



The *Lion* of St. Mark's

JULY 2005

Red, White & Blue

BLUE-berry Blast!



Prior to Williamsport's annual fireworks display, a "Fourth of July Celebration" in song and word will be presented on Monday evening, July 4th at 7:30 p.m. here at St. Mark's. Several marches by John

Philip Sousa will be played on the organ, patriotic hymns will be sung, and a few poems will be read. These will be followed by prayers for our nation and remembrance of those who have fought and are fighting for our country.

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Special Music

The celebration will conclude with a sing-along of several patriotic songs and a few more Sousa marches . . . So, come and share in the spirit of our July 4th



celebration.

We'll be seeing **BLUE** on Sunday evening, July 31 at 5:00 P.M., when we gather for fun and



fellowship at our very own



BLUE-berry Blast!

If the weather co-operates, we'll meet in the Courtyard, and if not, in Fellowship Hall.

Here's the plan:

Food: BBQ and salad, and for the main event, **BLUE**-berry pie and home-made ice cream with more **BLUE**-berries, served on **BLUE** plates accompanied by **BLUE** napkins.

Attire: Wear as much interesting **BLUE** clothing as you have available. We'll be giving **BLUE** prizes for outrageous **BLUE** categories.

It will be fun for all ages, a chance for conversation with friends old and new. **BLUE**

will be the color, but certainly not the mood, **rain or shine!**



COUNCIL UPDATE

The Council met for its first session of the new council year on June 6, and

1. elected as President Bud Hershberger, Matt Fortin as Vice-president, Nancy Larson as secretary, Jackie Kinney as Treasurer, and Barb Thomas as Assistant Treasurer.
2. reviewed the reports of officers, pastor, and committees.
3. removed those persons so requesting from the roll of members: Kristy Arbogast, Maxine Chubb, Todd Clymer, Mark Oberheim family.
4. granted letter of transfer to David Garverick family.
5. directed the officers to write a second letter of encouragement to those who choose not to participate in our common worship life.
6. granted permission for the Civic Chorus to rehearse next season in Fellowship Hall.
7. elected Stephanie Fortin to a three-year term on Mutual Ministry Committee.
8. approved a contract to replace the swell shade motors in the antiphonal division of the organ for \$3,200 from the Schultz memorial funds.
9. agreed to meet with Beth Yenchko, consultant from ELCA Region 8 on July 18, for "Mission at the Crossroads", a planning and evaluation process.
10. set August 15 as the next business session.

**Lunch 'N' Fellowship will meet on
Wednesday, July 20th.**

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



570-323-2452

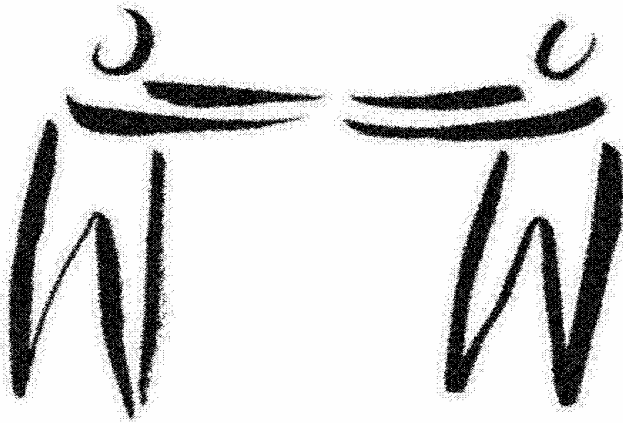


Monday through Friday
9:00 a.m.—1:00 p.m.



Friday, July 22

Newsletter Crew
Friday, July 29



REACHING OUT ~ GOD'S WAY ~

Have you picked up one (or more!) of the empty bags in the Narthex? Instructions for filling the bags are available along with free construction paper. Stop by & pick one up!

Reach out to those in need



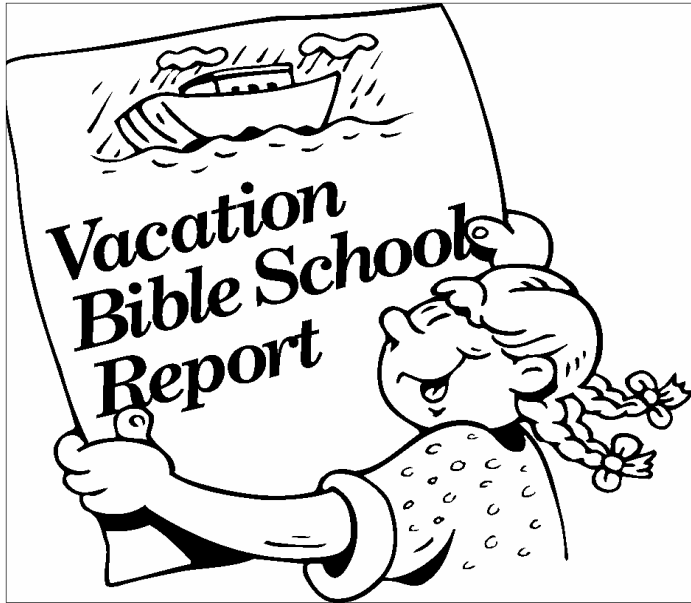
You can also donate new bars of soap, or single items for Layettes. The filled kits will be forwarded to Lutheran World Relief in September. Thanks for your help to those in need.

SPECIAL THANK YOU'S

To St. Mark's:
 The Smollinger family wishes to thank everyone for the expression of sympathy and kindness extended to us during the recent death and funeral service for Betty.
 We appreciate the services of the Pastor, the organist, lay persons, those who set up and services at the Fellowship Hall and those who helped in other ways.
 We are grateful for the contributions to the Memorial Funds in memory of Betty. She is at peace now.

Sincerely,
 Carl Smollinger

YOUTH & FAMILY MINISTRY NEWS



Thank you thank you thank you to all who made our vacation bible school, Serengeti Trek, a wildly huge success! Without the help of countless volunteers, Safari Crew leaders, drama players, singers and so many more people, this event would not have been as successful as it was! Over 40 children enjoyed the trek here at St. Mark's, and they enjoyed themselves because of you! Again, thank you for your time, your talents and your treasures--- you all are gifts from God.



DO YOU WANT TO HELP OUR YOUTH LEARN ABOUT GOD?

Then you should be thinking about leading a Sunday Church School class here at St. Mark's Lutheran Church. If you are

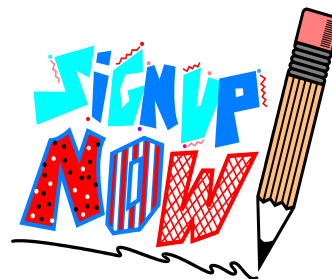
interested in teaching Sunday Church School for the 2005 – 2006 year, please feel free to contact Sharon Comini or Alice Alt at the church office at 323-4619. Help to continue our Sunday Church School success.

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!

Geisinger Visits Update

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.

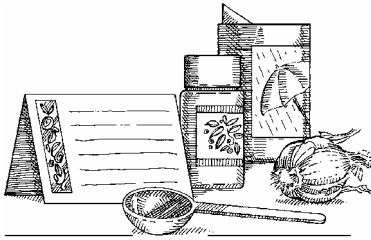
The staff at Geisinger appreciates it. The patients and their parents do too. The youth of St. Mark's are doing something good for the community and they are getting so much more in return. They are serving the Lord and have an opportunity to appreciate all the blessings that God has given them.



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.

...FROM THE KITCHEN



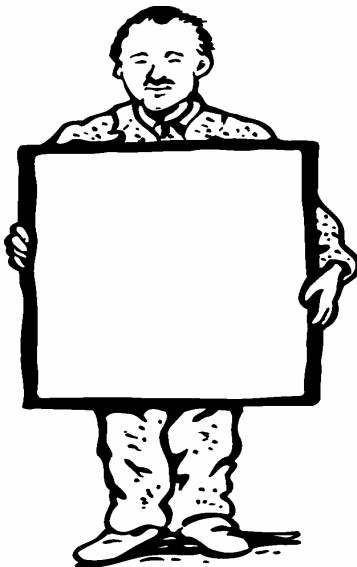
Holly Thorne made these popular treats for the Confirmation reception in May. Requests were made for the recipe, which Holly has provided below:

A recipe from...

S'Mores

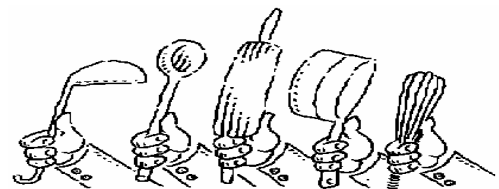
- 10 Honey Maid Original Graham Crackers
- 1 package (8 squares) Baker's Semi-Sweet Baking Chocolate
- 6 Tablespoons Butter + butter to grease pan
- 1 bag mini marshmallows
- 1 (13 oz.) package Cocoa Pebbles cereal
- 12 large marshmallows – cut in half

Grease 13x 9-inch glass pan with butter. Place graham crackers in single layer on bottom. Microwave chocolate and 2 Tbls. butter in microwave for 2 minutes. Stir until melted. Spread ½ of the chocolate in a thin layer over the crackers. In large bowl, microwave 4 Tbls. butter for 1 minute. Add mini marshmallows. Stir to coat. Microwave until marshmallows are completely melted (about 1 ½ min – stir after 45 seconds). Add cereal and mix well. Press gently over chocolate-coated graham crackers to form an even layer. Top with marshmallow halves, cut side down. Crush remaining graham crackers and sprinkle on top. Drizzle with remaining chocolate.



Recently, Russ & Lois Smith, Bev Hieber and Marie Byerly spent several hours in our kitchen (re)washing stacks of plates & platters and piles of spoons, forks, knives and other utensils. **JUST A**

REMINDER for all who are involved in the serving and cleaning up after dinners and other dining events held here at the church, **PLEASE TAKE CARE** to ensure that all dishes and flatware used are *thoroughly* cleaned before putting them away. **THANK YOU!**



KITCHEN CREW

SOCIAL MINISTRY NEWS

Sharing in the Caring

The Women of Saint Mark's and the Social Ministry Committee continue Christian outreach to individuals locally and globally. There are several opportunities for you to reach out to individuals in need this summer.

Globally you can donate items for Lutheran World Relief. See the display in the Narthex for information on items needed for school kits, health kits and baby layette items.

Locally you can donate hygiene products for use by men, women, and children. These items will be donated to the Shepherd of the Street. Your donations allow the Shepherd's many clients to maintain a sense of dignity in difficult times. Donations can be left in the bins in the Narthex closet.

Please accept this call to serve Christ through acts of service.

*We can do no great things –
only small things with great love.
Mother Teresa*



Thank you Lou DeSeau for continuing to care for the unborn and newborn in our community. Lou was at the right place at the right time to receive a donation of seven handmade baby blankets and seven handmade baby quilts. Lou generously donated these items to The Pregnancy Care Center on behalf of Saint Mark's. The Pregnancy Care Center gratefully accepted this donation and encourages our continued involvement with them and the young women and children they

serve.

*There is no
summer vacation
from hunger.*



“Across the United States approximately 12 million low-income children depend on school meal programs for stable, nutritious meals. And, when the school year ends, so do meals for tens of thousands of children right here in Central Pennsylvania.”

~ Central Pennsylvania Food Bank

Please continue to donate non-perishable food items to the United Churches Food Pantry. This will enable them to provide a three-day supply of food to children and their families who are experiencing difficult times on shrinking budgets.

Independence Day Volunteers Needed!

Our annual Fourth of July celebration is only a few days away. Volunteers are still needed to assist with set-up, serving snacks and drinks or cleaning up before the fireworks begin.

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.

Please contact Becky Miller Pryor at 321-9523



The Williamsport Foundry Company
requests the pleasure of your company
to celebrate the retirement of

Wilson K. Doebler Sr.

on

Saturday, July 9th ~ 1:00 p.m. to 6 p.m.

at

Doebler's 7 D Stables Pavilion

FROM THRIVENT FINANCIAL FOR LUTHERANS

Retirement dollars: How much is really enough?

Retirement means different things to different people. For some, it's the adventure of travel. For others, it's time spent with family. Still others see retirement as an opportunity to purchase a vacation home, to volunteer with an organization they feel passionate about, or perhaps, to begin the "second career" of their dreams.

Regardless of how "ideal" retirement is viewed, common sense says that one must carefully consider the financial requirements needed to make dreams come true. Without knowing "how much" is needed and having a plan in place to accumulate those dollars, one may be deeply disappointed about the quality of retirement years.

So what is needed to accumulate to experience the ideal retirement? Frankly, the answer is as unique as the individual considering the question.

There are a few things to consider. First, people are living longer and retiring earlier. Today, a person reaching age 65 can expect to live another 17.9 years (*Sept./Oct. 2003 National Association for Variable Annuities Outlook, Retirement Vision: Retirement Readiness*). In addition, the median age at which people expect to retire today is 62, and this expected age decreases the younger a person is.

Second, it is likely that people will need to increasingly rely on their personal savings in retirement in the future. The age at which a person is eligible to receive full Social Security benefits increases from age 65 for those born in 1937 to age 67 for those born in 1960 or later. For those with birthdates between 1937 and 1960, the full retirement age increases incrementally between age 65 and age 67. Those retiring before their full retirement age will receive less in Social Security benefits than they might have anticipated.

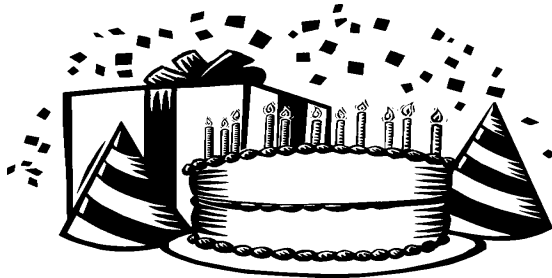
Based on recent trends, an employee is also likely to receive fewer retirement benefits from employer-sponsored plans. Unfortunately, for the 12 months ending Sept. 30, 2003, Americans' personal saving as a percentage of disposable personal income was a paltry 2.1 percent (*Bureau of Economic Analysis, U.S. Commerce Dept., December 2003*). The result? There may be a significant gap between people's retirement dreams and their retirement realities. How can one assure that enough is being accumulated for a comfortable retirement? The first step is to gain a solid understanding of one's current financial situation. The second is to determine where one wants to be. Answering the simple questions below can give a snapshot of where one is in achieving one's retirement dreams:

- Annual income needed in today's dollars
- Years until desired retirement
- Money already accumulated for retirement
- Amount being saved each month toward retirement
- Income expected to be generated from retirement assets
- Amount of money to leave to family or a charity
- Anticipated average return on retirement savings

How a person accumulates his or her retirement dollars is also crucial. Not all retirement vehicles are created equal. Some vehicles are both tax deductible and tax deferred. Some have one of these traits, while others have neither. Choosing the proper retirement products and strategies can literally make a difference of hundreds and thousands of dollars (and more) for an individual concerned about retirement accumulation.

Keith Wood, F.I.C., is a Financial Associate with Thrivent Financial for Lutherans, and can be reached at (570) 323-9727. For more information, visit www.thrivent.com or call 800-THRIVENT (800-847-4836).

SPECIAL DATES



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

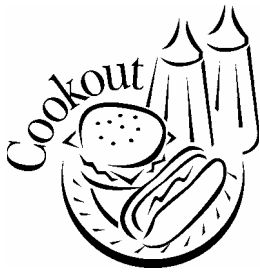
- 7/2 Kristine Wacker
- 7/3 Maxwell Hospes
Theodore Larson Jr.
- 7/4 Charles Ditchfield
Philip Thomas
- 7/5 Kimberly Fillnow
Ardath Houser
Dierah Williams
- 7/6 Corey Hospes
Erma Super
- 7/7 Andrea Hinds
- 7/8 Robert Lynn Jr.
Sarah Little
- 7/9 Hugh Byerly
- 7/10 Nicholas Buckman
Bethany McCullough
Edgar Miller III
- 7/11 Mary Martin
Ruth Best
- 7/12 Doris Brown
Annika Waffenschmidt

- 7/13 Bonita Crossley
Luther Doebler
- 7/14 Declan Jones
Nancy Larson
- 7/15 William Confer Jr.
Vicki Hausmann
- 7/16 Ashley Butters
Stephanie Confer
Michael Hieber
Kay Plankenhorn
- 7/17 Eugene Jacobs
Russell Smith
- 7/18 Brenda Bower
- 7/20 Patricia Alexander
Dorothy Berndt
Eleanor Sobers
- 7/21 Pamela Jensen
Mary Schultz
- 7/22 Constance Shaible
- 7/23 Reba Jacobs
David Weaver
Bryce Young
- 7/24 Donna Dietterick
Edward Gair
- 7/25 Carol Confer
Shirley Hill
Kristi Maggs
- 7/26 Gail Greninger
- 7/27 David Garverick
Ann Kuntz
- 7/28 Joshua Garverick
- 7/29 Matthew Fortin
- 7/31 Stephen Dewar



- 7/3 Ray & Cindy Huff
- 7/7 Peter & Norma Prato
- 7/10 Lawrence & Catherine Lundy
- 7/11 William & Prudence Poff
- 7/24 Sean & Maria Elkin
- 7/29 Robert & Susan Curry
- 7/30 Scott & Brenda Bittner

SPECIAL THANK YOU'S



To Mr. & Mrs. Alt, Mr. & Mrs. Comini, Mr. & Mrs. Smith, Mr. & Mrs. Fortin, Pastor Elkin and everyone who helped plan and prepare the church picnic:

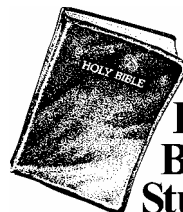
THANK YOU!

We had a wonderful time at the picnic! Thanks to those who 'manned' the grill, those who 'manned' the games, and those who planned and prepared. It was a great day.

~ The Hersheys

Dear Pastor Elkin and members of St. Mark's: Thank you for your gifts on our confirmation. The Study Bibles were a very appropriate way to help us remember this milestone in our faith journey. Thanks again for remembering us and being part of this special time in our lives.

Sincerely,
Andrew & Peter Zeigler



**Effect
Bible
Study**



Thanks so much for all the help from everyone at early service when Bill needed

help recently. Special thanks go to Drew Haussmann, Lou Deseau, Bunny Ditchfield, Jackie and Mike Kinney, Mike Ochs, Jane Kline, as well as many others. We thank God for all the care and concern. It is so wonderful to be a part of such a great church family.

~ Bill and Shirley Hill

St. Mark's Members:

Thanks for the delicious soup & bread delivered to us by John Rees. Also, thanks for the phone calls, cards and prayers for Cecil's recovery.

Sincerely,
Kitty & Cecil Calvert

Dear Pastor Elkin:

Thank you for your visit while I was in the hospital. Your prayers and those of the congregation are a continuing comfort. The bread & soup delivered by Gail Hoffman were greatly appreciated.

Nancy Larson

Dear St. Mark's Family,

Thank you so very much for the prayers of healing, the numerous cards, phone calls & visits as I continue to recuperate from ankle surgery.

I thank also the Soup & Bread Ministry for the delicious soup and bread. A special thanks to Louise Kneedler and Ruth Rees for the delivery of these meals.

I have many weeks of healing and physical therapy, all worth it to finally have an ankle without pain!

Love,
Mary Schultz

Dear Becky & St. Mark's Lutheran Church: The quilts are lovely and the afghans are a work of art. Thank you for thinking of our mothers and babies. God bless.

Joy Grafield
Pregnancy Care Center

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

And he took the children in his arms, put his hands on them and blessed them. (Mk.10:16)

This is one of the most poignant descriptions of Christ's regard for the safekeeping of children. Since this is the time of year for family and vacation, I'd like to share some things I recently learned about caring for our children, while they do what most kids *love to do* in the summer swim! There are some self-care tips for adults as well, so read on



Dr. Jay Hoecker, M.D. a pediatric primary care specialist at the Mayo Clinic in Rochester Minn. offers the some swimming advice for parents:(from <http://secure.mayoclinic.com/invoke.cfm?id=CC00003>)

Should my toddler in diapers be allowed to wade in a pool? Although there are diapers that are advertised as water-repellent and fit snugly – fecal material can still escape, and a dirty diaper can contain germs, which can cause diarrhea which can last from 1-2 weeks. Urine in a pool is a slightly less risk – but with a toddler how do you separate the two? Dr. Hoecker's advice? "I discourage parents from allowing babies in diapers to enter a pool." A reminder, children are bound to take a few gulps of water at one time or another, especially when first learning to swim!

What precautions can a parent take to stop the spread of germs from pool water? Probably the easiest way to stop the spread of germs – showering or

bathing before getting into the pool.

Can children swim if they have ear tubes? Parish nurse's advice - Always follow the advice of your child's physician! He reports that some physicians ban swimming completely – the rationale – if you mix water and wax in the ear canal, certain bacterial infections may jeopardize the tubes. "Children with ear tubes should not dive!"

How can we prevent swimmer's ear? Prescription products are available for use as directed. According to Dr. Hoecker, "Here's a cheap, quick and effective home solution. Mix 1 part white vinegar and 1 part alcohol. The best alcohol to use is pure ethanol, but you could use rubbing alcohol. Pour 1 teaspoon of this mixture in each ear – just let it roll in and roll out. Do this when your children are ready to go swimming and again when they are finished – swimming, showering or otherwise submerging their heads." ***This is not a treatment for an ear canal infection – it is only a preventive measure. This mixture should not be used in children who have ear tubes or in those who already have swimmer's ear.***

Can a child swim with a cold? According to Dr. Hoecker, "it's fine for children with colds to swim, as long as they have energy and feel well enough to do so."

What's a good preventive measure or remedy for chlorine-sensitive eyes? Red, puffy eyes usually signal sensitivity. To ease discomfort after swimming, rinse your child's eyes with a sterile eye-wash or artificial tears solution. Better yet ... have your child wear swim goggles to protect their eyes.

What about hot tubs? "Children should stay out of hot tubs and spas until they are tall enough to keep their heads completely out of the water with their feet firmly touching bottom [adults should always supervise!]. Youngsters can quickly get overheated in hot tubs, so their visits should be kept brief. Because the temperature encourages the growth of certain microorganisms, an earful of water from a hot tub or spa can lead to an external ear infection. Far worse, long hair, which fans out when the head is submerged, can get caught in a spa or hot tub grate and cause drowning."

Have a blessed, safe, and happy summer!

Debbie Best - Congregational Health Ministries & Family Life Services, Diakon Lutheran Social Ministries

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