luther

... thank your for your recent gift of \$75 to the Annual Fund (Synod Benevolence). As we continue to raise funds through our 40 By Faith Campaign, we are so grateful for those who have helped us ...

Check out the Camp's web site at:
www.campmountluther.org

~ from Ronald McDonald House

We would like to express our sincere appreciation for your tab donation to the Ronald McDonald House of Danville.

Our tab program continues to be a huge success thanks to your generosity.



Anniversary Milestone Thank You

Becky Miller Pryor, representative of the Milestone Committee, wishes to extend a heartfelt thank you to the many people who assisted with the recent Anniversary Celebration. It will long live in her memory as an absolutely wonderful occasion for all involved.

Thank you Joan Blank for compiling wedding dates and addresses, creating the invitations, and accepting the many reservations for this special day. Thank you to the Parish Life Committee including Russ and Lois Smith, Bob and Mary Schultz, Jackie Kinney, and Shirley Kinney for preparing, serving, and cleaning up the meal that was declared delicious by all. Thank you Jamie and Sara Larson and Andrew and Peter Zeigler for serving the meal. Thank you Alice Alt, Sharon Comini, and Vicki Haussmann for the yeoman's work you accomplished to make this day possible. Thank you Lou DeSeau for your custodial assistance. Thank you Scott Miller for your videotaping and photography of the couples and their day. And finally, thank you Pastor Elkin for guiding the committee and having the faith that all would be wonderful.

SPECIAL CONCERNS LIST

Patricia Alexander
1745 Chestnut St.
Williamsport, PA 17701

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

Nancy Bohartz
624 Sixth Ave.
Williamsport, PA 17701

June Decker
338 Sherwood Ave.
South Williamsport, PA 17702

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

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

Harriet Fornwalt
729 Wilson Street
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

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 Center, Room 213 A
1251 Rural Ave.
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

Jane Oakes
Rose View Center, Room 327 A
1251 Rural Ave.
Williamsport, PA 17701

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

Anne Rhodes
Rose View Court Rm. 232
1251 Rural Ave.
Williamsport, PA 17701

Dorothy Rivetti
450 Center Street Apt. 505
Williamsport, PA 17701

Marian Rubendahl
1900 Ravine Road Bldg. C
Williamsport Home Apt. 1010
Williamsport, PA 17701

James Scheaffer
Rose View Court Rm. 321
1251 Rural Ave.
Williamsport, PA 17701

Mary Helen Scinicarello
Danville St. Hospital
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

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

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

Ira Tuxford
1838 Blanchard Ave.
Williamsport, PA 17701

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

HEALTH, HEALING AND WHOLENESS



Most of us have heard about the necessity of getting enough calcium in our diets to ward off osteoporosis, but how many of us know that calcium is also important for regulating the heartbeat, conducting nerve impulses, stimulating hormone secretions, and clotting of blood? According to the National Institute of Health (NIH), our bodies lose calcium daily through our skin, nails, hair, sweat, as well as through urine and the digestive system. The loss must be replaced daily, or our bodies take the needed calcium from our bones to perform other functions.

Although foods such as orange juice, bread, and cereals are the best sources, many adults do not get enough in their diets. Calcium supplements can fill the gap by ensuring that you meet your daily needs. By the time we reach our 40s both men and women absorb less calcium from foods they eat. The NIH recommends adults get 1000 to 1200 mg. daily.

Important considerations when choosing a supplement:

Purity: Stick with familiar brand names and look for labels that say, “purified” or have the USP (United States Pharmacopoeia) symbol. Avoid calcium obtained from unrefined oyster shells, bone meal or dolomite without the symbol – they may contain high levels of lead or other toxic metals.

Absorbability: Calcium is best absorbed by the body, when it is taken several times a day in amounts of 500 mg or less. Calcium carbonate is absorbed best when taken with food, while calcium citrate can be taken any time. *Never take more than the recommended amount of calcium without your doctor’s approval.*

Calcium Interactions: As always, it is important to talk with your doctor or pharmacist about possible interactions between other over-the-counter and prescription medications and calcium supplements. “For example, calcium supplements may reduce the absorption of the antibiotic tetracycline. Calcium can also interfere with iron absorption, so they should not be taken at the same time. Any medication that you need to take on an empty stomach should not be taken with calcium supplements.” (NIH)

Calcium supplements are available in a bewildering array of combinations with vitamins and other minerals. Many come in combination with Vitamin D, which is necessary for the absorption of calcium. Minerals such as magnesium and phosphorus also are important, but are usually obtained through food or multivitamins.

Getting enough calcium – whether through your diet or by supplements – help protect bone health. However, this is only one of the steps needed to keep your bones healthy. Exercise, a healthy lifestyle, and for some people, medication, are also important.

The Bible reminds us that “... good news gives health to the bones.” (Pr. 15:30, NIV). May we find ways to build up our health strengthen our bones and share that “Good News” with others. For “the Lord will guide you always; he will satisfy your needs in a sun scorched land and will strengthen your bones.” (Isa. 58:11, NIV)

Have a blessed summer!

Debbie Best, Program Coordinator
 Congregational Health Ministries and Family Life Services
 Diakon Lutheran Social Ministries

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