



The *Lion* of St. Mark's

NOVEMBER 2005

CONSECRATION SUNDAY IS IMPORTANT FOR ALL OF US

Consecration Sunday is November 13 this year. We are wrestling with the concept that, from a biblical perspective, financial stewardship is not money Christians give to their church merely as a way to pay its bills. Rather, we're trying to understand that financial contributions are a way to help people grow spiritually in their relationship with God by supporting their church's mission and ministry with a percentage of their incomes.

Since this goes against our natural tendencies to want to regard everything as our own possessions, we must continue to think about this and make it a part of our life a bit at a time. *Consecration Sunday* is a way to teach the biblical and spiritual principles of generous giving in our stewardship education emphasis. This is our third year of approaching faithful living in this way.

The basic lesson we are learning is the need of the giver to give for his or her own spiritual development, rather than on the need of the church to receive. Instead of treating people like members of a social club who should pay dues, we will treat our members like followers of Jesus Christ who want to give unselfishly as an act of discipleship. We must look into our hearts and ask ourselves: "What percentage of my income is God calling me to give?"

During morning worship on Consecration Sunday, we are asking our attendees and members to make their financial commitments to our church's missionary, benevolent, educational, service, and worship ministries in this community and around the world. Every attendee and member who completes an *Estimate of Giving Card* does so voluntarily by attending morning worship on Consecration Sunday, November 13. We urge everyone to attend, even those who are hesitant to complete a card, because the procedure is done in such a way that no one feels personal embarrassment if he or she chooses not

to fill out a card.

We will do no home solicitation to ask people to complete cards. During morning worship, our leaders will conduct a brief period of instruction and inspiration, climaxed by members making their commitments as a confidential act of worship. Congregation Council members will be urging folks to be in attendance for this important service and event.

Since we will make no follow-up visits to ask people to complete their cards, we will make every effort to inform, inspire, and commit everyone to attend worship on Consecration Sunday, November 13. In the coming weeks, please think prayerfully about the blessings God has given to you, and about how you are called to share those blessings.

The other part of the event is the celebration meal that follows each worship service on November 13.

At services on the next two Sundays we'll be asking for your reservation for the breakfast following the 8:30 service or the lunch following the 10:30 service on Consecration Sunday. It is important that every member take part.

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COUNCIL UPDATE

The Congregation Council met in regular session on October 17.

The Council:

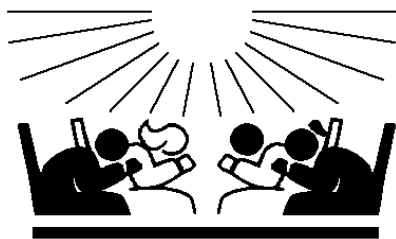
- ❖ reviewed the first chapter of the Rule of the Society of the Holy Trinity.
- ❖ granted Letter of Transfer for Greg, Jackie, and Tia Kinney to Messiah Church.
- ❖ received with regret the resignation of Kathy Dancho from Council membership due to her changed work schedule.
- ❖ approved the request to use the plate offering on October 23 for the ministries of the Women of the ELCA.
- ❖ made assignments of council members to various committees.
- ❖ received the reports from committees and officers.
- ❖ approved the use of Fellowship Hall for youth peer ministry training in January.
- ❖ approved the use of space in the undercroft for a dramatics class on Thursday evenings, led by Bernadette Jones.
- ❖ noted that work on the budget for 2006 will be done after the Consecration Sunday activities are completed.



As always, the details of all of these activities and actions are posted on a bulletin board in the office hallway.

START YOUR DAY WITH PRAYER!

You are welcome to join us every weekday morning at 9:00 AM in the Chapel for Morning Prayer.



UPDATE ON COLUMBARIUMS:

Twenty six have been reserved, leaving only 34 still available. Contact Susan Myers in the Financial Office (323-4619) for more information and/or to reserve your space.

Gobble Gobble!

Lunch 'N' Fellowship will meet on Wednesday, November 16th at 12:00 noon for our annual Thanksgiving turkey with all the fixin's. Join us! Bring a dish to share. and fine dining!



FROM THE PARISH REGISTER



❖ The funeral service for Anna Harris was celebrated on Saturday, October 22nd.

CHRISTIAN COMMUNITY NEWS

A Note from Our Social Ministry Chairperson, Becky Miller Pryor

- ❖ The Social Ministry wishes to thank the congregation for its donations of hygiene items for the Shepherd of the Street's Ministry. Lou DeSeau has delivered two large boxes of assorted items to the Shepherd's office.
- ❖ Looking ahead to December we will entertain a group of residents at The Selinsgrove Center on Tuesday, December 6th. Additional information and needed donations will be available in the Sunday bulletins.
- ❖ We will support the American Rescue Workers by collecting canned good for their holiday baskets. Look for their barrels beginning in early December.
- ❖ Please consider making a monetary donation to the United Churches to support their Thanksgiving baskets to needy families.
- ❖ Support Operation Christmas Child by filling a shoebox with small toys and school supplies.

NGA

*The Needlework Guild of
America*
Founded 1885

The Newberry Branch of the NGA is in its 91st year of operation. We are a "low-key" charity and therefore not well known in our own community. Our purpose is to provide new

clothes, coats and shoes to needy persons,

primarily children in the Williamsport Area.

This year the Newberry Branch is working with the Williamsport School District, Lycoming Children and Youth, the Lycoming-Clinton Head Start, the Salvation Army and the United Churches of Lycoming County / Shepherd of the Streets. These organizations select persons whom they feel are in need of clothes, coats or shoes. Shepherd of the Streets will receive linens and hygiene products. Our branch members then purchase these items with monies collected from the community.

Currently there are 12 churches, which support our work. These churches include St. Matthew's Lutheran, Church of the Savior Lutheran, and St. Mark's. Additionally we have received help from some fraternal organizations and industries including donations from Wundies. Fundraisers held throughout the year include hoagie sales and a yard sale. All monies collected are returned to the community in the form of clothes, coats, and shoes.

Young children throughout our community are in need of warm clothing. As an example, The Lycoming-Clinton Head Start requests sweat suits for approximately 180 pre-school children in the Williamsport area.

If you wish to support our work, please consider making a monetary donation during the month of November. Checks can be made payable to St. Mark's. If you wish to shop for an individual child please contact Becky Miller Pryor @ 321-9523. Additional information is available from Deb Buckman, Branch President, or Becky Miller Pryor, a Director representing St. Mark's.

NGA

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 be held on Sunday, November 13th, 2005, at 10:30 a.m. in the Chapel. After the children's service, they will join the offering procession with the gift boxes for Operation Christmas Child.



**ATTENTION
ALL SAINT MARK'S
"BALLERS"!!!!**

**The John Bower
Basketball League
for Sunday Church**

School will be resuming soon!

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! 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.

FIRST COMMUNION WILL BE CELEBRATED ON SUNDAY, NOV. 20TH

Those children involved will have attended classes on the three Sundays previous to *Christ the King*. We are pleased that these young people are beginning to exercise their membership in Christ's Body.

ADVENT WREATH MAKING DAY!

You are invited to attend the annual Advent Wreath Making on Sunday, November 27, at noon in Fellowship Hall. A light lunch will be provided. Please join us and make an advent wreath for your home!



THE TREES COME ALIVE THIS ADVENT SEASON;

alive with Teddy Bears, mittens, gloves, hats! Two trees will be ready to decorate with these items by Sunday, November 27. Please stop in Fellowship Hall and add your gift to the trees. The Teddy Bears will be given to the Williamsport Police and the mittens, gloves, and hats will be given to The Kids Clothes Closet.



NURSERY ATTENDANTS ARE NEEDED!

Please help with this child-oriented ministry by signing up to help out in the nursery on any given Sunday! The schedule for 2005 still has gaps in it: November 27 and December 11, 18, & 25. 2006's schedule is being put together right now! Contact Bernadette at the church office, 323-4619, to help out! Thank you!



YOUTH & FAMILY MINISTRY

Operation Christmas Child

Gift-filled shoeboxes for needy children around the world are **due on or before Sunday, November 13.**

Please bring them to the office between the hours of 9:00 AM and 1:00 PM. Thank you! **Shoe Box Dedication will be Sunday, November 13th.**



LUTHERFEST!

One week after Reformation Sunday, five days before the anniversary of Luther's birth and in time to celebrate and give thanks for harvest: a time of fellowship and fun. Meet with us at Fellowship Hall on Saturday, November 5, from 4:00 until 7:00 p.m.

Included in our many events will be "Trunk or Treating." Adults will back their cars into a circle and decorate their trunks for this event. Children and anyone interested will dress as a Bible character or someone from church history and parade "trunk-to-trunk." Costumes will be judged in a variety of categories for children and adults. In addition to that, throughout the evening and meal, we will be having a Lutherfest Trivia Challenge. Test your knowledge of the Bible, Martin Luther, and St. Mark's!

Oh! While the adults are getting their cars arranged, inside Fellowship Hall the youngsters (and anyone one else who wants) will be carving Prayer Pumpkins! You'll have to attend to see what this is about!

Along with a wonderful dinner of sauerkraut, bratwurst, mashed potatoes, hotdogs and potluck surprises, this is an event you don't want to miss!

PLEASE LET US KNOW YOU'RE COMING!

If you missed the R.S.V.P. slip in the bulletin, call the office at 323-4619. We look forward to seeing you there! Anyone interested in assisting with this event, please contact Bernadette or Sharon via phone or e-mail.

ST. MARK'S FIRST ROAD RALLY!

Join us Sunday, November 20, after the 10:30 service, for this great opportunity for FUN! After sharing a lunch, teams will be chosen by drawing lots. They will then be sent out to gather items and navigate by clues through and around Williamsport to the finish line. We'll need folks with vans who are willing to drive. It's a great chance to get to know fellow members of our congregation as well as test your ingenuity! Call Bernadette with any questions or suggestions. Ideas welcome.

ACTING CLASSES FOR 6th -12th GRADERS:



Bernadette Jones is offering acting classes for our youth. They will be held every Thursday evening, beginning November 3, from 6:00 until 8:00 p.m., in the undercroft (basement). Anyone interested should call her at the office, 323-4619, or e-mail her at youthandministry@chilitech.net.



LOOKING AHEAD toward YOUTH PEER MINISTRY TRAINING:

St. Mark's will be hosting this seminar on Saturday, January 14, and Monday, January 16 (Martin Luther King Day), from 9:00 a.m. until 3:00 p.m. each day. Pastor Kerry Aucker will again lead this program. When it was held in August at St. Luke's, there was a very enthusiastic response

On November 9, I will be part of a team of eleven people traveling to Tanzania in Central Africa for a dental mission trip. We will be there for two weeks, returning November 26. Four of us were together last November in Honduras for what was one of the best spiritual weeks of my life.



The first week, we will be treating the street (homeless) children in Dar es Salaam, where we will be doing both extractions and restoratives.

The second week, I will be part of a team of three going into remote villages doing extractions only. The others will be going to a missionary conference in Nassa where they will treat missionary families.

This should be a wonderful trip and I look forward to sharing pictures and experiences with you when I return.

Please pray for our team and for the people we will be treating. Your prayers will strengthen us to serve the less fortunate in the world and, in turn, serve God.

~ *Carl O. Hieber*



Should I or Shouldn't I?

To clap or not to clap; that is the question. And the answer is also short: if the event is a concert, yes, applaud if you are so inclined; and if the event is worship of the Lord God, no, we do not applaud. The reasons are several.

- ❖ In a concert there are clear divisions between who is performing and who is the audience. If something pleases us as the audience, we convey that pleasure to performers by applause.
- ❖ In a service of worship, on the other hand, we are all participants – musicians, other leaders, congregation members – and God is the audience, not those seated in the pews! All that is done in worship is for the pleasure of God, not us.
- ❖ The chief purpose of music in the context of worship is to help proclaim the Word of God, either directly through a text, or if it is music without a text, by setting the mood and tone so that we can hear the word

which follows. Music may indeed have beauty, but in the setting of worship, its beauty is as the servant of the Word. Musicians in worship are assistant proclaimers of the Word; they do it not for applause for themselves but for the sake of the Gospel. By all means, speak to musicians and other leaders after the service and tell them that you appreciated their work in helping the scriptures come alive for you on that occasion. That is a time when leader and congregation member can have a dialogue about what is most effective and helpful.

- ❖ If there is applause for one person or group, why not for others? Why just a guest musician and not our most capable organist? If for a young choir, why not for the senior choir? Why not for a capable lector? Why not for an especially moving sermon? Why not after receiving Communion? It puts the emphasis on the wrong side of the equation, on our pleasure rather than on the gifts of God that are coming to us.

There is a time and place for every good activity. Cheering and yelling fill a football stadium; applause is welcome in a concert hall; and a blessed silence, singing, and the great Amen are most appropriate for a gathering for worship.

“BEAR ONE ANOTHER’S BURDENS” (CONCLUSION)

Who benefits from Stephen Ministry?

- ✦ **The Person Receiving Care**
- ✦ **Our Pastors**
- ✦ **Stephen Ministers and Stephen Leaders**
- ✦ **The Congregation**
- ✦ **Congregation Members**
- ✦ **The Church**

✦ **The Person Receiving Care**

Who benefits from Stephen Ministry? The most obvious answer is the person who receives care. He or she no longer has to walk alone through life's struggles. A Stephen Minister walks alongside this person for as long as he or she needs care, bringing Jesus' unconditional love and acceptance to this person. Care receivers often reflect on how close they have grown to Jesus because of the care they received from a Stephen Minister during a time of crisis.

✦ **Our Pastors**

Our pastor also benefits from Stephen Ministry. Stephen Ministry was begun by a pastor who realized that he could not meet all needs for care by himself and needed a way to keep people from slipping through the cracks. Stephen Ministry gives pastors a way to make sure people get the care they need. Pastors can know with confidence that people in need are receiving quality Christian care, for as long as they need it, from a Stephen Minister.

Pastors also benefit from being equippers as well as ministers. Stephen Ministry helps pastors fulfill their calling to “equip the saints for the work of the ministry” (Ephesians 4:12 NRSV) by giving them the means to equip and organize lay people for caring ministry needs. They are part of a community of caregivers. That community also can minister to, support, and care for the pastor in his or her time of need.

✦ **Stephen Ministers and Stephen Leaders**

The Stephen Ministers and Stephen Leaders benefit. Although they participate in this ministry out of a desire to serve and care for others, they encounter tremendous growth themselves. Because of the confidentiality they cannot tell you who their care receivers were or what happened, but they can tell you how much they have grown, personally and spiritually, by seeing Jesus work through them to change the life of another person.

✦ **The Congregation**

The entire congregation benefits from Stephen Ministry. People no longer slip through the cracks. People feel cared for in their time of need. There is a ripple effect to Stephen Ministry. Many Stephen Ministers are also active in Sunday school, on church boards and committees, in Bible studies and small groups, in fellowship groups, social events, vacation Bible school, and more. They find themselves using their enhanced caring ministry skills on everyone with whom they relate or interact.

The congregation benefits because fewer people slip through the crack. Where caring needs surface, Stephen Ministry provides a way to fill those needs. Our congregation becomes a more caring community where people know their needs will be met.

✦ **Congregation Members**

Even if you never become a Stephen Minister or a care receiver, you also benefit for a couple of reasons. Probably every one of us has known someone who has faced a difficult crisis—perhaps a neighbor, a coworker, a friend, or a relative. We may have wanted to help somehow but didn't know how beyond saying, “I'm praying for you,” or sending them a card. Sometimes we might even have avoided that person because we weren't sure what to say or how to



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“BEAR ONE ANOTHER’S BURDENS”

(CONTINUED FROM PREVIOUS PAGE)

help. Stephen Ministry now gives you a place where you can connect those people to receive Jesus’ love and care when they need it most. You can pull that person aside and lovingly say, “I know you’ve been going through a rough time lately. Let me tell you about a ministry at our church that provides one-to-one Christian care to people going through tough times.” You can put them in touch with a pastor or Stephen Minister who can take the next step and, if appropriate, match them with a Stephen Minister. No longer do you not know what to say or do.

You also benefit from what you might call the safety net analogy. Suppose you were a tight-rope walker crossing the high wire 100 feet above the ground. Would you feel more secure or less if you had a safety net beneath you? Being in a Stephen Ministry congregation is like having a great safety net beneath you. Even if you never use it, it is comforting for you to know

that the safety net is there to catch you in the event that you should lose your balance—and to know it is also there to catch your loved ones as well.

✦ **The Church**

Last of all, the church benefits. By church, I mean more than just our congregation. The church as a whole benefits because more people experience Christ’s love in a significant way, are called to Christ, and grow in faith. They become better disciples and thus are better able to reach out with Jesus’ love to still others who may be outside the church.

Look for new installments of “Thoughts from a Stephen Minister Care Receiver” in the December edition of the *Lion*.

SPECIAL THANK YOUS

To Pastor Elkin and friends from St. Mark’s:

I thank you for all your prayers and good thoughts, and to you, Pastor, thank you for the visits and phone calls.

Thanks to Gail Hoffman for the delicious soup and bread delivery. It made a great meal and saved Charlie from having to cook supper that evening.

Sincerely,

Judy Fortin

To EVERYONE who helped in any way to ensure the success of the Church Rummage Sale & Bazaar held 10/22:

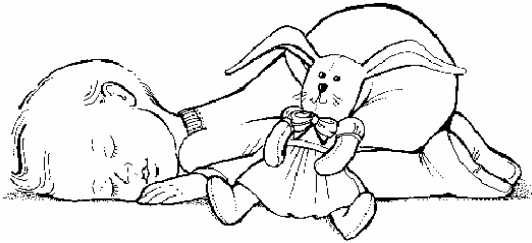
THANK YOU!

Watch for an upcoming bulletin announcement for the final tally.



- Jane Kline & the Women of St.

SPECIAL ANNOUNCEMENTS & THANK YOU'S



**Abbigail Elaine Robertson
was born
on September 26, 2005.**

Congratulations to Rick, Jennifer, and
big sisters Lynna and Amalia!

To St. Mark's Congregation:

We would like to thank you for the soup and bread dinner following the birth of our daughter, Abbigail. It was very much appreciated in that first week as we were still trying to adjust to the (wonderful) changes a new addition to the family brings! Thanks so much!

The Robertsons

To My St. Mark's Family:

Many, many thank yous to Pastor Elkin and all at St. Mark's for the phone calls, cards, flowers and my in-home communion. Everyone is so nice. A special thank you to Sadie Wentzel who made me a card and mailed it. It was beautiful. Many thanks to all. I'm blessed to have such a good, caring family in St. Mark's. God bless you all.

Nancy Bohartz

Dear Pastor Elkin

On behalf of the Lycoming College Choir alumni and the Chamber Choir, many thanks for opening the sanctuary to us on October 9th. St. Mark's Lutheran Church is such an inviting environment for music-making. And, it proved to be as fine acoustically in the middle of the sanctuary as it is in the front and in the balcony.

We are appreciative of your kindness.

Cordially,
Fred Thayer

A RECIPE FROM SHIRLEY KINNEY

PEACH CAKE

1 yellow cake mix
3/4 cup oil
4 eggs
1 small instant vanilla pudding

NOTE:

This cake was made by Shirley for the volunteers at the bazaar last Saturday but the recipe originally came from Mary

Mix all ingredients together and pour into 9 x 13 greased glass cake pan. Top with 1 large can diced peaches (drained, reserve juice). Beat together: 12 oz. Cream cheese, 3 tablespoons peach juice, 1 cup sugar. Put on top of peaches and smooth with knife. Bake 50—60 minutes in 350 degree oven.

A SPECIAL THANK YOU

Jessicah L. K. Duckworth
104 Lantern Drive
Doylestown, PA 18901

October 25, 2005

Dear Friends,

I greet you in the name of Jesus Christ the Risen One. How wonderful it was to spend time with you last week. I have learned so much from your experiences, your stories, your insights and your passion for *The Way* at St. Mark's Lutheran Church. Thank you for taking time to meet with me. What a blessing you are to me and to Christ's church.

Over the course of the next two years I will be writing my dissertation on adult faith formation. The focus of my research is to understand the practice of the catechumenate in eight ELCA congregations across the country, as it relates to the experiences of individuals – both new and current members, sponsors, catechists and pastors. I am exploring the following questions:

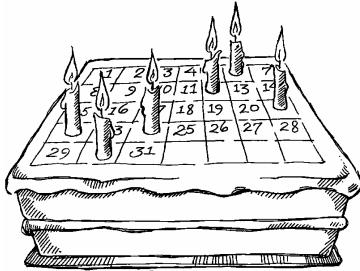
- 1) Does the catechumenate enhance participation in church?
- 2) Does it increase a sense of belonging among those who participate?
- 3) Does it help new and current members learn more about the Christian/Lutheran tradition?
- 4) Does it connect with their personal faith journey and encourage them to participate in spiritual practices at home and in the church?
- 5) Does it increase their comfort with evangelism and/or encourage participation in social outreach?

To all those who participated in conversation groups last week [Shirley Kinney, Nancy Larson, Ruth Rees, Sharon & Eric Comini, Joyce Jones, Lois Smith, Rick Robertson, Bob & Bernadette Jones, Steve & Bonnie Eyer, Vicki Haussmann, Lisa Weaver, Dottie Bingman, Jeanne Fargus, Brenda Gair, Gregg Dancho, and Jane Larson, as well as leaders Bob Schultz and Pastor Elkin], thank you very much for your enthusiasm for *The Way* and assistance and in my research. I pray that the coming end of the church year is an ongoing gift to you and your life of faith with our Risen Savior Jesus Christ and the body of Christ, who are the people of St. Mark's Lutheran Church and the church catholic. Blessings to you all.

Peace,

Jessicah L. K. Duckworth
PhD Candidate, Princeton Theological Seminary

SPECIAL DATES



**Birthdays
This Month**

11/1	Shawn Wright	11/18	Ronald Baker
11/4	Marguerite Smith		Donna Baker
	Elizabeth Ward	11/20	Tracey Heaps
11/6	Samantha Kneedler		Donna Hutchinson
11/7	John Bower	11/21	Ray Reams
	Frank Pile	11/23	Robert Jones
	Ann Kuntz		James Newcomer Jr.
11/8	Paul Fornwalt	11/25	Nancy Bieber
	Brenda Gair		Stephen Dewar Jr.
11/9	Cathy Fenderson		Ashley Miller
	John MacMinn		Lois Smith
11/11	Shawn Zimmerman	11/27	Henry Fornwalt
11/12	Pamela Davenport	11/29	John Burkholder
11/13	Elizabeth Haussmann		James Gilbert
11/17	Wilson Doeblen Jr.		Matthew MacGill
	Kyle Doeblen	11/30	Bud Hershberger

Celebrating

An Anniversary This Month

11/5	Jennifer & Rick Robertson
11/6	Gregg & Kathleen Dancho
11/10	Charles & Ruth Ditchfield
11/12	Eugene & Reba Jacobs
11/19	Ralph & Lou Ann Zeigler
11/26	Charlie & Judy Fortin
11/28	Luther & Jane Doeblen

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

Jean Gulliver
3039 Elimsport Road
Montgomery, PA 17752

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 Sheaffer
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

In Luke 2:41-52, we catch a glimpse of a 12 year-old boy who gives his parents a fright when he wanders away, then, stays behind in Jerusalem. It takes them three days to find Jesus. Genesis 25:24-34 tells the story of a twin who tricks his brother out of the family birthright; his name is Jacob. At 17, a young shepherd, the favorite of 12, begins pestering his siblings with tales of his dreams; irritating his brothers to the point that they pretend he is killed, and sell him to some traveling Midianites. This is the story of Joseph (Genesis 37:2-36). In a sense they sound like typical adolescents – a bit impetuous, and perhaps not thinking things through before acting. Until the last 4 years, we might have attributed the behavior to hormones and let it up to God and nature to sort things out. But something amazing is happening in the field of neuroscience.

Once thought to be essentially, fully formed by school age, the brain may actually still be ‘under construction’ through the age of 25. One important finding is that the front part of the brain (the frontal cortex), which governs judgment, decision-making, impulse control, and anticipating consequences, is the last area to mature, and may not be fully mature until mid-twenties. Though still greatly influenced by hormones, both grey and white matter, undergo an enormous amount of change well past puberty. (2001. *Teenage Brain: A Work in Progress*. National Institute of Mental Health)



What does this mean for parents? It means that you may need to:

- Adjust your expectations. Though some teens may physically look like adults, they still need guidance and appropriate modeling in decision-making.
- Help them think-through problems and consider options, while being less instructive and more like a coach or mentor.
- Discuss consequences, but resist the impulse to make decisions for them.
- Show them ways to organize their time.
- Spend quality time with them – you are their parent, not their best friend – they also need time with peers and to be alone.
- Allow them to turn to additional responsible adults (teachers, aunts, uncles, grandparents, etc.) for advice and guidance.
- Be patient, and be prepared to invest time and energy into developing a nurturing relationship with them.
- Realize that your teen is very vulnerable – talk to them openly about high-risk behaviors.
- Be a good model – teach your children respectfulness by showing respect – to them, to others around you, to those you work for and with, and to yourself.
- Model and talk about your faith – time in the car, going from one activity to another is a perfect opportunity to share and to talk about God, and what you believe.
- **Assume they’re always listening, observing and learning, even when it seems like they’re not. Your conversations will be remembered for years to come.**

Our brains are wired for social interaction, and for bonding with loving parents and caregivers, and some would say, even for interaction with God!

Autumn Blessings,
Debbie Best, Program Coordinator
Congregational Health Ministries & Family Life Services

NURSE'S NOTES

◆ Does "freezer burn" make food unsafe?

According to the FDA, although it may look unappealing, and cause food to taste different, freezer burn does not affect the safety of food. Freezer burn occurs when food is wrapped or placed into a container, which contains air.

◆ Be nice to your waitress! A recent Harris poll surveyed 2271 individuals, asking them, "In which profession are people the most overworked?" The top 6 responses:

1. Nurse
2. Teacher
3. Homemaker
4. Waiter/Waitress
5. Doctor
6. Police Officer

(*Prevention*, November 2005)

◆ We are heading into the cold (virus) season. Here is some advice on using medications:

- **Always** read the label to seek active ingredients and side affects.
- A single symptom product may be more appropriate than a combination product.
- Most combination products contain an analgesic/fever reducers (aspirin, ibuprofen, acetaminophen); again, check the label.

- If you take other medications, **consult your doctor** before taking an over-the-counter product.
- **Avoid alcohol** when taking cold medicines.
- **Always** consult your doctor before giving **any** medication to your child!
- **If you have high blood pressure, glaucoma, or a prostate problem, avoid** cold medications unless directed by your doctor – some ingredients can make these conditions worse!

(*Mayo Clinic Guide to Self-Care, 4th Ed., pg. 268*)

◆ Everyone is concerned about heating costs this winter: (LIEAP)Low Income Home Energy

Assistance provides federal grant money to states to assist low income residents in paying heating and weatherization bills. National Energy Assistance Referral (NEAR) -Project. NEAR is a free service providing information on where your can apply for LIHEAP You can speak to someone at NEAR Monday through Friday, from 6 a.m.- 6 p.m. (Mountain Time). Call the toll-free phone number at: **1-866-674-6327** or you can contact your State's LIHEAP office at: **www.acf.hhs.gov/programs/liheap/states.htm**. You can also contact your county's Department of Public Assistance. Assistance is dependent on income, however, **you do not have to be on Public Assistance to qualify!**

CHRISTIAN COMMUNITY NEWS

IT'S CONTAINER-LOADING DAY!

It is time to load the next container for Liberia, which will contain things such as the T-shirts we have gathered and the dry food which the Sunday Church School students packed last week. Adults and youth are needed on Friday, November 18 and Saturday November 19. Times and details are available from the Pastor or on the information board in the office hallway. Funds toward the \$8,850 shipping cost are

also welcomed.

GET THE FACTS on the NEW FEDERAL PRESCRIPTION DRUG PROGRAM

Attend one of the Prescription Drug Informational Meetings sponsored by the Lycoming County Office of Aging.

The schedule for the month of November can be found posted on the Church Office door. Or call Joan at the office (323-4619) to request a copy.