



# The *Lion* of St. Mark's

OCTOBER 2005

## “HOW CAN I HELP?”

So many of us are asking the question, “How can we help?” In these times of natural disasters and neighbors in need, many of us want to provide assistance. To help you decide what to do, here is a list of charities and opportunities available:

### KATRINA & RITA RELIEF

- ❖ If you are a **Thrivent** member, make your contributions go even farther! When you make an individual contribution to one of the four eligible relief organizations, Thrivent will supplement \$1 for every \$2 given, up to \$300 per member. See [www.thrivent.com/fraternal/katrina](http://www.thrivent.com/fraternal/katrina) for more information. Necessary forms are also available in the Narthex.
- ❖ Ten percent of the contribution you make to the **Williamsport Crop Walk** will go directly to Katrina Recovery Efforts. Join us at the bike path at Indian Park in Montoursville on Sunday, Oct. 9th, beginning at 1:30 p.m. Registration begins at 1:00.
- ❖ You can make a donation to the **American Red Cross Disaster Relief Fund** by calling 1-800-HELP NOW (1-800-435-7669) or go to [www.redcross.org](http://www.redcross.org) to donate online.



### GLOBAL & LOCAL RELIEF

❖ **Blanket Sunday is this Sunday, Oct. 2**  
With so much need all over the world, a quilt or a blanket can provide warmth on a cold night, or shelter from the sun on a hot day. If you have not yet contributed to Lutheran World Relief, you could make a donation to purchase blankets in bulk at discount prices. Envelopes for this purpose will be in Sunday's bulletin, or you can send your donation to the church office marked "Blanket Sunday". Give the simple gift of comfort and warmth.

❖ **Harvest Home is Sunday, Oct. 16**

Beginning this Sunday, the 2nd, you can pick up a grocery bag to fill with food for the United Churches/Center City Food Pantry, which provides a three day supply of food to anyone in need. Last year we received a large amount of food ~ hopefully we will do the same this year. Thank you for your support!

**Inside this issue:**

Parish Register	2
Christian Community News	3, 6
Educational Ministry	4
Youth & Family Ministry	5
Bear One Another's Burdens	7-8
Upcoming Musical Events	9
Special Dates & Concerns	10, 11
Health, Healing &	12
October Calendar	13

## COUNCIL UPDATE

The Congregation Council met on Monday, September 19, 2005 in the Crossways room. They:

- ❖ heard Pastor Elkin describe the function of the Society of the Holy Trinity and how it benefits the work of the pastor.
- ❖ moved unanimously to commend Raymond Bohartz, Jr. to Sugar Valley Church of the Brethren.
- ❖ moved unanimously to issue letter of transfer to Pastor Susie Burd Hill to her new parish in Illinois.
- ❖ moved unanimously to accept the recommendation of the Executive Committee that was developed after a series of meetings in the past month with representatives of Stephen Ministry, the Mutual Ministry Committee, and Bishop Main, advising that the Pastor and the Mutual Ministry Committee adopt a new approach to their relationship
- ❖ heard reports from the standing committees, and added questions and comments.
- ❖ noted that Susan Newcomer will be speaking with the Stephen Ministers and any other interested persons on September 22 on the subject of autism.
- ❖ reviewed the "handles" from the Transformation project, noting those things that have been done and the number of projects remaining that need a person or persons to undertake them.
- ❖ noted that the fall stewardship emphasis has not yet been developed, and that work on this is needed immediately.



The Council will next meet on October 17.

### UPDATE ON COLUMBARIUMS:

Twenty five have been reserved, leaving only 35 still available. Contact Susan Myers in the Financial Office (323-4619) for more information and/or to reserve your space.

### THE ALTS ARE SETTLING IN.



Their new address in Georgia is:

**Matt, Alice, Kline & Micah Alt  
318 Azalea Boulevard  
Albany, GA 31705**

### FEEL THE CHILL???

Please help us battle the increasing cost of heating fuel by giving a donation to the church's heat fund. Use the envelope enclosed with this month's *Lion*. Every little bit is helpful. Thank you!

### *Mama Mia!*

Lunch 'N' Fellowship will meet on Wednesday, October 19th at 12:00 noon for a spaghetti luncheon. Join us! Bring a dish to share. and fine dining!



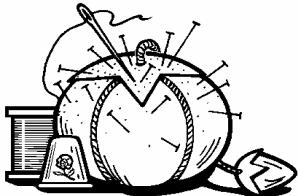
### FROM THE PARISH REGISTER

- ❖ The funeral service for Robert Fry (non-member) was celebrated on September 16.

# CHRISTIAN COMMUNITY NEWS

## DO YOU HAVE WORN BLANKETS THAT YOU NO LONGER NEED?

Fillers for quilts are in short supply, as well as sheets-in-good-condition for backings. Our ladies are busy each Wednesday morning making quilts. In church basements and homes in thousands of other Lutheran church groups across the country the same caring and sharing is happening. Could you invest some time in this huge project? The results are amazing. If you can donate materials, this help would be appreciated. Through God's grace we share our incredible blessings.



**Blessed are the  
“piecemakers...”**



## The 14th Annual Lycoming County Life Chain—2005

will be this Sunday, October 2, from 2:30 to 3:30 p.m. Who will come and join with Pastor Elkin and more than 1,500 other Christians in an hour of prayer for the lives of unborn children? Our appointed place to gather is near the Ruby Tuesday restaurant on Third Street. Hope to see you there!



## ATTENTION ALL SAINT MARK'S “BALLERS”!!!!

**The John Bower Basketball League  
will be resuming this fall!**

We are hopeful that we will have more than one team this year! All ages are welcome to play, up through and including high school. Coach Rick Robertson will continue to lead the teams. The games begin in December. If you are interested in coaching or helping out (and believe us, it's a lot of fun!!!!) please volunteer your gift! More information will be sent home with your child from Sunday School. We had a great season last year—let's make it another! Contact Bernadette Jones at the church office with your interest, 323-4619, or sign up in the narthex or the office hallway.

**Susquehanna Homecare & Hospice** is looking for people with a loving heart and a willingness to become volunteers for their hospice program. Hospice provides symptom management to terminally ill patients. Generally, volunteers are used to serve the patient by:

- ❖ Sitting with the patient
  - ❖ Light housekeeping
  - ❖ Running errands
  - ❖ Caring for young children
  - ❖ Providing emotional & spiritual support
- To become one of these special people, all you need is a loving heart and a willingness to help people. If you think that you are being called to become a volunteer, please call the hospice office at 320-7690.

## EDUCATIONAL MINISTRY



### **The Way is a wide open road...**

Let's be clear about it.

*The Way is not:*

- ❖ a secret society
- ❖ an elitist group
- ❖ only for one age group

Rather, *The Way is:*

- ❖ a chance for interested persons, from teen to mature age, to grow together in the faith.
- ❖ A chance to explore new areas and review things learned years ago.
- ❖ a chance to meet folks and make new friends.
- ❖ a chance to better understand the scriptures and see how they apply to daily life.

The invitation is wide open for long-time members of the congregation, for persons new to the parish, for curious friends, and also for persons who have never been baptized.

Any person can be a part of the new group that is now forming for this year. We need candidates, we need sponsors, we need you.

If you are curious about what is involved in the process called *The Way*, come to the initial gatherings which are on Sunday afternoons, October 2 and October 16 at 4:00 PM in the Crossways Room. More than 60 persons have been involved in *The Way* either as a candidate, a sponsor, or both, over the past six years. It is making a profound difference in the life of the congregation as gradually more and more of those who are most active in our common life have chosen to be involved in this life-enhancing process. For additional information or to become a candidate or a sponsor, contact Pastor Elkin or Bob Schultz, 323-4619.

Lutheran Shared Ministries presents

### **Passing the Faith**

*Local seminars*

**Saturday, October 22, 2005**

**9:00am–12:00 Noon**

Zion Lutheran Church, 39 Paradise Street  
Turbotville, PA.

This "Passing the Faith" event will help equip parents, grandparents, teachers and others to build faith in the home.

**Keynote Speaker:** Chris Boyatzis, Ph.D, Associate Professor of Psychology at Bucknell University speaks on "A Call to Christian Parenting". Although it takes a village to raise a child, the family is the first village in a child's faith formation. Focus will be on the three components of Christian parenting: integrity, intentionally and accountability. Presentation will include insights from family psychology, child development and scripture.

### **Workshops:**

- "What's Working" – Assistant to the Bishop, Rev. Dan May, moderates. Come hear and share stories of using the "Passing the Faith" model from other local churches.
- "Resources Review" – Sandy Grier, Associate in Ministry, reviews new books, Preaching and Teaching series from the Youth and Family Institute.

### **Upcoming Events:**

- **January 14 & 16, 2006, Youth Peer Ministry Training sessions**
- **May 13 - 15, 2006 – Friday and Saturday, Passing the Faith conference, First Evangelical Lutheran Church, Watsontown. Will be open for other congregations to send attendees.**

- **June 16 & 17, 2006 Synod Assembly to include "Passing the Faith" conference – Dick Hardel & Marilyn Sharpe**

Event fee of \$5.00 will be collected.

See [www.uss-elca.org/childinourhands](http://www.uss-elca.org/childinourhands) for more info.

## YOUTH & FAMILY MINISTRY

**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. Stop and pick up a copy!



### CHILDREN'S CHURCH

will resume on Sunday, October 9, 2005 at 10:30 a.m. during the regular service.

### PENNSYLVANIA STATE SUNDAY SCHOOL CONVENTION

**WHO?** For all Sunday School and Christian Education Teachers and Leaders

**WHAT?** Convention theme: "Sunday School – Imagine the Possibilities"

There will be five sessions of workshops on topics ranging from "Teaching Nursery and Toddlers," "Teaching and Keeping Children and Youth in the Church," "The Role of Adults in Sunday School," "11 Things You Gotta Know about Finding and Keeping Workers," "Welcoming Special Needs Students," "What the Bible Says about Healthy Living," "Using Computers for Teaching in the Church," and much more.

**WHEN?** Friday and Saturday, October 28 & 29, 2005

**WHERE?** Host church: Goodwin Memorial Baptist Church, 2447 Green Street, Harrisburg, PA

**WHY?** It's a chance to learn new approaches for teaching, to network with other Christian educators and for self-growth.

For more information and to register, contact Sharon or Bernadette at the office or e-mail them at:[youthandministry@chilitech.net](mailto:youthandministry@chilitech.net).

**FIRST COMMUNION  
WILL BE CELEBRATED ON**

### SUNDAY, NOV. 20TH

There will be three classes for First Communion beginning Sunday, October 30 at 3:00 PM. Any parents who feel their child(ren) is ready for this important step in their lives or who has any questions regarding this is encouraged to call Pastor Elkin.



FALL

IS THE  
TIME  
FOR LUTHERFEST!

And Lutherfest is a time for everyone! If you thought Blueberries were a Blast, wait 'til you live it up at Lutherfest! Test your knowledge of Luther trivia. Dress as your favorite character from the Bible or Church history. Go from car-to-car in our parking lot for "Trunk or Treat." Enjoy a dinner of bratwurst (hot dogs for the kids) and sauerkraut. Listen to the music of oom-pah bands. For a great time of fellowship and fun, meet with us at Fellowship Hall on Saturday, November 5, from 4:00 p.m. until 7:00 p.m. We look forward to seeing you there!

#### LUTHERFEST FOOTNOTE:

Anyone interested in assisting with this event, please contact Bernadette or Sharon via phone (323-4619)

or e-mail at: [\(youthandministry@chilitech.net\)](mailto:youthandministry@chilitech.net).



# Christian Community News

**Operation Christmas Child**  
**is gearing up for this year's season of giving!** Informational pamphlets may be found in the Narthex. **Filled** gift boxes are due on or before Sunday, November 14, and can be dropped off at the church office between 9:00 AM and 1:00 PM M-F. Shoe Box Dedication will be Sunday, November 14.



## New Bible study for the month of November

### A study on the book of Galatians

Come and join us for this bible study. You can participate any way you feel comfortable. You can both listen and take notes or help read the six chapters from this book. The book of Galatians is the charter of Christian freedom. Paul, the author proclaims the reality of our liberty in Christ free from the law and the power of sin, and freedom to serve our living lord. We hope to see you there.

Start date: November 6,  
 Time: 9:15-10:15 am.  
 Location: Fellowship Hall

We hope you prayerfully consider this bible study. May the Holy Spirit continue to lead us to the knowledge of Jesus Christ.

**October is  
 Pastor Appreciation Month &  
 Pastor Appreciation Day is the  
 second Sunday in October  
 ~ October 9th ~**



Let the know you ate him!  
 forget Pastor's She's the props him he doesn't think he can go on, the one he confides in; she sees him at his worst—and his best—and often makes the difference between success and failure.

Pastor appreci-  
 And don't about the wife!  
 one who up when

**CLERGY APPRECIATION DAY HISTORY** - "In 1992, layperson Jerry Frear, Jr., was brainstorming with church colleagues about how they might be of help to their minister when he glanced at a calendar and noticed that it was almost Groundhog Day. 'I thought, If they have a day for groundhogs, there ought to be a day for the 375,000 clergy people in America,' Frear says." So...for the last few years the second Sunday in October has been set aside to show appreciation for our clergy. The reaction from pastors has been the greatest thing." Frear says, "They are overwhelmed that their congregations actually do care about them."

~Source: The Saturday Evening Post  
 Sept/Oct. '96

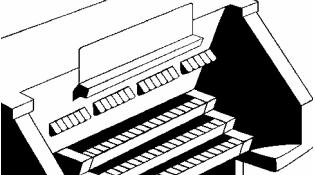
Yes, we care! Thanks for all you do, Pastor!  
 ~ from your staff ~

Joan, Sue, Sharon, Bernadette,  
 Lou & Dick (and Alice, too!)

# CHRISTIAN COMMUNITY NEWS

The Williamsport Chapter of The American Guild of Organists Presents Concert Artist

## *Organist Needed*



## GORDON TURK ORGANIST

In Concert

Friday, October 21 at 7:30 p.m.  
Covenant Central Presbyterian Church  
807 West 4th Street, Williamsport

**Tickets:**

\$10, \$25 family; \$8 student/seniors

**Available at:**

- ❖ Covenant Central PC 322-4731
- ❖ Sides Music Center 326-2094
- ❖ At the door

### Support Group Now Forming!

Are you the parent of a  
teen who suffers from  
depression?

When: Sunday, October 30  
Where: St. Luke Lutheran Church  
1400 Market Street  
Williamsport  
Time: 3:00 PM  
  
Questions? Please contact Congregational  
Health Ministries and Family  
Life Services at 320-0520

### TIME IS RUNNING OUT!



SIGN UP TODAY  
FOR YOUR SPOT IN A CLASS  
AT

### The SCHOOL OF RELIGION

7:00—9:00 PM  
Every Wednesday in October  
5th, 12th, 19th & 26th  
at St. Mark's Lutheran Church

Call the church office at 323-4619  
to sign up or for more information.

Classes offered this year include:

- ❖ The Gospel of John  
Presented by: Pastor Driesen
- ❖ Issues in Science and Religion  
Presented by: Pastor Zetto
- ❖ Being the Church according to  
Matthew  
Presented by: Pastor Showers  
and Pastor Diebler
- ❖ My Personal Prayer Life  
Presented by: Mrs. Miriam Logan  
and Mrs. Dawn Zetto

# “BEAR ONE ANOTHER’S BURDENS”

## (CONTINUED FROM SEPTEMBER *LION*)

**W**hy do we have Stephen Ministry? People sometimes may ask or think, why do we need Stephen Ministers—don’t we have pastors to provide caring ministry? Our pastors are like firefighters—when a crisis happens, they rush To the scene to put out the fire. But shortly after that, another fire will break out in our congregation, and they’ll rush to that scene. They still will provide care to the victims of the first fire, but their time quickly becomes consumed by the second, third, and fourth fires. This is on top of their other duties as pastors.

This is where Stephen Ministers come in. The pastors will always be our firefighters, but Stephen Ministers are people who come in after the fire is put out (and sometimes before) and help the victims sort through and clear the debris and begin to rebuild. Stephen Ministers continue to give care as long as needed during the rebuilding process—one month, two months, six months, possibly a year or more. They provide the steady, consistent one-to-one follow up care that our pastors want to, but simply cannot provide.

### We Are All Called to Care

We have Stephen Ministry because God calls every one of us to love and care for one another. Remember the story Jesus told in Matthew 25, when the people asked, “Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and wel-

come you or naked and cloth you? When did we see you sick or in prison and visit you?” Jesus wasn’t telling that story only to pastors; he was speaking to all of us.

### Putting Spiritual Gifts to Use

The Holy Spirit has blessed us all with gifts for ministry. Stephen Ministry provides a place where those who have the gifts for caring ministry can put them to use in a meaningful way.

### The Needs are There

Why did Sir Edmund Hillary climb Mount Everest? Because it was there. Why do we have a caring ministry to meet people’s needs? Because the needs are there. Sometimes the needs are quiet and can go unnoticed. Sometimes people think, “My need isn’t important enough—I’ll go it alone.” Or we want to look the other way just as the three men did who preceded the Samaritan on the road to Jericho. The needs are there—people’s hearts are wounded, their lives broken. They are in need of Christ’s love and healing. Stephen Ministry helps our church meet the many needs that are out there.

### Reaching Out With Christ’s Love

Stephen Ministry can be a wonderful outreach of Christ’s love both our own members and to the community. In the second chapter of his epistle, James tells us, “Faith by itself, if it is not accompanied by action, is dead.” He says we need to be “doers of the Word, not just hearers.” Just talking about loving and caring for one another doesn’t automatically make us a loving and caring congregation. We need to be doers! Stephen Ministry is a wonderful way to be doers of the Gospel. We can knock on the door of an unchurched person and say, “Jesus loves you,” and they *might* listen.

-continued on next page-

-continued from previous page-

But if we meet their needs for care during a difficult time in their life and let them experience Jesus' love and forgiveness working through a Stephen Minister, they *will* listen.

### Fulfills the mission of Our Congregation

Stephen Ministry also fits in with the mission of our congregation. The basic objective of our Social Ministry Committee states that its purpose is to proclaim Jesus Christ to each other and to all the world by providing the opportunities to share God's love. To this end the Committee will address social needs by leading the congregation

in extending Christian compassion and helpfulness to the ill, aged, orphaned, and persons of all ages in need.

### **Jesus' Great Commandment and Great Commission**

One final reason for Stephen Ministry. Jesus gave us his Great Commandment: "Love your neighbor as yourself" (Matthew 22:39) and his Great Commission: "Therefore go and make disciples" (Matthew 28:19). Stephen Ministry is one tangible way we can fulfill Jesus' Great Commandment and Great Commission.

(...to be concluded in the November *Lion*)

## SPECIAL THANK YOU'S

### To Pastor Elkin, Sharon, Joan, Susan, Dick, Lou, and to the congregation of St. Mark's:

Thank you for your encouragement and support as I begin my position as Co-coordinator of Youth & Family Ministry.

Your kind words and assistance have meant much.

Yours in Christ,  
*Bernadette H. Jones*

**The United Churches of Lycoming County** acknowledges receipt of funds as indicated below. We express sincere thanks for your support of those special ministries which are made possible when our churches work together.

\$883.00	Food Pantry
\$687.50	United Churches Budget

Sincerely,  
*Gwen N. Bernstine*  
Executive Director

Dear St. Mark's Lutheran Church:

As Summer 2005 winds down, we've had a chance the last few weeks to reflect on the great work that has taken place at Camp Mount Luther during another season of camping. Nearly 450 campers of all ages came to this place set apart by God to grow in their faith, meet new friends and learn more about prayer. It was an exciting summer!

Doing this work is good; good for youth, good for families and good for our Church. Doing this work is not easy. And so we thank you for your recent gift of \$75 to the Annual Fund Synod Benevolence. It is a gift valued by adults and children alike who use our facilities.

We are making a difference! Thanks be to God! Again, thank you for your generous gift and continuing support.

God's Peace,  
*Chad Hershberger*  
Executive Director

**The Evangelical Lutheran Church in America**  
thanks St. Mark's Lutheran Church for its  
donation of \$40 to World Hunger.

# UPCOMING MUSICAL EVENTS



## OCTOBER EVENTS

**Lycoming College Alumni Choir** will be participating in our 10:30 worship service on **Sunday, October 9th**. Walter McIver began the choir program in 1947 and he has been succeeded by Fred Thayer, who has been the choral director since 1976.

The choir will be singing three traditional pieces from their repertoire over the past sixty years and "The Heavens Are Telling the Glory of God" by Haydn and "I Lift Up My Eyes" by (our own!) Richard Lakey.

Come & enjoy the bluegrass and gospel music of

### Stained Glass Window

who will be participating in our 10:30 worship service on **Sunday, October 23rd**. Each member of the group provides accompaniment with guitar, acoustic bass, fiddle, dobro, banjo, mandolin, and harmonica. Featured in the band is (our own!) Ken Shafranko.

Please plan to arrive (earlier than normal) for an **extended prelude at 10:15 a.m.** Toe-tapping is encouraged during this portion of the service.

## COMING IN NOVEMBER

### Annual Dialysis Organ Concert at a NEW TIME!

Sunday afternoon, November 6 at 4:00 in the afternoon, St. Mark's will host the annual organ benefit concert that benefits the dialysis patients of The Providence Health System Foundation. The concert will feature music for "duo organ" performed by Nancy Ackerman and Richard Lakey. Also, the concert will feature music by the Lycoming College Chamber Choir under the direction of Fred Thayer.

Ticket donation possibilities are:

Benefactor	\$500 and above
Donor	\$350 - \$499
Supporter	\$200 - \$349
Contributor	\$100 - \$199
Friend	\$50 - \$99
Giver	\$25 - \$49
Family	\$15
Individual	\$8

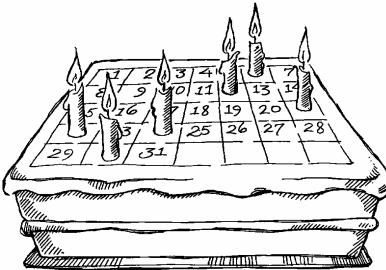
Tickets will be available at the door. Also, you may send your donation to:

The Providence Health System Foundation  
c/o The Development Office  
1001 Grampian Boulevard, Williamsport, PA 17701.

Your donations are tax deductible and support the needs of dialysis patients which are in addition to their weekly treatments which, for most patients, consist of three treatments each week, with each treatment lasting a minimum of three hours. This loving care and support is given by those who help to make the quality of life for all these patients one of greater health, joy, and love, and the many blessings that we so often take for granted.

We hope that you will be able to attend the concert at the **earlier time: 4:00 p.m.**

## SPECIAL DATES



### Birthdays This Month

10/1	Glenn Lunger
10/2	Travis Rechel
10/3	Jeanne Fargus
	Anne Miller
10/5	Stephanie Bieber
	Mary Lou Hartsock
10/6	Caitlin Butters
10/9	Jane Zimmerer
10/10	Kameera Smith
10/11	Amy Burkholder
	Heather Fenderson
10/12	Robert Curry Jr.
	Christine Sauers
10/13	Frank L. Bardo III
	Shirley Vognet
10/16	Wilson Doebler
10/17	Sean Fenderson
	Charles Homan

10/18	William Confer
	Marian Larson
10/20	Ashley Campbell
	Megan Greevy
	Tia Kinney
10/21	Paige Fortin
	Barbara Herbst
	Carolyn Wacker
10/22	Jeremiah Bittner
	Anna Harris

10/23	Ryan Lynn
10/24	Richard Miller
	Mark Welker
	Charles Kuntz
10/25	Carl Burkhart
10/26	Jane Strous
	Hannah Haussmann
10/28	Andrew Haussmann
	Tait Thorne
10/29	John Hoffman
	Barbara Thomas
	Kathryn Calvert
	Deborah Maggs
10/30	Lois Winters-Goldy
	Donna Maule
10/31	Natalie Miller

## Celebrating

---

*An Anniversary This Month*

10/1	Kirk & Michelle Owen
10/2	Robert & Barbara McCullough
10/7	John & Kim Hufnagel
10/9	Kenneth & Kathleen Caster
	Frank & Mary Lou Doebler
10/9	Jeffrey & Catherine Kneedler
10/16	Tracy & Andrea Gregory
10/18	Eugene & Marian Larson
10/23	Edward & Joy McCoy
10/26	Lou & Linda DeSeau
	John & Connie Shaible
10/28	Russ & Lois Smith
10/30	Romain & Evelyn Bastian

## 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  
833 Funston Avenue  
Williamsport, PA 17701

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

Anne Rhodes  
c/o Carole Finn  
20308 Cabana Drive  
Germantown, MD 20876

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 Shaeffer  
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, PA 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

*(Thanks to Jane Larson, St. Mark's Lutheran Church, for suggesting this month's topic!)*

It probably occurs in at least one church, in every denomination, on every Sunday, coast to coast. You see it happening in marching bands, and choir performances, and backyard picnics. It also happens regularly at Red Cross Blood Drives. What is "it"? Fainting ... passing out ... syncope (from the Greek meaning "to cut off") ... you lose consciousness, feel your legs turning into Jell-O...your brain gets 'fuzzy', and some swear they can suddenly 'hear the ocean'.

Fainting occurs when the blood supply to the brain is momentarily inadequate. This loss of consciousness is typically a brief, one time occurrence, yet it is still important to attempt to pinpoint its cause. Triggers can range from simply standing up quickly, to heart or brain disorders, so it is important that any fainting be treated as a medical emergency. Other causes of fainting include: sitting or standing for long periods of time (blood pools in the legs), medication for high blood pressure, drop in blood sugar, dehydration, prolonged coughing, breathing too fast (hyperventilating), or cardiac arrest. Fainting is seen twice as often in adults 70 years and older, and 3-4 times as often in adults age 80 and older.

**What should you do?** If you feel faint, lie down with your feet elevated. If you cannot lie down, sit down, and place your head between your legs (both positions allow the heart to pump blood back to the heart and brain more easily). If you are in worship, it is fine to remain seated throughout the service. Let someone know that you are not feeling well. Do not drive – have someone else take you home.

**If someone else faints:**

1. **Position the person on his/her back with legs elevated.**
2. **Watch the airway carefully for blockage or vomiting.**
3. **Follow through on emergency assessment A-B-Cs – airway, breathing, circulation**  
If breathing has stopped, the problem is more than a simple fainting spell. Get emergency medical help immediately by dialing 9-1-1
4. **Help restore blood flow.** If the person is breathing keep legs elevated, loosen restrictive clothing (belts, collars, ties). He/She should revive quickly. If the person does not regain consciousness in 1 – 2 minutes, call 9-1-1, and keep watch on airway, breathing and pulse.
5. **Make sure he/she follows up with a physician.** The doctor needs to know if there was any chest pain, shortness of breath, palpitations, heart racing, as well as what the person was doing prior to passing out. He/She will then decide if further testing is warranted.

This is a situation, in which, it is better to be safe than sorry! Keep ammonia inhalants (smelling salts) on hand in your first aid kit. Make sure your parish nurse; pastor, staff, and ushers are trained to administer CPR. If you have a pacemaker or an implanted heart defibrillator, be sure someone in your congregation knows about it. If in doubt, call 9-1-1.

If you are prone to fainting, avoid prolonged sitting – get up and walk every 45 – 60 minutes. When sitting, flex and contract your calf muscles to keep blood flowing. If driving a long distance, take hourly breaks – get out and walk around. Ask your doctor if you should consider wearing support stockings/hose to assist leg circulation. Finally, follow his/her advice regarding any medication changes or adjustments.

**If a congregation member should faint during a worship service, it is comforting for the worship leader, to lead the congregation quietly in prayer, as trained responders take action.**

**"When my spirit grows faint within me, it is you who know my way" (Ps. 142:3a, NIV).**

Autumn blessings,

**Debbie Best, Congregational Health Ministries & Family Life Services**

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

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



*Return Service Requested*

Non-Profit Organization  
U.S. POSTAGE  
**PAID**  
**Permit No. 257**  
Williamsport, PA 17701

Email us at  
[saintmarks@chilitech.net](mailto:saintmarks@chilitech.net)

