



The *Lion* of St. Mark's

MARCH 2006

RETURN, RENEW & REFRESH



LENTEN SERVICE SCHEDULE

Inside this issue:

Council Update	2
Community News	3, 6, 8
Youth & Family Ministry	4
Milestone Ministry	5
Current Issues	7
Do You Remember?	8
Special Dates	9
Special Concerns	10
Thank You's	11
A few notes...	12
ABCs of Good Parenting	13
Health, Healing & Wholeness	14
Church Calendar	15

Ash Wednesday March 1

12:00 PM Holy Communion Chapel
7:30 PM Holy Communion Nave

Sundays

8 & 10:30 AM Holy Communion Nave

Mon.—Friday

9:00 AM Morning Prayer Chapel

Thursdays

1:00 PM Individual Confession Chapel

Wednesdays during Lent March 8, 15, 22, 29, April 5

11:30 AM	Study	Middle Lounge
12:00 PM	Lunch*	Fellowship Hall
12:30 PM	Prayers	Chapel
6:15 PM	Supper*	Fellowship Hall
7:00 PM	Study	Middle Lounge
7:30 PM	Evening Prayer	Chapel

***Note:** Wednesday lunches and suppers are potluck. Meat will be provided; please bring a dish to share. No RSVPs are needed – come anytime! Come every time!

Wednesday, April 12

6:15 PM Seder Meal* Fellowship Hall

***Note:** *Reservations are necessary* for the Seder Meal. Please watch your mail for more information.

Maudy Thursday, April 13

12:00 PM Holy Communion Chapel
7:30 PM Holy Communion Nave

Good Friday, April 14

12:00 PM Community Service Nave
7:30 PM Tenebrae Service Nave

Holy Saturday, April 15

8:00 PM Vigil of Easter Nave

Easter Sunday, April 16

8 & 10:30 AM Holy Communion Nave

COUNCIL UPDATE

The Congregation Council met in regular session on February 20, 2006.

Their actions include:

- ^ Accepting the resignation of Joan Blank with deepest regret, and moving to commend her for her diligent, gracious, and most helpful work over the past several years. The process of securing a replacement for her is underway.
- ^ Hearing reports from the pastor, officers, committees and individuals.
- ^ Choosing two of the Transformation Project "handles" on which we can concentrate efforts.
- ^ Moving to adopt the Mission at the Crossroads process for planning and implementation. We plan to start post-Easter.
- ^ Joining in Prayer at the Close of the Day in the chapel.

Please make the following changes to your Church Directory:

Ruth Rees	phone number	326-0232
Betty Diehl	address	162 Inveraray, Henderson, NV 89074
Bryan Pelleschi	address	20 Highfields Drive, Wmspt.
Dorothy Rivetti	address	Manor Care North Room 306 B Williamsport, PA 17701
Doris Fortin	address	Rose View Center 1251 Rural Ave., Room 223, Wmspt.
Joyce Jones	address	63 West Eight Street, Apt. A, Wyoming, PA 18644 (570) 693-1336

Attached to this month's *Lion* once again, you will find an envelope marked "Heat Help." Please use it to make your donation to offset our heating bill this winter. The following is the breakdown of our bills compared to contributions toward the heating fund:

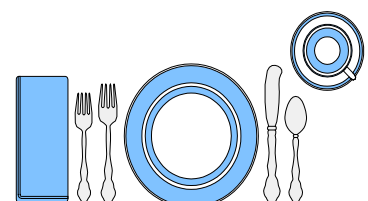
Heating bills for January 2006:	\$4,844.90
February 2006:	\$4,006.10

Income from "Heat Help" contributions to date:

1/9/06:	\$ 90	2/6/06:	\$125
1/17/06:	\$618	2/13/06:	\$875
1/22/06:	\$393	2/19/06:	<u>\$ 80</u>
1/29/06:	<u>\$280</u>		\$1,080
	\$1,371		

We thank you for your continued support.

Lunch 'N' Fellowship will not meet in March due to the Lenten lunches. Our next meeting will be Wednesday, April 19th at 12:00. Mr. Lakey requests that everyone wear **WHITE** (spaghetti will be served) !!!



CHRISTIAN COMMUNITY NEWS

~ SAVE YOUR LABELS ~

We are continuing to collect Campbell's (and others) labels to benefit the Navajo Lutheran Mission in Rock Point, Arizona. The funds generated from our labels, added to those from other Lutherans all over the country, are used to buy vans to transport children to school and people to church. They also help to purchase school supplies and other necessary items. Please save the labels from the following products and place them in the small basket in the Narthex or the plastic box in the Middle Lounge. Thank you.

- ^ **CAMPBELL'S**—Beans Products and Tomato Juice, Condensed 10 & 26 oz. Soups, Low Sodium, and Ready to Serve Classic Soup, Soup At Hand, Chefs Kettle Soups, Food Service, Healthy Request, Chunky, Select, Soup To Go, Simply Home Soup
- ^ **SWANSON'S**—Broth, Poultry (paper label)
- ^ **PREGO**—Sauces
- ^ **FRANCO-AMERICAN**—Gravies, Spaghetti Os, A to Z's & Pasta
- ^ **V8**—100%, Calcium Enriched, Low Sodium, Vitamin Rich, Splash, Splash Smoothies
- ^ **PEPPERIDGE FARMS** (UPC Codes) Soups, Cookies, Crackers, Goldfish, Snack Mixes and Cookies, Breads, Rolls, Stuffing, Croutons, Frozen Breads, Cakes, Turnovers, Dumplings, Puff Pastry, Phyllo Dough

Social Ministry Updates

The Social Ministry Committee thanks the congregation for donations of hygiene products for the Shepherd of the Streets' ministry. We were able to deliver two boxes of items to the Shepherd's office. A special thank you is given to Lou DeSeau for delivering our donations.

Presently our committee is gathering information on the **Mossy Foot Clinic** in Africa. Be looking for updates in our Sunday bulletins.

Women of St. Mark's Clothing Sale

*Saturday,
April 29, 2006*

Spring is just around the corner. We are certain you are anxious to clean out your closets as warmer weather is surely on its way. The success of our annual clothing sale depends on your donations. The Women of St. Mark's need clothing and clothing accessories from all members of your family.

Your donations may be placed in the Bazaar Room. All money from this sale qualifies for matching funds from Thrivent and supports charities locally and globally. If you wish to assist with this event please contact Becky Miller Pryor at 321-9523.

Scholarships Available

The Lutheran Community Foundation is pleased to announce the availability of scholarship awards from The St. Paul Lutheran Church Fund. This permanently-endowed fund was established at the Foundation upon the closing of St. Paul Lutheran Church in Williamsport and provides scholarship opportunities to eligible candidates.

Students who wish to apply must complete an application and submit it with the letters of recommendation postmarked no later than April 15, 2005.

For more information, specific requirements, and applications, please see the bulletin board in the church office hallway.

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. 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!



Children's Church will be held on Sunday, March 12, 2006, at 10:30 a.m. in the Chapel. A special collection will be taken for the furthering of awareness of the Passing on Faith: Milestones Ministry. All are welcome to attend with their children or grandchildren.

New in March! An adult Bible study on the book of Philippians will take place during the Sunday School hour. Eric Comini will lead this Bible study upstairs in the 6,7 & 8 grade room.

And it's a touchdown for Souper Bowl Sunday from the members of St. Mark's Lutheran Church! On February 5, congregations across the globe collected money and donations of food to feed the hungry in their neighborhoods. \$36.75 was donated towards this "souper" cause along with countless cans of soup! Thank you to all who gave monetary gifts as well as cans of soup to this worthy cause. The money and the soup cans will be donated to a local food pantry!

Bowling anyone?

We are looking forward to having a **Youth Bowling Party** at Faxon Bowling Lanes in March, official date to be chosen. Watch your weekly bulletin for more details! Call us now if you are interested in this event!

IT'S A FIESTA!!! Where kids are fired up about Jesus!!!

Come celebrate with us at Vacation Bible School this year, beginning Sunday, June 11, and ending Thursday June 15. **Mark your calendars now!!** Anyone interested in helping with this year's event please call the church office and let us know.

St. Mark's Lions: Our athletes have been playing great games with lots of fantastic teamwork! Our coaches have been awesome in the guidance of these young players, developing that teamwork and positive attitudes. With one game left to play as this goes to print, the Pee Wees are at 1-4-2, the Beginners at 3-3. Please take the time to congratulate these young players on a great season!!

Assisting Minister: On January 22, Declan Jones served as Assisting minister at the 8:00 service. He met several times with Pastor Elkin since Thanksgiving and was finally ready. Not just for a regular service, though, there was also a baptism that morning! He did a great job and we are all proud of him!

MILESTONE MINISTRY

PASSING ON FAITH

At St. Mark's, we have been involved with the **Passing on Faith: Milestone Ministry**, formerly "Child in Our Hands," for almost three years now. Many of you have directly participated in some of the milestone events, while still more have witnessed the observances of these special times in your friends' lives. This focus for building faith in our church members, young and old, is spreading throughout the synod, with more and more churches needing information and inspiration to advance this ministry with their congregations.

The Synod Assembly, at Susquehanna University on June 17, is going to concentrate on this vital ministry with workshops, displays and resources available for church leaders, Sunday School teachers, pastors and youth leaders. More information about the assembly will be coming soon from the synod office.

Right now, though, your support is needed in funding this event. In the narthex, you have probably noticed the large cross set up there. In thanksgiving for some of the personal milestones in your life, would you please consider dropping in a token contribution to help raise the awareness of Passing on Faith synod wide?

On Sunday February 5th, St. Mark's gave out the "**All the Languages of the Good News**" milestone to those children in kindergarten here at St. Mark's. Makensi Doebler, Benjamin Hausmann, Alex Lehman, James Newcomer, Dawson Owen, Cody Shimp, Kameera Smith and Stefan Weber were the recipients of the milestone. Some of the children and their families enjoyed a tasty lunch in Fellowship Hall. During the event, the kids got to decorate their own bags and Pastor Elkin helped them "discover" the contents: an icon of Jesus as "The Good Shepherd," a CD of Christian music and several books. This milestone is a reminder that the St. Mark's congregation is a huge part of the **Passing on Faith** ministry. The bags may be used as a tool for nurturing faith in the home.



Passing on Faith: The Prayer Pillow, for all of our two-year-olds, marks the beginning of prayer within the family. This Milestone is fast approaching on March 5, 2006. We are planning a get-together for that Saturday, March 4, with Annette Frontz, from Messiah Lutheran, who will review with us ways to make prayer a part of our daily lives with our children. Parents, and grandparents, of our two-year-olds, please bring your child with you for this event. It will run from 11:00-12:30 that Saturday, with a light lunch being served.

CHRISTIAN COMMUNITY NEWS



STEPHEN MINISTRY

A Word about Stephen Ministry

"Dear friends, since God so loved us, we also ought to love one another." 1 John 4: 11

My experience with Stephen's Ministry is a perfect example of these words put into action. My Stephen's Ministry caregiver first came to me when my husband became seriously ill then died of lung cancer. Even though many family members and friends surrounded me at that time, my caregiver provided an additional support system for which I will be eternally grateful. The spiritual and emotional care I received from her was truly a blessing for my family and me. Because my family was dealing with their own sense of loss, I was hesitant to ask for support when I needed it. My caregiver helped me by offering support rather than waiting for me to ask. She seemed to sense my needs and spent a lot of time just listening to me, and that meant so much. She could always empathize with me in such a tender and loving way - she was truly an angel! She followed up with me after my husband's death and I found so much comfort in that. I can't imagine how my family and I would have coped if I hadn't had her support and concern.

~ from a Care Receiver

When advance arrangements for cremation are being contemplated, local funeral directors can be consulted. An additional resource for cost comparison is the Pennsylvania Cremation Society, now operating under the name of Auer Memorial Home in Harrisburg, PA. Informational flyers are available through the church office.

LUTHERAN YOUTH DAY, April 8, 2006

"Let us Talents and Tongues Employ"

This event is for youth in grades 6-12, their pastors and advisors, at Weber Chapel, Susquehanna University. Registration is at 9 a.m., with the event concluding at 5:30 p.m. with a concert by **Lost and Found!** Cost is \$10 per person, which includes lunch and the concert. Participants must register by March 31.

Brothers and sisters in Christ:

I recently received a card from two of our members with the following message to me:



Life is so busy, it's easy to overlook the important things...like letting the special people in our lives know how much they mean. And even though you don't hear this often enough - you're thought of with warmth and caring, not just on special days like this, but always.

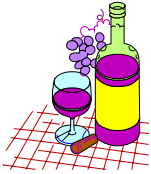
Wouldn't it be a good thing for each person in this fellowship of the gospel called St. Mark's Church to discern a person to whom a message like this could and should be sent...and then do it! Of course there is much more that can and should be done, but here is a marvelous place to start, with straightforward human kindness that mirrors one portion of the compassion of Jesus.

Peace be with you,

Pastor Elkin

DO YOU REMEMBER???

The very first meeting of Lunch 'N' Fellowship was April 18, 1979 with 30 people in attendance.



October 1979—Trip to Corning and Taylor Winery. Cost: \$7.50 for the bus. Rumor had it that several members were planning to partake in the more palatable samples and discard the more 'dry' samples of wine into the waste bucket. But, as the bus pulled out, the bucket proved to be bone dry!

October 1980—One of our infamous Lunch 'N' Fellowship programs...it was following the weekend of the Bazaar and a few staff members (and Pastor Johnson & friend) pilfered a few items, which became prizes for our BINGO game. Following is a short list of some of our winners:

- Hester Nolan and Wanda Hibschan were the winners of a trip around the world!!!!!!!
- Bob Rabe—proud winner of the game ball from the 1979 Superbowl.
- Dottie Good—Waterford crystal dinner glass from Ireland.
- Helen Sproul, Mary Smith, Alice Updegraff—imported cheese.
- Doris Fortin—very useful items for her household tasks.
- Victoria Runch—antique magnifying glass.
- Don Ochs—Grand Prize Winner of a BRAND NEW SPORTS CAR!

NEWS FROM LIBERIA

Please continue to hold in your daily prayers the 18 members of the 2006 Work Team that are presently assisting our Liberian sisters and brothers in important projects in Liberia.

Container # 18 has arrived

The USS's 18th shipment to the Lutheran Church in Liberia arrived mid-January at the port in Monrovia, Liberia. Loaded on Saturday, November 19th, this container contains supplies and materials for the work team's projects as well as significant medical supplies for Phebe Hospital. The container has been taken from the port to Phebe Hospital to be unloaded.

Curran Hospital: This Lutheran hospital, located in the town of Zorzor over 6 hours up-country from the sea-coast capital of Monrovia, was destroyed twice during the civil war. A four man team from the USS is busy building wooden windows, installing door frames, keeping the generators running, and rebuilding roofs. Our team gathers Liberians to work with them on these projects. Now the operating room and the maternity delivery room have new roofs. Each noontime the USS and Liberian workers share a meal together.

Dr. Walter Gwenigale, a friend and frequent visitor to the USS, has been named Minister of Health and Social Welfare by Liberia's new president, Ellen Johnson-Sirleaf. Dr "G" is the former head of Phebe Hospital. He stayed at Phebe during the civil war and made the hospital campus not only a place to care for the sick, but also a place of refuge for people fleeing from the war.

Pastor Ron Shellhamer (Shamokin), **Pastor Detlef Huckfeldt** (Quiggleville), and **Pastor Al Swingle** (Washington DC) comprise a team that is working with Liberian pastors to provide support for them in their ministries. We have heard that the seminars provided by our three pastors have gone very well and have been most helpful.

Women's Projects The women of the work team have been busy with projects in Monrovia as well as at the Lutheran Training Institute located in Salayea. Some of their work has been in empowering Liberian women to engage in projects which will provide future income for them and their families.

TWO NOTES FROM THE PASTOR



A good parish secretary is vital to the work we do together in St. Mark's, and we have had a great one in Joan Blank. While we regret that she is leaving us and moving to a full-time job with the county, we must also congratulate her for her accomplishments here and offer her encouragement for the future. Her service with us ends on March 3. I know that many will find appropriate ways in which to say thank you to her.

An ad for a parish secretary is now appearing in the local newspaper. If you know a person whom you feel might be qualified and interested, ask them to contact the church office and we will be glad to provide information. Applications are due by Monday, March 13, and the interview team anticipates beginning its work on Monday, March 20.

~ *Pastor Elkin*

...AND A NOTE FROM JOAN

Things I Learned While Working at St. Mark's

(which are also applicable to life in general!)

- ... Greet everyone with a ***smile and a pleasant word***. People (or a friend or relative) may call/come to you with a problem, a worry, or a heavy heart. You should be able to offer a helping hand or a possible solution - or find someone quickly who can.
- ... Everything that the Pastor (or a friend or relative) tells you is ***important***. *Everything*.
- ... If the Pastor (or a friend or relative) asks for something ***once*** (an address, a phone number, the name of a person, etc.), he/they will probably need the information ***again***. Keep a record of it somewhere.
- ... Everyone makes mistakes. ***Take responsibility*** when you do and learn from them. Don't repeat them.
- ... If you don't understand, ***ask questions***. If you don't know how to do something, ask until you find someone who does and learn how.
- ... Learn to anticipate what the Pastor (or a friend or relative) needs ***before*** he/they ask for it. Listening and paying attention often helps in this endeavor.

I want to sincerely thank each and every member of St. Mark's for your kindness, understanding and friendship during my time here as your secretary. I enjoyed coming to work each day—and not many people can say that! I wish all of you well and God's blessings.

CURRENT ISSUES

To burn or not to burn, that is the question.

The Fifth Commandment is succinct and direct: *Thou shalt not murder*. Luther's explanation is quite helpful: *We should fear and love God and so we should not endanger our neighbor's life, nor cause him any harm, but help and befriend him in every necessity of life*. We nod our heads solemnly that yes, this is correct. The problem comes when we have to apply this truth to specific situations. Then the arguments begin.

A case in point is the current debate about burner-barrels. There is lots of smoke and heat in the argument. Would some of the smoke clear if all would put less emphasis on "my rights", and focus more on "what would be best for my neighbor?" as Luther's explanation directs us?

Posted on the office hallway bulletin board is a flyer from the Environmental Protection Agency entitled *The Hidden Hazards of Backyard Burning*. It also lists web-sites where one may check out scientific data to inform the debate, such as www.epa.gov/msw/backyard and www.epa.gov/ncea/dioxin.htm. Check it out for yourself. Ask questions. For us it is a "stewardship of creation" problem which we need to handle, together.

Prescription Drug Coverage

Many are still confused about the scope of coverage and what to do next. On the *Issues* bulletin board in the office hallway there is posted a list of up to date questions and where to look for answers, with phone numbers and addresses. Check the list or ask the church office to send you a copy.

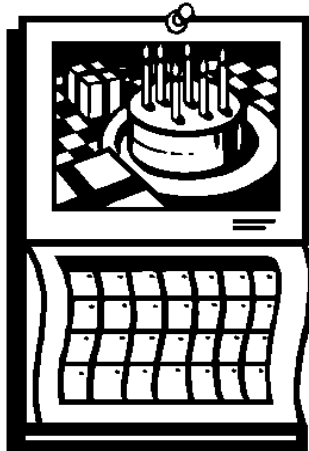
Is a cartoon more than a cartoon?

The First Commandment is clear and concise: *I am the Lord your God; you shall have no other*. Western culture has come to understand that this truth should not be spread by force of arms, but that we should be winsome, and invite all whom we contact into relationship with the Lord Jesus. The Holy Spirit will be busy stirring up faith in those who cease turning away from this Word of God. Unfortunately, there are those in the world who do not want to allow for this possibility, for whom hating and slaying any who disagree with their viewpoint is not only permissible but is required. It is a tremendous clash of cultures.

The Lord Jesus warned that ones who want to remain faithful would undergo ridicule and worse. The apostle Paul lived out perseverance in the face of abuse and persecution. The Lord Jesus himself faced ignominious death on the cross. The Christian life is always a battleground between light and darkness, and sometimes that spills out into public forums.

What then should be our response to the Danish cartoons that have been exploited by radical Muslims for destructive purposes? On the *Issues* bulletin board in the office hallway there is an opinion piece by Dr. Roberta Seid entitled *Dangerous Hypocrisy: World Reactions to the Danish Cartoons*. All are invited to read and ponder it. She writes: *The radical Muslim message is clear; we can insult your religions. We can desecrate and destroy your holy places and kill your co-religionists, but you cannot do something so trivial as publish satirical drawings of our sacred symbols. Only our religion should be honored and respected. The world must defer to our rules and sensitivities. If you violate them, we will erupt in riots and violence and call for your deaths*. We are, whether we want it or not, engaged in a struggle. Will it be won by calls for reasoned discussion and niceness, or by resolute suffering and perseverance? Read, think, pray, and get yourself ready.

SPECIAL DATES ~ BIRTHDAYS



3/1	Ruth Pile		Alan Matthew Zimmerer
3/3	Richard Hafer Jr.	3/18	Diana Davenport
3/4	Jessica Curry	3/19	Dorothy Rivetti
	Susie Hill	3/21	Beatrice Doebler
3/5	Trisha Harvey		Randy Lukens
	Barbara Switzer	3/23	Christopher Hoagland
3/6	Robert Shaible	3/24	Gary Weber
	Pamela Lehman	3/25	Nancy Bohartz
3/7	Kester Sobers		Sara Larson
3/8	William Hibschman	3/26	Anne Davis
3/9	Rose Marie Hafer	3/27	Jonathan Bower
	Robert Lynn		Annabelle Smith
	Patricia Thayer		Raymond Stiller
	Beulah Wrede	3/28	Sandra Edler
3/10	Mason Peluso	3/29	Tyler Bower
3/11	Michael Kinney		April Hartzel
3/13	Aletha Swartz		Carl Hieber
3/15	Kimberly Caster	3/30	John Hollenback
	Roxanna Larson		
3/16	Eileen Georg		
	Dinah Labenberg		
	Hannah Lynn		
3/17	Henrietta Tyson		

SPECIAL DATES ~ ANNIVERSARIES

3/1	Ralph & Elda Zeigler
3/6	Gary & Donna Clark
3/19	Kenneth & Lois Winters-Goldy



The Pastor will be available for **Individual Confessions** in the Chapel on Thursdays during Lent, March 2, 16, 23, 30, April 6 and 13 between 1:00 and 2:00 p.m. Please come to the Front Lounge and the Pastor will meet you there.

SPECIAL THANK YOU'S

Dear Members of St. Mark's:

It is wonderful to be a part of the family of St. Mark's Lutheran Church. Many members have been very supportive to Ruth, while she was ill sending flowers to brighten her room, cards and visits. When people stopped to visit with Ruth, on an almost daily basis, they would often visit with me as well. Now that Ruth has passed on, you continue to be supportive to my family and me. Members of the congregation have sent hundreds of cards, which has been very heart warming. Also, a thank you to Pastor Elkin for all he has done for me and for my family.

A wish from my family and myself that the family of St. Mark's Lutheran Church lives in God's Love and Peace.

~ *Glenn Lunger*

Dear Pastor Elkin and Members of St. Mark's:

Spring is coming much sooner than I thought it would. I remember speaking with the Pastor and mentioning that I was moving in the spring. I found an apartment in January and then listed my house with a realtor.

The day before the sign was in the yard, I had a buyer...needless to say, everything is at a fast pace right now as I plan to move. The apartment is within walking distance to where my mom is living in a personal care home and 2 minutes driving to my sisters'. I also am much closer to my daughter and her family. It seems as if it were meant to be.

I do not like goodbyes as it seems too final. So I will end this with *God be with you.*

Love in Christ,

Joyce Jones

(see page 2 for Joyce's new address)

Dear Pastor Elkin & Our St. Mark's Family:

Thank you for Dawson's Kindergarten Milestone. He really likes his tote, icon, music CD and books. Also, the luncheon was delicious and we really enjoyed it very much. Thank you again.
~ *Kirk, Michele, Devin & Dawson Owen*

Dear Pastor Elkin and Friends at St. Mark's

Your support of our United Churches Ministries both financially and through your prayers is greatly appreciated.

Thanks so much for your partnership!

Blessings:

Gwen

Dear Friends at St. Mark's Lutheran Church:

I understand from PVS Gen. Secretary Eric Corson that you recently made a donation of \$75.00 to Prisoner Visitation and Support (PVS). Thank you!

I have been a PVS volunteer at the U.S. Penitentiary in Allenwood since 2001. I remember how nervous I felt going inside for the first time. Would I know what to say? Would the prisoners want to talk to me? How would I handle this?

Then I met J. He appeared in the visiting room smiling, but obviously as nervous as I was. When he told me he'd been inside for 11 years and had never had a visitor, I knew why I was there. J opened up during the months that we visited before his transfer to another prison. He told me time, and again, that I had re-awakened his faith in humanity. I was, after all, the only person not directly associated with his incarceration whom he had seen and spoken with in all that time.

Like many inmates, J's family lives 3,000 miles away and they don't have the resources to visit him. Many prisoners have no contact at all with friends or family members. Often, PVS visitors provide the only human contact these men and women have from outside the prison walls.

With your help and the help of others like you, PVS can continue to send volunteers such as me into federal and military prisons throughout the U.S.

Sincerely,

Pat Parker

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 Center
1251 Rural Ave., Room 223
Williamsport, PA 17701

Earl Foulkrod
Sycamore Manor
1445 Sycamore Rd., Rm 403
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

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
Manor Care North Room 306 B
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



I've been blessed with the opportunity to worship in, and sometimes work with, a fair number of congregations throughout Central Pennsylvania. Though they come from fairly comparable geographic areas, and for the most part, similar ethnic backgrounds, each congregation has its own unique "flavor" or culture. As parish nurses and health ministers we do our congregations a great disservice if we do not take the time to learn about, value, and respect all the little idiosyncrasies inherent in our differences. In social work, we call this "coming to know person-in-environment".

In this month's article, I'd like to challenge our parish nurses and health ministry workers, as well as congregation members to take some time in "...getting to know all about you ...". Having been a member of my own congregation for 20+ years, I am still amazed at what I learn from fellow members every day.

Using the context of your own congregation, take some time to answer the following questions relating to your church family and its culture. They may be adapted to any form/type of ministry. Or use the questions as springboards for conversation in committees, boards or councils! Allow God to surprise you in ways you may not have considered before!

1. *In addition to scripture, what text/liturgies does your congregation use – how do they speak to health and healing?*
2. *Using the wholistic model – of balance between body, mind, spiritual, mental, interpersonal, and vocational health, how does your congregation show members that they are valued and 'cared for'? What types of health ministries are already in place (Ex. prayer chain/circle, transportation service, food to homebound, etc.)? How can your congregation take these ministries one-step further, or as Emeril would say, "Kick it up a notch"?*
3. *What are some of the primary health issues of members in this congregation? How can you best tailor your ministry to address some of these issues?*
4. *How is your congregation structured – is there a sense of it being a hierarchy, or is ministry carried out by many different individuals? How will that impact getting a message to multiple groups and people?*
5. *How does this congregation relate to the neighborhood in which it is located? How is it a caring presence to those outside its membership?*
6. *What does this congregation value? How is that displayed or perhaps, acted out?*
7. *What forms of communication are used in this congregation and how do they impact ministry to its members? Is communication primarily written or oral? If oral, who are the 'go to' folks in getting information to congregation members? How are images used to communicate?*
8. *Is there a variety in age-range within the congregation, or do one or two age groups predominate? How well do the various age groups interact? How can you foster communication between age groups?*

(Adapted from: Chase-Ziolek, M. (2005) Health, Healing & Wholeness. The Pilgrim Press)

"Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others." (Romans 12: 4-5)
 May we rejoice in our unique "flavors" and differences!

Spring blessings,
 Debbie Best, Congregational Health Ministries and Family Life Services
 Diakon Lutheran Social Ministries

ST. MARK'S LUTHERAN CHURCH
142 MARKET ST.
WILLIAMSPORT, PA 17701

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

Return Service Requested



Email us at
saintmarks@chilitech.net

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



All are welcome. Please join us on Sunday morning.

3. The Upper Room group (meeting in Room #308 behind the Library) will engage in a study of the Letter of Philipians, which is Paul's 'joy' letter. Our prayer is that we share in Paul's aspiration and rededicate ourselves in finding joy in knowing Jesus Christ.
2. The Crossways group is continuing its study of the book of Acts. We trace the journeys and work of Peter, Paul, and their companions, and see how their faith informs ours.

1. The Middle Lounge group will be using Luther's Small Catechism as the springboard for their lively conversation. It is an ever-fresh subject, because we apply the lessons of the catechism to our life-experiences right now.

During March we will have three different opportunities for thoughtful study and discussion each Sunday morning:

**Study for all ages...
including Adults!**

