



The *Lion* of St. Mark's

AUGUST 2005

...they call her Pastor Susie

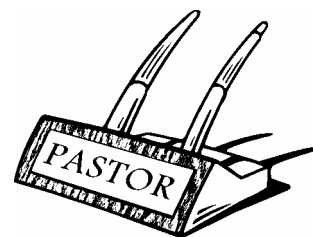
We've been following this story for a long time, as Susie Burd Hill has been preparing for ordained ministry in the church. She proceeded through her college course with this in mind, and was registered with the Upper Susquehanna Synod as a prospective candidate. She entered the Lutheran School of Theology at Chicago, and her studies included class-work, papers, exams, practical experiences, and an internship. There were twists and turns, delays, reflection and consultation along the way as well; it is a very involved and complicated process.

Some have the idea that one simply says "I want to be a pastor" and it happens. It is much more than that. An individual tries to discern a call of

the Holy Spirit through the nurture of the home congregation and life experiences. This idea is constantly being tested throughout the preparation process. In addition, the congregation has an obligation and opportunity to reflect on whether they think that the person has potential for ordained ministry, and then the congregation is asked

to back that discernment with the commitment of financial support for the candidate's preparation. The Synod, acting through its committee on professional preparation on behalf of the whole church, follows the candidate throughout the process, examining and advising at each step of the way. Four years in a seminary provide the academic grounding for ministry. When all of these interdependent partners in preparation have completed their portions of the work, there still remains the need for a congregation to interview, discern, and call the candidate. Only then can the person be ordained by the Synod on behalf of the whole church, and the new pastor be installed in the congregation and begin ordained ministry.

After living through that whole process, Susie Burd Hill has finally been installed as Pastor of Faith Evangelical Lutheran Church in Forreston, Illinois. Pastor Elkin represented St. Mark's at the installation which took place on Sunday afternoon, July 10, 2005. Also in attendance were her proud mother Dorothy Burd and grandmother Beulah Wrede. The congregation has been serving in that community for 150 years, and is looking forward to renewed service with Pr. Hill's leadership. The folks just recently completed the addition of a generously sized narthex, with adjacent pastor's



Inside this issue:	
Council Update, etc.	2
...continued from pg. 1	3
Youth & Family News	4-5
Christian Comm. News	6-7
Special Thank You's	8-9
Special Dates	10
Special Concerns	11
From Thrivent	12
Health, Healing & Wholeness	13
West Branch Newsletter	14
USS ARK	15-18
August Calendar	19

(continued on page 3)

COUNCIL UPDATE



The Congregation Council met in midsummer session on Monday, July 18, and had as its special guest Beth Yenchko, Mission Director for Region 8 of the Evangelical Lutheran Church in America. She has her office in Gettysburg, PA, from which she travels to congregations who invite her to assist them in development projects.

After leading the Council in a reflective exercise based upon scripture, she introduced a process called "Mission at the Crossroads" which has been developed by the Upper and

Lower Susquehanna Synods and others for the purpose of assisting congregations to identify their mission assets and opportunities, with their visions guided by the Holy Spirit.

The Council will reflect on the experience and the presentation, and will decide at its next regular meeting on August 15 whether to invite Ms. Yenchko to lead the Council and Mutual Ministry Committee through this discernment process. This was the only business of the meeting.

Are you (or someone you know) finding it difficult to get up out of your chair? Perhaps we can help...

Through the kindness of a member of the parish, the church has been given an automatic lift/recliner chair that will be available for loan to anyone who has a need. Please contact the church office at 323-4619 with your request.



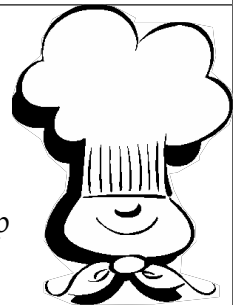
Passing the Faith home devotion tip:



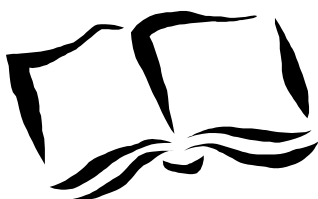
Daily Bible Reading

How can a family increase the amount of Christ centered devotion time at home? Here's an idea... consider keeping a bible on your dinner table. Before meals, open the bible read a Psalm of Praise or other favorite passage.

Lunch 'N' Fellowship will meet on Wednesday, August 17th at 12:00 noon. Menu will include pot roast with onions, carrots & potatoes. Join us for an enjoyable time of fellowship and fine dining!



FROM THE PARISH REGISTER



- ❖ Edward E. Heck's funeral service was celebrated on July 7, 2005.
- ❖ David Garverick and children Joshua, Jessica and Julia were transferred in membership to Messiah Lutheran Church, Clarkstown on July 15, 2005.

(continued from page 1)

and secretary's offices, access to the building with ramps and elevator, and a youth room that the younger members had responsibility for furnishing and decorating. They are planning activities in cooperation with other area congregations.

Forreston is a small town in the gently rolling cornfields of western Illinois, and it is some miles to the next town where there are more shopping opportunities. Folks are used to traveling significant distances to get together. They are in an area which is suffering a significant drought this year. Pr. Elkin in conversation with local farmers heard that they are guessing that their crop will be less than half of usual, even if rainfall begins immediately.



Pr. Elkin traveled to Chicago by plane and then by car to Forreston. On the way, he was able to attend worship at two other

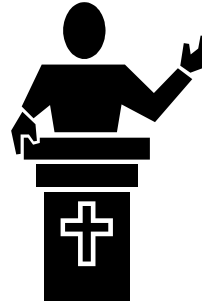
congregations on Sunday morning. Both congregations are thriving even though they approach worship in very different ways.

The congregation has presented Susie with some tools to begin her ordained service in the church. First is a set of chasubles, the vestments worn by the pastor while presiding at Holy Communion, one in each of the five colors we use throughout the church year: blue, white, green, purple, and red.

The second gift was the Luther's seal certificate which was available for members of the congregation to sign over the past number of weeks. It was hand-lettered for us by Sharon Comini, and handsomely framed for presentation.

The third gift is a set of four volumes entitled *For All the Saints: A Prayerbook by and for the Church*. It presents the readings and prayers for each day of the two-year daily lectionary. It is exactly the resource we use for Morning Prayer here at St. Mark's.

There was also a sum of money remaining in our theological education fund, and that was given as a gift to help her with other incidental expenses in the beginning of ministry.



We can be pleased that we have encouraged Susie in various ways across the years, and we should continue to pray for God's blessing as the hard work begins. The next question: whom should we be encouraging next to take up the

path leading to ordination? These days, half of the candidates move right from college to seminary, but half are second-career persons. About half are male, and half female. Might the Gospel of the Lord Jesus be calling you or someone you know? Please speak your thoughts to Pastor Elkin.

Thank You

Pastor Elkin and members of St. Mark's:

Thank you so much for the vestments, picture, daily lectionary, and gift of money. Your prayers and support have been so important throughout my journey. Each of you have been a true blessing.

With love and thanks,
Susie Hill

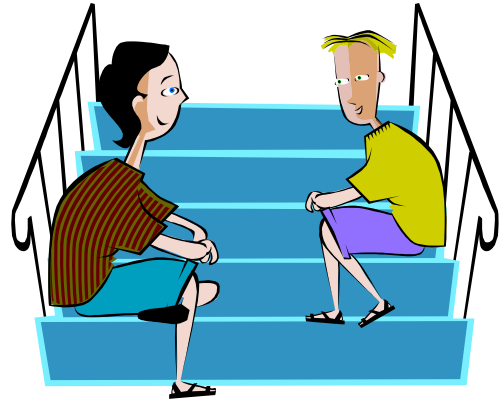
If you would like to contact the Hills in Illinois, you may write to them at:

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

YOUTH & FAMILY MINISTRY NEWS

Teens:

Learn how to talk to your peers about the BIG questions.



What do you do when one of your peers start talking about the scary stuff like suicide, drug use and sex?

What do you say to them when they are struggling?

When they are searching ?

When they want to give up?

Rev. Kerry Aucker, Certified Peer Minister Trainer, leads this 2 day session to enable 7th thru 12th graders to learn how to overcome barriers that separate people of diverse populations from living, working and ministering together.



Learn how to be a Peer Minister

Monday and Tuesday, August 15 & 16
9:00 am to 3:00 pm

Location: St. Luke Lutheran Church, 1400 Market St., Williamsport. **Class size is limited.**
Call: 570-326-7082 to register. There is **NO COST** for this training.

YOUTH & FAMILY MINISTRY NEWS



**And these words...
shall be upon your heart;
and you shall teach them
diligently to your children...
-Deuteronomy 6:6-7**

You Can Help Teach The Children...

Sunday Church School will be starting again on September 11th and we are looking forward to another successful year. Once again, we are asking for your help in providing guidance and instruction for a variety of the classes still in need of a teacher. You only have to commit to four Sundays - not the entire year! We especially need help with the preschool class. Please prayerfully consider being a servant in this ministry.

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. We thank you in advance for your help.

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!

How Does Your Life Add Up?

Someone has calculated how a typical lifespan of 70 years is spent. Here is the estimate:

Sleep	23 years	32.9%
Work	16 years	22.8%
TV	8 years	11.4%
Eating	6 years	8.6%
Travel	6 years	8.6%
Leisure	4.5 years	6.5%
Illness	4 years	5.7%
Dressing	2 years	2.8%
<u>Religion</u>	<u>0.5 years</u>	<u>0.7%</u>

TOTAL	70 years	100%
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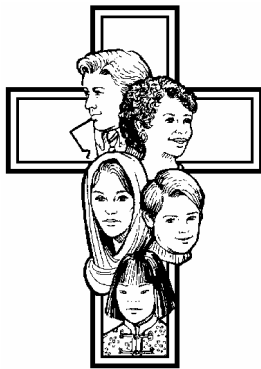
When our life comes to an end, what kind of story will it tell? Will it reflect God-honoring priorities? Or would we be wise to make adjustments right now in the way we spend our time?

Titus 2:11-12 says that the grace of God teaches us to live "soberly, righteously, and godly." As we allow the Holy Spirit to control our lives, we will be able to distribute out time properly and invest it wisely. We must ask God to "teach us to number our days, that we may gain a heart of wisdom" (Ps. 90:12). Then the years of our lives will add up to something truly worthwhile.

CHRISTIAN COMMUNITY NEWS

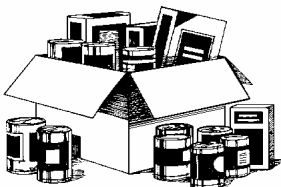
Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.

~ 1 Peter 4:10 (NIV)

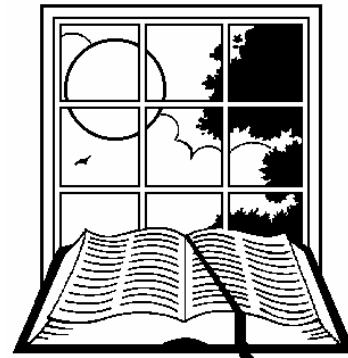


The Women of Saint Mark's and the Social Ministry Committee continue Christian outreach to individuals locally and globally. Several opportunities for you to reach out to individuals in need remain available this summer.

- ❖ School kits, health kits, sewing kits, soap, and baby layette items are being accepted for Lutheran World Relief.
- ❖ Hygiene items are being accepted for Shepherd of the Street clients. Pastor Elkin reported earlier these items are in great need.
- ❖ The United Churches Food Pantry needs non-perishable food items. Research states there is no summer vacation from hunger. Your items help provide food to families who are experiencing difficult times on shrinking budgets.



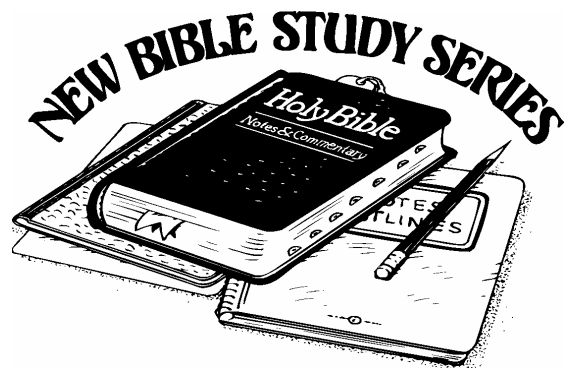
Displays in the Narthex provide additional information on donating to these causes. Donations can be left in the bins in the Narthex. Please accept this call to serve Christ through acts of service.



WHAT HAPPENS IN THE END?

What about the millennium, the apocalypse, reincarnation, heaven and hell, and the resurrection? Don't say you haven't thought about them.

Let's join together in a biblically grounded, gracious way to learn about and discuss these topics. We will explore popular understandings of these domains and scrutinize those understandings in light of what the Bible tells us. Each session is built around specific biblical texts. This is for everyone. Don't miss it! The study will begin Sunday, September 11th in the Middle Lounge at 9:15 A.M.



CHRISTIAN COMMUNITY NEWS

THE WAY



... begins in September

In September, the process of faith forming for adults will begin again. The process in which the basic disciplines of the Christian faith, worship, prayer, scripture study, and ministry in daily life are studied, discussed, understood, and used.

This will be the sixth season that candidates and their sponsors will begin the process that we here at St. Mark's call **THE WAY**. So far, over sixty members of our congregation have participated in this process as a candidate and/or sponsor.

THE WAY is for:

- ✦ unbaptized adults
- ✦ adults from other Christian denominations
- ✦ adults from other Lutheran congregations
- ✦ questioning adults wanting to grow in their relationship with Christ
- ✦ St. Mark's members who wish a deeper understanding of their faith

The first Gathering of the season will be an informal meeting for all who would like to know more about this process and will be held:

Sunday, September 18th at 4:00 PM

If you or someone you know is interested in becoming a candidate or a sponsor, contact Pastor Elkin at 323-4619 or Bob Schultz, 326-3929.

The Rich Sounds of the Horn!

Students and adults under the direction of Rebecca Anstey will be our guest musicians on **Sunday, August 28 at the 10:30 service**. Imagine the thrilling sound of a dozen or more French horns in our resonant nave!

The students will be rehearsing each evening in the week prior to that Sunday, and will play in our service out of the joy of working together and in thanks to us for the opportunity to meet.

Mrs. Anstey is a member of the local Symphony, an able horn teacher, and has played in St. Mark's at various times over the years.

SPECIAL THANK YOU'S

A note from:

Prisoner Visitation and Support

Dear friends at St. Mark's
Lutheran Church,

I have recently been notified of your donation of \$75 to PVS and I wanted to be the first to thank you for your support this year. I am please to announce that I have just recently completed my first prison visit with the organization.

From the moment I was presented with the unique opportunity to join a visitor at ASP Allenwood, I was enthusiastic and eager to experience the mission of PVS firsthand. After hearing and reading accounts from visitors across the country about the realities of visiting, I was thrilled to finally be able to have a story that I too could share with others.

I had always known that PVS visitors provide an invaluable service to the forgotten, but it was only through my visit that I was able to recognize the extent of the prisoners' appreciation for this gift. Although I only met with one prisoner, this man's enthusiasm and constant participation throughout our time together spoke volumes about how meaningful one visit can be. In addition to showing his appreciation to the visitor with whom I came, he took special care to thank me for taking the time to visit, and to share with me how influential his experiences with PVS have been. In the end, however, I found myself thanking him for allowing me to share in the visiting experience, and for showing me how PVS visits make a difference in the lives of prisoners.

Because of PVS, this man and countless prisoners across the country are given a voice and a connection with the world beyond the prison walls.

Sincerely,
Jessica Lein, PVS Intern

Two notes from:

Shepherd of the Streets

Dear St. Mark's Lutheran Church:

Greetings in the name of our Lord Jesus Christ!

It is with sincere thankfulness that I write this letter to you to express my gratitude for the support that you have given our ministry. Your recent gifts of \$298.32 (from the Vacation Bible School Members and Teachers) and \$100 (from general offering) was deposited in the Shepherd's Prescription Fund as you requested. These monies are used to purchase prescriptions for those persons in emergency situations who have no prescription insurance or medical assistance cards to pay for medications that they or their children need.

The Shepherd ministry appreciates your continuing support that helps us to help those in need in Lycoming County. It is my prayer that we shall continue to work together in His vineyard. It is indeed true that the harvest is plentiful and there are very few laborers out in the fields.

In His service and yours,
J. Morris Smith

Dear Ken:

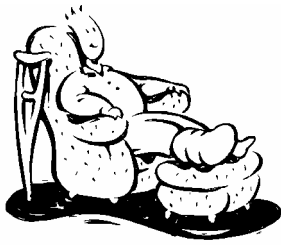
Greetings in the name of our Lord Jesus Christ!

Thank you, most sincerely, for the time you spent at the Shepherd of the Streets office, June 29th from 1-3 P.M. While I was on retreat, your help as an Assistant Shepherd meant that the daily activities of the ministry could continue as usual. Emergency situations and problems requiring counseling and assistance could be handled with ministerial expertise and compassion.

May God be with you as we continue to work together to serve those in need in Lycoming County.

J. Morris Smith

SPECIAL THANK YOU'S



Recovering at HOME

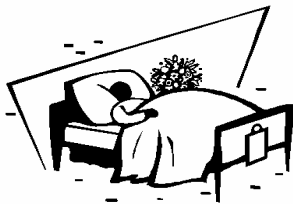
A big thanks goes out to everyone for your prayers, cards, calls, and visits while I have been recovering from knee replacement. A special thanks to the Senior Choir for the lovely flower arrangement, to Louise Kneedler for

delivering the delicious soup and bread, to Becky Pryor for the great ham and beans, and to Lucille Weaver for sending the altar flowers to me.

May God Bless You All -

Deb Buckman

THANK YOU to Ruth Rees for her kind delivery of soup, bread and flowers to the Kolb house during Kathy's recent Crohn's disease flare up.



Not only was the food delicious and appreciated, Kathy placed the flowers where she could see them from bed when resting. Their proclamation of caring by God's people

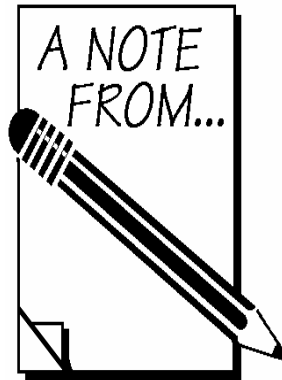
spoke loudly to us through them.

Thanks be to God for the caring family at St. Mark's Lutheran church.

- Kathy and Lou Kolb



**Don't Take
a Vacation
from Church**



Social Ministry Chairperson Becky Miller Pryor wishes to thank the congregation for its support of our Fourth of July celebration. The weather was beautiful and despite the bridge construction we had many folks join us for a snack as they walked by or on our front lawn for the fanfare of the fireworks.

Expenses were kept to a minimum due to several monetary donations being received from congregation members prior to this event. Please accept my thanks for assisting in the preparations.


Additionally, Frito-Lay and Pepsi donated snacks and soda. A special thank-you goes to Creighton McGill and Matt Alt for facilitating these corporate donations.

Additionally a hearty thank-you is extended to Creighton McGill for items needed to set up the refreshments and to Shirley, Mike, and Jackie Kinney, Steve, Bonnie, and Jarrett Eyer, Roxie Larson, Rick and Jen Robertson, Pastor and Donna Elkin, Marie and Buzz Byerly, Lou DeSeau, and Matt Alt for serving popcorn, snacks and soda on our front lawn.

Donations of approximately \$80.00 were received on behalf of Saint Anthony's Center.

Thanks
for your
participation

SPECIAL DATES

8/1	James Buckman Larue Dieter Kara Hershey		8/17	Tiffany Jarrett Pamela Travis Matthew Alt	
8/2	Michele Ramsauer		8/18	Stacie Bieber	
8/3	Aric Larson Randall Miller Emily Satifka Matthew Welker		8/19	Sean Clouser	
8/4	Alona Hopler Frank Ulman		8/21	Gregg Dancho Renee Hinds	
8/5	Creighton MacGill		8/22	Andrew Kneedler Janelle Lukens	
8/6	Donna Miller		8/23	Prudence Poff Kay Poliska	
8/7	Dorothy Burd Donna Clark Bret Foust Louis Kolb		8/26	Nathan Clouser	
8/8	Charles Fortin Zelma Vitolins Audrey Wacker		8/27	Andrea Gregory	
8/9	Mary Kimble		8/28	Galen Davenport Jr. Amanda Weaver	
8/10	Susan Newcomer Karen Staffini Leigh Travis Lynna Robertson		8/11	Charles Greevy Richard Lakey Gillian Buckman	8/29
		8/12	Marie Byerly Louis DeSeau Ashley Winner	8/30	Lou Ann Zeigler Vanessa Morgan
		8/14	Ray Huff Jean Nolan	8/31	Carl Smollinger Bobbie Yetsko
		8/15	Kathleen Dancho Carl Albright Frank Doebler Beverly Hieber Amie Larson		
		8/16	Robert Swartz		

Celebrating

An Anniversary This Month

8/1	Ernest & Nancy Larson	8/14	Edward & Brenda Gair
8/2	Ronald & Donna Baker	8/15	Bill & Shirley Hill
8/3	Fred & Shirley Dieffenbach David & Tracey Heaps	8/18	Carl & Bev Hieber
8/5	Pastor Susie & Martin Hill	8/23	Robert & Karen Burd
8/6	Carl & Lucille Weaver Raymond & Mary Ann Stiller	8/24	Paul & Jane Zimmerer
8/7	Bryan & Karen Pelleschi	8/25	David & Carol Butters
8/9	Fred & Pat Thayer	8/26	Charles & Gloria Greevy
8/10	Tim & Deborah Maggs	8/28	Phil & Barb Thomas
8/13	Ken & Beth Shafranko Tony & Bobbie Yetsko	8/29	James & Virginia Seelye
		8/30	Valerie Doebler & Thomas Waffenschmidt

SPECIAL CONCERNS LIST

Patricia Alexander
1745 Chestnut St.
Williamsport, PA 17701

Ruth Best
Sycamore Manor
1445 Sycamore Rd., Rm 401
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 403
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 Center
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. Apt. 2
Williamsport, PA 17701

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

FROM THRIVENT FINANCIAL FOR LUTHERANS

Retirement Can Be Even Better than Planned

Many Americans are currently enjoying a comfortable retirement. However, resting on one's laurels once the retirement finish line is crossed just isn't smart. The realities of today's ever-changing economy require vigilance.

Tax law changes, new product developments, interest-rate fluctuations and erratic financial markets, not to mention changes in personal or family health and circumstances, are all reasons why retirees cannot afford to have a hands-off approach toward their retirement funds. Retirees must be prepared to make adjustments to maximize their retirement futures. In addition, retirees must generate income while preserving their assets.

Some retirees face the daunting task of analyzing multiple retirement plan statements from a host of employers and/or institutions. Rather than seeing the "big picture" surrounding their retirement plan, they receive glimpses of small parts of their plan. Determining when to make adjustments, how to generate income while preserving assets and monitoring one's progress can be overwhelming.

Consolidating multiple retirement plans under "one roof" can help one simplify one's life and gain control over qualified plan assets. For example, consolidating IRA and 401(k) assets with one institution may save both time and money. Investors may want to consider a rollover or transfer if:

- They are unhappy with the fees, performance or service provided by their financial organization.
- They want to diversify their portfolio without incurring additional maintenance fees for having multiple IRAs. Doing so may help create the income they need while preserving and extending the life of the assets they already have.
- They want to simplify and consolidate IRAs to reduce your expenses and make them easier to monitor.
- They no longer wish to have continued contact with a former employer. Their 401(k) consists of company stock and they are unsure of the company's future stability.
- The charges or fees to transfer an existing account are not significant.

When consolidating into one IRA, one stays invested with potential growth, can continue to make contributions if eligible, and benefit from tax deferrals. Consolidating retirement assets also makes sense to simplify a financial plan-program for the benefit of a spouse or children in the event of the retiree's death. By "getting it together," a retired couple is more apt to "take control" of their assets.

Through sound planning and frequent monitoring, retirees can be assured that their money is working hard for them, positioning them for a comfortable retirement. A comfortable retirement is within grasp, but careful planning is necessary—even after retirement. A financial services professional can help analyze one's financial needs and help make retirement even better than planned.

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).

HEALTH, HEALING AND WHOLENESS

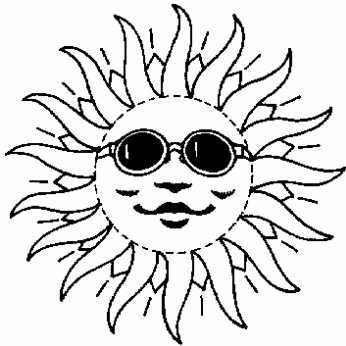
The Lord watches over you – the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm – he will watch over your coming and going both now and forevermore. (Ps. 121:5-7 NIV)

Researchers in recent years have established a link between ultraviolet radiation (UV) and eye damage – particularly cataracts and age-related macular degeneration. The best means of protection is simple ... wearing sunglasses. They don't have to be the most expensive, designer-wear to do the job. Darker does not necessarily mean better. Instead look for an ANSI (American National Standards Institute) label.



You may even want to consider several pairs, based on when and where you will be using them. I've listed below, some recommendations from Harvard Health Publications, Harvard Medical School.

For daily wear: Pick lightly colored or lightly tinted glasses that block 70% of UVB rays and 20% of UVA, and 60% of visible light. These are categorized by ANSI as “cosmetic” lenses.



For outdoor fun: Medium to dark lenses are suitable. They should be labeled as blocking 95% of UVB, 60% of UVA, and 60-90% of visible light. Most sunglasses fall into this category or “general purpose”.

For very bright conditions: For extreme brightness, as in going to the beach, or ski slopes, [or if you work in construction, on a road crew, or in farming], choose extremely dark lenses with UV blockers. The label should indicate that the lenses block 99% of UVB, 60% UVA, and 97% of visible light. You may see them categorized as “special purpose” lenses.

Don't be lulled into a false sense of security just because your sunglasses are very dark; it does not mean they are giving you greater protection from the sun's UV rays. Always look for the ANSI label. Wrap-around styles help block additional light from frame corners.

Less color distortion may be found with gray or green colored lenses. If you are at a high risk for developing, or already have developed a particular eye disease, consult your eye doctor. If you normally wear glasses, and spend a lot of time in the sun, you may want to consider a pair of prescription sunglasses.

The Psalmist writes, “...*the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm ...*” however, He needs your cooperation!

Enjoy the remaining summer!

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

ST. MARK'S LUTHERAN CHURCH
142 MARKET ST.
WILLIAMSPORT, PA



PHONE: 570-323-4619
FAX: 570-323-2452

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