



The Lion of St. Mark's

JUNE 2006

It's Fiesta Time at Saint Mark's!

Join us south of the Border for

SIGN-UP HAS BEGUN!!

INVITE A FRIEND!!

**REGISTER NOW TO JOIN
THE FUN!!**



**TAKE A REGISTRATION
FORM FOR THEM!!**

SUNDAY- THURSDAY, JUNE 11-15, 2006!!

Each evening begins at 5:30 with dinner (this year, full of tasty Mexican treats!).
At 6:00 our program of fun, learning and sharing begins and the joy continues to 8:15.

Items needed!!

If anyone has any decorative or utilitarian items from South of the Border that they would be willing to loan us for this event, please let Sharon or Bernadette know. Blankets, serapes, sombreros, lanterns, baskets, armadillos, iguanas, mariachi bands.....anything is welcome that would help set the mood!!!

Viva! Volunteers!

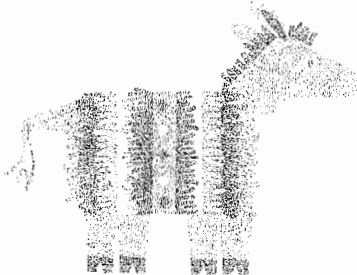
*Thank you to all those who have
already signed up!!*

We need more in order to run a successful program. Please check your schedules to see if you can free up your evenings during this week. It's a wonderful chance to share the children's joy in learning about God's love.

PIÑATA!!!

We plan to have a piñata for the children on the last evening. We would greatly appreciate any donations of pencils, erasers, small toys or candy (please, no gum). These would be used to fill the piñata.

Who knows, if someone has a camcorder, we might get some footage for America's Funniest Videos!!



COUNCIL UPDATE

The Congregation Council met in regular session on May 22, 2006. They:

- elected officers for the year: Bud Herhberger, president; Matt Fortin, vice-president; Nancy Larson, secretary; Jackie Kinney, treasurer; Brenda Bittner, assistant treasurer.
- expressed thanks to Barbara Thomas as she concluded her final year as asst. treasurer.
- granted a letter of commendation to Jeffrey Carl Hieber to join Gettysburg Presbyterian Church, Gettysburg PA.
- approved Declan Jones for *Affirmation of Baptism—Confirmation* in August upon completion of final requirements.
- appointed Declan Jones to a one-year term as a non-voting youth representative to the Council.
- suggested arrangements for pastoral service when pastor is away in October.
- approved the rehearsal schedule of use of Fellowship Hall for the coming year.
- approved the moving of the Synod Cantor's workshop from May to August.
- asked the secretary to send a letter of congratulations to Pr. Drue Sherman, retiring shortly from Pine Street U.M Church.
- elected Bernadette Jones and Brenda Bittner as delegates to Synod Assembly.
- referred matters to Worship and Music for discussion.
- approved the design for the Mulberry Street sign, pending final city approval, from Anderson Signs, at a cost of \$2,170.
- approved the replacement of the exterior west doors to include double pane glass and panic hardware, pending the securing of appropriate funds.
- granted the request of Pr. Elkin for the expenditure of \$1,200 toward the airfare for his proposed trip to Tiberias, Israel to participate in an archeological dig in October.
- moved to ask the secretary to write to Kathy Kolb on our behalf to thank her for her gracious offer of space to host our website over the past years. We are moving to establish our own site now, at www.stmarkswilliamsport.org.

- received reports from officers and committees.
- heard a brief report from the *Mission at the Crossroads* initial session.
- noted that installation of new members of council is this Sunday at either service; and welcomed the new members to their first meeting tonight.
- set June 26 as the next regular meeting.

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Retirement leaves job opening!

After at least seven years of faithful service, Carl Weaver is retiring from the responsibility of changing the lighted sign message board each week.. Thank you Carl for your hard work, dedication and a job well done! Is there someone who would like to take up this task? If so, please call the church office 323-4619.

Announcing our new Website!

<http://www.stmarkswilliamsport.org>

Many thanks to Gary Weber for all the hard work he has done on our old website and his tremendous work to get our new website up and running.

New E-Mail Addresses:

- | | | | |
|---------------|--|--|--|
| Gary Weber | gweber@stmarkswilliamsport.org | Susan Meyers | smeyers@stmarkswilliamsport.org |
| Pastor Elkin | pastor@stmarkswilliamsport.org | Lou DeSeau | ldeseau@stmarkswilliamsport.org |
| Richard Lakey | rlakey@stmarkswilliamsport.org | Bernadette Jones | bjones@stmarkswilliamsport.org |
| Sharon Comini | scomini@stmarkswilliamsport.org | Susan M-Smith | smsmith@stmarkswilliamsport.org |
| | General mailbox | stmarks@stmarkswilliamsport.org | |

CHRISTIAN COMMUNITY NEWS

Meetings beyond the congregation

-- The West Branch Conference Caucus meets on Sunday, June 4 at 3:00 P.M. at Bethany Church, Montoursville, in preparation for Synod Assembly.

--Upper Susquehanna Synod will meet in Annual Assembly at Susquehanna University on Friday June 16. Pastor Elkin will be joined by Bernadette Jones and Brenda Bittner in attendance.

--The second day of the Synod Assembly will be given completely to *Passing the Faith*. We know about one portion of this emphasis through our Milestone Ministry at St. Mark's. Bernadette and Sharon have been helping with the planning for the day. The keynote speakers for the day are excellent leaders, whom we have met in years past. It is well worth the investment of time for any member of the parish to come for the day. All will be welcome. The Sunday bulletin for the past several weeks has carried more information about the leaders.

If one is too busy for worship, one is just too busy.

The following two paragraphs are from the little handbook which is given to new Council members at the beginning of their terms, but they are equally valid for every member of the parish to take to heart:

It is a basic expectation that you will be quite regular in worship, whenever the congregation gathers. The Pastor is always pleased to receive bulletins from congregations where you visit while on vacation. The Pastor will be glad to call or visit you if you are ill or in distress.

It is a basic expectation that you will be involved in one or more aspects of Christian education. Someone who is being asked to make spiritual decisions for the congregation must obviously be someone who is being shaped and formed by the study of Holy Scripture and the faith of the church. We have two Sunday morning groups, a Wednesday noon group, a Thursday morning group, Wednesday evenings in October, and other occasions for study and learning. In addition, we are always in need of caring persons who can assist as teachers or helpers in the Sunday Church School.

In and Out in safety; can you help?

The Congregation Council recently approved the replacement of the west front doors for the nave and also for the chapel narthex. There are several reasons that the Property Committee has asked that we do this.

The first reason has to do with safety. There is no panic hardware on the existing doors. When they are locked, they are locked from both the inside and the outside. Should there be a time when someone is in the building and the doors have been locked by mistake, the person could not exit the door in case of an emergency. It is time to remedy this situation. Merely adding hardware to the existing door does not seem to be a cost-effective solution.

Secondly, the existing door is single-pane glass, and seals poorly. This is especially noticeable when the winter winds howl. The best way to improve the situation is to replace the doors.

The chapel narthex doors present an additional problem. For handicap access width, both present doors have to be open. The codes call for a single door to be wide enough. Therefore, the plan calls for a single door with a narrow stationary panel beside it. It will be the same appearance as the office entrance door.

The plans have all been approved; all that is lacking is financing. The opportunity is available for a person or persons to give a special gift or a memorial gift or a gift in thanksgiving toward this project. The Cost of the chapel narthex door is about \$2,800. and the nave narthex doors are about \$3,800. Any sum toward those totals is welcome. We have discovered that the price of materials is rising sharply, so that the sooner we can place the order, the better. Please call or write to the church office indicating your pledge of interest in this project.

Endings and Beginnings

Thanks be to God for the service of five persons who have served on the Congregation Council for the past term: John Burkholder, Dorothy Berndt, Frank Doebler, Robert Miller, Deborah Maggs.

Thanks be to God for the service of five persons who were elected to the Congregation Council on May 21, attended their first meeting the next night, and were publicly installed to office on May 28: Donna Clark, Mike Jensen, Deborah Maggs, Beth Shafranko, and Jane Zimmerer.



CHRISTIAN COMMUNITY NEWS

Women of Saint Mark's Clothing Sale



The annual clothing sale hosted by the Women of Saint Mark's was an all time success. This year, thanks to the many donations from the congregation, we saw a profit of \$444.17. This event qualified for matching funds from Thrivent. Additionally Pastor Elkin transported 30 bags of quality clothing to New Windsor. Several bags

of t-shirts were packed for shipment to Liberia. And NGA took six large bags for their use. All other clothing was donated to the American Rescue Workers.

Becky Miller Pryor wishes to thank Lucille Weaver for providing our change boxes and Mary Schultz, Shirley Hill and Louise Kneeder for organizing the many women who assisted with this sale. A thank you also goes to Lois Smith, Marie Byerly and Shirley Kinney for manning the kitchen. A special thank you goes to Lou DeSeau for all of his efforts and to several members of *The Way* who ate lunch with us or stayed to pack at the end of the sale.

The most wonderful outcome is that some of the folks who came to shop asked about Saint Mark's ministry. Thank you for sharing in the name of Christ.

Needed: Food and Hygiene Products

Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.
-Hebrews 13:16 (NRSV)

During June, July, and August, the Social Ministry Committee will be collecting non-perishable food items to be given to the United Churches/Center City Food Pantry. The Food Pantry provides a three-day supply of food to people in need, many of them children of underemployed parents. We will also collect hygiene products for men, women, and children. These products will assist the Shepherd of the Streets in easing the despair of his clients.

Please check the display in the Narthex and pick up a shopping list. Return your items to the bins. Supermarket specials and dollar store items make giving easy. Thank you for sharing in the caring.

Anniversary Milestone

Recently the Anniversary Milestone committee hosted seven couples in celebrating their many (58 or 59) years of marriage. A lovely dinner complete with a wedding toast and cake was served to them and their families. Gifts included trees planted in their honor and a framed print honoring their commitment to God and each other. John and Ruth Burkholder also gifted the couples with a handcrafted cross.

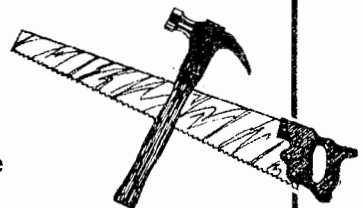
Co-chairperson, Becky Miller Pryor wishes to thank Pastor Elkin, the Comini and Jones families, Lois Smith, Shirley and Jackie Kinney, Lou DeSeau, and Stephanie Fortin, for their efforts in making this a memorable event for these couples. The joy of this day is evident in the thank you notes posted in the office hallway.

The Mossy Foot Project

During the months of April and May, the Social Ministry Committee requested monetary donations for The Mossy Foot Project in Ethiopia. Donations totaling approximately \$254 were received. Donations will be used to provide Bible study, clinics, supplies, special shoes and socks to those afflicted with this debilitating disease. We thank all who donated money to continue Dr. Barlow's work.

Fetch & Carry, Hammer & Nail

Look ahead for this way to literally help to build the community. Habitat for Humanity has announced plans for a Lutheran Build Week for August 7-11, 2006, at the four-house, Charles Street project. Persons of all skill levels are needed during the week to assist in all kinds of ways. St. John, Jersey Shore is providing the leadership for the week, but many hands are needed for an hour, a day, or all week. Please indicate to Becky Miller Pryor or Gary Weber your interest and availability.



CHRISTIAN COMMUNITY NEWS

Fourth of July Celebration

Now is the time to begin planning our annual front lawn celebration. Once again we will provide popcorn, snacks, drinks, and the best seat in town to watch the fireworks.



Donations of lemonade and ice tea drink mixes, 9 oz. paper cups, individual snack-size bags of chips and pretzels, and money to offset the cost of renting the popcorn machine and other expenses will be gratefully accepted.

Volunteers are needed to assist with set-up, manning the popcorn machine, serving snacks and drinks, or cleaning up before the fireworks begin. Please contact Gary Weber or Becky Miller Pryor to offer your assistance.

Sister Act

St. James (Lycoming Mall Road) invites you to an evening of Christian Music presented by Sister Act on Sunday June 4, 7:00 PM.

There will be ice cream after the concert.

A free will offering to benefit the youth group will be collected.



PROMISE KEEPERS

MEN OF INTEGRITY CONFERENCE 2006

**“Unleashed,
Releasing the Raw Power
of Your Heart”**

Online registration www.promisekeepers.org

Check the bulletin board in the staff hallway for more information.

Ft. Lauderdale, FL	June 2-3
Baltimore, MD	June 9-10
Albany, NY	June 23-24 *

There are two members (father and son) planning to attend the Albany event. Prayerfully consider participating in this conference.

Lunch 'N' Fellowship

Wednesday, June 21st
12:00

Hamburgers & Corn on the Cob

CLASS ACT to Perform!

60 years of United Churches

To celebrate the 60th anniversary of United Churches a Picnic will be held at the Susquehanna State Park in Williamsport June 11, at 4:00 PM (games, fellowship, ride the Hiawatha). Supper is scheduled at 5:15 PM and a program at 6:00 PM. BBQ, beverages, and table service provided. Please bring salads to share and lawn chairs.



CHRISTIAN COMMUNITY NEWS



HEALTH KITS

- 1 hand towel
- 1 washcloth
- 1 new soap (bath size)
- 1 toothbrush
- 1 toothpaste tube
- 1 comb (wide tooth)
- 1 nail file or clippers
- 6 bandaids

Wrap in the towel and tie with yarn or ribbon

SCHOOL KITS

- 2 notebooks (8" x 10 W/ lined, spiral-type, 70 pgs.
- 1 blunt scissors (metal blades)
- 1 ruler (12" or 30-cm)
- 1 pencil sharpener
- 6 pencils w/erasers
- 1 2 1/2" eraser
- 12 sheets construction paper
- 1 box crayons (16 or 24)

Pack in cloth bag and secure with cord or 2 rubber bands

SEWING KITS

- 3 yards 45" cotton fabric (4 yards if 36")
- 1 pack hand needles
- 1 spool matching thread
- 6 buttons on card or 6 used,
- matching, tied together

Wrap inside fabric and tie with yarn or ribbon

LAYETTES

- 2 shirts
- 2 gowns or sleepers
- 2 receiving blankets
- 4 cloth diapers
- 1 sweater
- 2 washcloths
- 1 new soap (bath size)
- 2 diaper pins

Wrap in one receiving blanket and secure with diaper pins

SOAP

New bars
Any Brand or Size
In original wrapper

KITS, QUILTS, & SOAP - *Where Do They Go?*

Our emphasis this time of year is on making kits. In the fall we will send them to those in need in our country, Africa, Asia, the Middle East, South America, and anywhere disaster strikes. Please choose which kits you will complete as listed above.

School Kits - Cloth bags, made by Louise Kneeder, will be available in the Narthex in two weeks for you to take home and fill with the requested school items. In order that all the school kits are the same, please include only the articles listed.

Nurses Notes

- June 4 According to the American Academy of Pediatrics, only 10% of teenage girls obtains the recommended daily amount of bone-building calcium. Try to get several servings of these nutritious foods into her diet daily: yogurt, broccoli, cheese and milk.
- June 11 Here is a simple tip for trimming the fat in some of your favorite baked goods. Substitute mashed banana or sugar free applesauce for half of the butter, margarine, or cooking oil in your recipe.
- June 18 Ever wonder about the watery substance on top of cottage cheese and yogurt? Don't discard it—this is the whey, which contains valuable B vitamins, minerals, and no fat.
- June 25 No, you can't count spinach pasta in your 9-a-day fruit/vegetable quota. It probably contains less than a tablespoon per cup of pasta. Most vegetable pastas contain only enough to increase visual appeal and a hint of flavor. And no, though it comes from a bean, chocolate does not count as a vegetable!

CHRISTIAN COMMUNITY NEWS

East African Drought

"The cows weep and then they die. When tears fall from the cow's eyes, I know that soon it will be dead." - Ethiopian Farmer

A drought and famine is plaguing several countries in East Africa (including Kenya, Tanzania, Ethiopia, Somalia and Djibouti), withering crops, ravaging livestock and destroying lives. For many Africans in these semi-arid, rural areas, a herd of cattle is a family's livelihood, bank account, and retirement plan. The drought and resulting famine now threatens the lives of six to eight million East Africans.

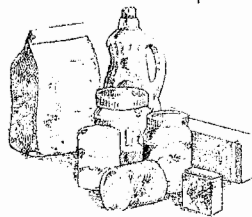
Your prayers and support are needed to continue and expand our church's faithful response of immediate relief and long-term recovery through this crisis. Your gifts will distribute emergency food to remote areas, help families stay in their homes and keep children in school, help communities dig new wells, and when the rains return, help to plant new crops and replace lost livestock.

ELCA International Disaster Response has already allocated \$380,000 for food, water, and animal vaccinations to be distributed immediately, but more help is needed as the crisis worsens. Our long-term, trusted partners in the region, including the Lutheran World Federation, The Kenya Evangelical Lutheran Church, the Ethiopia Evangelical Church Mekane Yesus, and the Christian Council of Churches in Tanzania will reach families in need quickly and effectively.

Your gifts to ELCA International Disaster Response, designated for East Africa Drought, will be used entirely-100% - for immediate relief and ongoing recovery from this disaster. Your prayers and generous gifts will make a life-saving difference. Thank you for your partnership in ELCA Disaster Response. Together we can stop the cows from weeping and help restore health and hope to our East African neighbors.

There are several ways you can give:

- Through the offering at St. Mark's
- Credit card: call 800-638-3522
- Online: www.elca.org/disaster and click on "How You Can Help"
- By Mail: ELCA International Disaster Response
P.O. Box 71764



"An experience that addresses concerns of ministry for all of our congregations and their members" - Bishop Main

Passing On Faith

With Dick Hardel and Marilyn Sharpe
Youth & Family Institute, Bloomington, MN
Susquehanna University, Selinsgrove, PA
Saturday, June 17, 2006

8:30 AM—4:30 PM—come early to register*
Your only cost: \$8 for lunch

Congregations often pay \$2000 or more for this event; your benevolence gifts and other special support make this low cost possible this one time only!

Godparents, Uncles, Aunts, Grandparents as
Spiritual Guides

What do you want for the children in your life?

Where is Jesus?

Leaving a Legacy of Faith

Learning the Four Keys:

Caring Conversations

Devotions

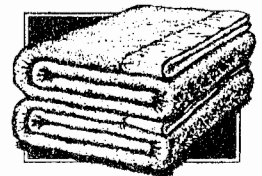
Service

Rituals and Traditions

**Reservations helpful so we can prepare enough food, but onsite registration forms will be accepted beginning at 7:00 AM.*

LOVE BLANKETS FOR HOSPICE

Spread some love to a patient at end of life by donating a handmade blanket!



- Size 52" x 76"
- Quilted, knitted or crocheted blankets accepted.
- Made only from new, soft materials.
- Blankets can be dropped off at:
Susquehanna Home Care & Hospice
Divine Providence Hospital, 4th Floor
Monday-Friday from 8-5 PM
- Monetary donations towards a quilt can be made at
Susquehanna Home Care & Hospice.

For more information, please call 320-7690

YOUTH & FAMILY MINISTRY

Servant Trip (Grades 9-11)

SENIOR HIGH

The People Called Out



What is Ekklesia?

Ekklesia is an urban servant event for all Senior High in the Upper Susquehanna Synod. This week long trip will take a group of God's people called to serve from Central PA to the heart of Baltimore, Maryland for a time of fellowship, adventure, and hard work. Gather some friends and sign up today!

Who is sponsoring the event?

The Upper Susquehanna Synod F.L.O.O.D. (Friends Living Out Our Discipleship) Council and Camp Mount Luther have partnered to offer this cool event.

When and Where is Ekklesia?

July 23-28, 2006. The group will start their adventure at Camp Mount Luther in Mifflinburg and then travel to Baltimore for four days.

Who can sign up?

All youth who have completed grades 9-11

Why sign up for Ekklesia?

Because it will be fun, you will be helping others, you will go to a very cool city, you will be answering God's call to give something back to others and it will be fun! (So fun, we had to mention it twice!)

How much does it cost?

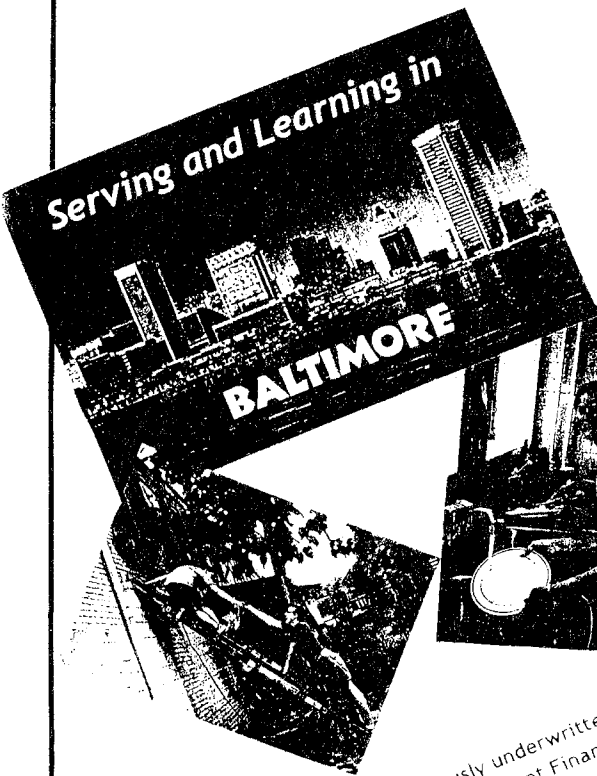
Cost per person is only \$100 thanks to a grant which underwrites the rest of the costs. No camp discounts apply to this special rate.

How can I sign up?

Use the registration form in the 2006 program brochure or get one on-line.

What if I have questions?

Call the Camp Mount Luther office at 570-922-1587 or e-mail cml@campmountluther.org



This program is being graciously underwritten by a Youth Leadership Initiative grant from Thrivent Financial for Lutherans

Youth & Family Ministry

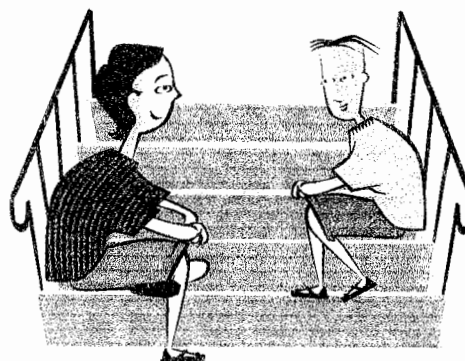
Peer Ministry for Youth Training

July 25—26, 2006 9 am to 3 pm
St. Mark's Lutheran Church

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

The Peer Ministry training includes the following...

1. Becoming a Peer Minister
2. Saying Hello
3. Welcoming
4. I'm Glad You Asked
5. Quest to Discover
6. Listening to Understand
7. Nonverbal Listening
8. Decisions and Values
9. Choices, Changes and Challenges
10. Deciding
11. Dealing with Authority Figures
12. Sensitive Issues
13. Gift Naming
14. Wellness
15. Sharing Faith
16. Purpose and Mission



Teens: *Learn how to talk to your peers about the BIG questions.*

Whaddya' do when one of your peers starts talking about the scary stuff like suicide, drug use and sex?

Whaddya' say to them when they are struggling?

When they are searching?

When they want to give up?

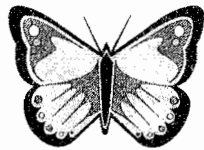
Register Now: Call 323-4619. Class size is limited.



Youth & Family Ministry

Children's Church

The last children's service of this school year was held on Sunday, May 14. Thank you to all those who helped make all the services this year so wonderful: readers, acolytes, ushers, greeters, those who volunteered during the sermon, Mrs. Boone and Mrs. Elkin for the music, Mr. DeSeau for setting up for us, Pastor Elkin for his knowledge, the adult ushers who "cued" us for when it was time to go to the Nave, and all those who attended. Thank you, thank you!! We couldn't have done it without you!!!



**IT'S
TIME!
IT'S
NOW!!**

ST. MARK'S ANNUAL PICNIC!!

Sunday, June 5, at 1 p.m.

**Bring a dish, your appetite
and a chair to Indian Park!**

Meat, drinks and paper products will
be provided.

**WE'LL SEE YOU
THERE!!**



CLASS ACT

Performing
"Bits N' Pieces"
June 21st
Lunch 'N Fellowship

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!

CONGRATULATIONS, GRADUATES!!

HIGH SCHOOL: ASHLEY CAMPBELL, KYLE DOEBLER,
NATHAN EDLER

COLLEGE: FROM DICKENSON COLLEGE, MARY ALICE HARTSOCK;
FROM TEMPLE UNIVERSITY, DAVID ELKIN



IF WE OVERLOOKED ANYONE, IT WAS UNINTENTIONAL AND WE APOLOGIZE. PLEASE PROVIDE US WITH THAT INFORMATION AND WE WILL PRINT IT NEXT MONTH. AGAIN, WE ARE SORRY FOR ANY OMISSIONS.

YOUTH & FAMILY MINISTRY

Mission Project for FIESTA!

You're invited to the
Summer Camp Kickoff
 at Mount Luther
 Sunday, June 11, 2006

- ◆ Chicken Barbecue and camp activities from 11:00 a.m. - 2:00 p.m.
- ◆ Worship Service, celebrating the 15th anniversary of the Camp Mount Luther Corporation, with Bishop A. Donald Main preaching and installing the 2006 Summer Ministry Team, at 2:15 p.m.
- ◆ Chicken dinners are \$7 for adults and \$3.50 for children 12 and under. Menu includes chicken, side dishes, roll, dessert and beverage. Please order your tickets through the camp office at cml@campmountluther.org or 570.922.1587 no later than Wednesday, May 31, 2006.

Shepherd of the Streets puts together hygiene kits for men, ladies and families in need. Our special mission for Vacation Bible School this year is to provide items for these kits. Please review the following list to see if there is anything that you could provide to this worthy cause.

- TOOTHBRUSH
- TOOTHPASTE
- COMB
- BRUSH
- WASHCLOTH
- BATH TOWEL
- BAR SOAP
- SHAMPOO
- DEODORANT
- BIC RAZORS
- BAND-AIDS
- SHAVING CREAM
- HAND LOTION
- SANITARY NAPKIN
- TOILET PAPER
- PAPERTOWELS
- TISSUES:
- BOX
- POCKET PACKS

Shepherd
 of the
 Streets



669 Center St.
 Williamsport, PA
 17701
 (570) 322-6581

Items can be adult or child, personal or family sized.

Camp Mount Luther

Interested in a great camping experience?
 Camp Mt. Luther is the place for you!

In the staff hallway, parents, guardians and future campers will find brochures about the Lutheran-based camp that is located west of Lewisburg. If you are interested in more information, please contact Bernadette at the church office, 323-4619.



CAMP MOUNT LUTHER

355 Mt. Luther Lane
 Mifflinburg, PA 17855

Phone: (570) 922-1587
 Fax: (570) 922-1118

E-Mail: cml@campmountluther.org



MEN'S MINISTRY

St. Mark's Lutheran Church Men's Ministry June

We would like to continue to extend a warm invitation to all men to attend our Thursday morning Bible study held in the Middle Lounge between 6:31-7:04 am. Park on the east side of the church and enter the side door. Fresh coffee will be brewing. In keeping, you informed about Men's ministry Bible studies. By the time you receive this newsletter, we'll have started reason number 8 "To become a ransom for Many." The following is the title of the book we are using for this Bible study;

1. "The Passion of Jesus Christ, Fifty Reasons Why He Came to Die." a book by John Piper. We start this on March 23, and today we are on reason #8.

Again, we stress that we like to stay busy every Thursday morning. We stick to a time schedule and we study God's word. We would like for you to prayerfully consider attending next Thursday morning. If you're undecided about attending maybe, ask one of your loved ones in your family, maybe your wife for an example (if you're married); "Honey, do you think I should attend the Men's bible study Thursday morning? I won't be here to make your breakfast." How do you think she will answer? Maybe, make that your answer. Our prayer today is to encourage all the men of St. Mark's Lutheran Church young and old to make very effort to study God's word, and to learn as much as they can about Jesus Christ.

Two Activities for future planning:

1. Promise Keepers Men of Integrity Conference 2006:
 Titled: "Unleashed, Releasing the Raw Power of Your Heart"
 Online registration at (www.promisekeepers.org)
 Promise Keepers brochure will be hanging up on the church office bulletin boards.
 Albany, NY = June 23-24 *
2. Habitat for Humanity (Williamsport/Lycoming)
 Building 4 homes in the next 8-10 months
 We have the work forms and would like to schedule a work day or week-end late summer early fall.
 We'll keep you posted.



Pray for the Men's Ministry that it will keep the main thing the main thing.

HEALTH, HEALING & WHOLENESS

June 2006

*"Turn to me and be gracious to me, for I am lonely and afflicted.
Relieve the troubles of my heart, and bring me out of my distress." (Psalm 25:16-17, NRSV)*

Recently I read an article, released by the *National Institutes of Health* regarding an issue we share in most of our congregations...loneliness. Lead researcher, Louise Hawkley, of the Center for Cognitive and Social Neuroscience at the University of Chicago, reports after age 50, loneliness can add as much as 30 points to the blood pressure of the sufferer! Lest you think this is only a problem affecting older adults, you should know that Hawkley is the follow-up study to work published in 2002, that discovered *profound and lingering effects of loneliness on the blood pressure of undergraduate college students.* (www.nlm.nih.gov/medline) This is staggering news, when we consider the negative health consequences associated with high blood pressure.

We humans are highly interactive, social beings, who were never meant to be alone (*Genesis 2:18*). Another recent article in the *New York Times Online*, spoke of Romania orphanages where abandoned and poorly cared for children no longer cry or even make a sound, because no one responds anyway. Early child development experts noted that infants may even die if not talked to, held, or stroked. If not physical death, then certainly an emotional, and spiritual death ensue in those not resilient enough to rebound after healthy intervention. It would be easy to say, 'Turn it over to God, and he will make it better!!,' but that absolves us of our responsibility in the matter.

We've all experienced a time in our lives when we have been separated from people and places we care about, and we all feel disconnected from time to time. For some, these times are more difficult to deal with than for others. Loneliness is that painful awareness that one is feeling cut off from others, and can signal that an important need is not being met. Some describe it as the sensation that something is missing. Typical indications might include: low self-esteem, a feeling of being judged by others, depending on others to make us feel better, concern about criticism, difficulty in being assertive, avoiding new people or situations, hiding feelings, or even spending too much money to fill a void. Some may even suffer physical symptoms such as: stomach ache, headaches, and low energy levels. Unchecked, it can become a self-perpetuating problem; however, avoiding social contact is counterproductive. Loneliness can be triggered by life factors such as: leaving home, children moving away, our spouse becoming debilitated or dying, retirement and the loss of work relationships, the abrupt end of a friendship; a job change. For some the feelings are fleeting, for others much longer. We may try to keep ourselves occupied with work, chores, activities, TV, music, just to avoid embracing time alone.

There is a difference between being alone and being lonely. Learning to be alone is important for gaining perspective and for personal and spiritual growth. It helps to think of time alone as an opportunity to develop independence and take care of one's own emotional needs. Getting to the root of the problem may take time, and perhaps the assistance of someone we trust, such as: a close friend, pastor, parish nurse, counselor or therapist.

Suggestions to counter loneliness might include: challenging pessimistic thought patterns, using time alone to do something that brings enjoyment, getting involved in activities that are of interest such as volunteering for a favorite charity, being the first to say, 'Hello' in a new social situation, working on communication skills, maintaining regular contact with a friends, and journaling as a means of self-exploration - just to name a few. Finally, remain in contact with your faith family, a valuable source of social support.

"And remember, I am with you always, to the end of the age." (Matthew 28:20, NRSV)

May God's peace be with you!
Debbie Best, Program Coordinator
Congregational Health Ministries and Family Life Service, Diakon Lutheran Social Ministries



BIRTHDAYS

Andrew Sims	06/01	Anne Rhodes	06/12	Lillian Miller	06/23
Evelyn Bastian	06/02	Doris Fortin	06/13	William Poff	06/23
Kathryn Elkin	06/02	Joyce Jones	06/14	Taigen Thorne	06/23
Marian Rubendahl	06/02	Robert McCullough	06/14	Tali Thorne	06/23
Grace Arner	06/03	Julie Patrick	06/14	Sharon Comini	06/23
Sean Jensen	06/03	Wanda Fortin	06/16	Nathan Fillnow	06/24
Jane Doebler	06/04	Merritt Hunt	06/16	Jeffrey Hieber	06/24
Linda Herbst	06/06	Nathan Edler	06/17	Ernestine Doane	06/25
Heidi Arner	06/07	John Rees	06/17	Kristin Lynn	06/27
Jeffrey Kneeder	06/08	Carl Knowlden	06/18	George Poliska	06/28
Kenneth Elkin	06/10	Jean Knowlden	06/18	June Decker	06/29
Jennifer Robertson	06/10	Kelli Travis	06/18	Kenneth Shafranko	06/29
Heather Snyder	06/10	Barbara Larson	06/19	Doris Brownlee	06/30
Stephanie Fortin	06/12	Christina Ciesielski	06/19	April Clark	06/30
Layton Lyon	06/12	Brandon Fortin	06/20	Emily Welker	06/30
		Barbara Rechel	06/22		

ANNIVERSARIES

Robert & Anne Miller	06/01	Gary & Shelby Weber	06/18
Glen & Ruth Lunger	06/03	John & Ruth Burkholder	06/19
John & Ruth Rees	06/04	Don & Mary Armstrong	06/21
Luther & Betty Stroup	06/09	John & Brenda Bower	06/21
Donald & Barbara Switzer	06/13	Daniel & Linda Wolfe	06/22
James & Kristine Wacker	06/13	Kenneth & Donna Elkin	06/23
Steven & Randa Bieber III	06/14	James & Susan Newcomer	06/23
William & Carol Confer	06/14	Andrew & Vicki Haussmann	06/28
Frank & Ruth Pile	06/14	Harold & Joyce Hershberger	06/30
Richard & Louise Kneeder	06/18		



RECOGNIZING A STROKE

Sometimes the symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking these simple questions.

SMILE

Is their smile normal or does one side droop?

TALK

Can they repeat a simple phrase when asked? Do they struggle or scramble the words?

RAISE YOUR ARMS

When asked to raise both arms does one droop or do they struggle to lift them both equally?

TONGUE

When asked to stick out their tongue does it go to one side or look crooked?

SPECIAL THANK YOU'S

A big thank you goes to Lillian Miller for donating a beautiful Nativity set to our church. It will be a wonderful addition to the Chapel to make it extra special during the Christmas season.

Thank you again Lillian, we appreciate your generosity!

Dear Milestone Committee,

Thank you, everyone who planned and made the celebration of Wedding Anniversaries (58 & 59 years) a great success. Our family enjoyed this great time together.

A special thank you to the young people who served a delicious meal.

Thank you for the wonderful gifts—floral corsage, centerpiece plant, trees planted in honor of the anniversary couples and the beautiful family tree. It is wonderful to be part of St. Mark's family. May we always live in God's love. Peace be with you. —Ruth & John Burkholder

Pastor Elkin & St. Mark's:

We want to express our gratitude to all who made the milestone service, dinner and fellowship a special occasion for us. Louella wishes to extend her thanks to all for your prayers, cards, phone calls and words of encouragement during her recent illness and surgery.

Yours in Christ,
Larry & Louella Bair

To all who helped on Sunday, Words cannot express how wonderful the anniversary dinner was for my parents and the other couples last Sunday. The presentation was elegant and the meal was delicious.

More importantly, you gave up a beautiful afternoon to create a wonderful memory for our family. Thank you so very much!

In Christian Love,
Cindy & Ray

Thank you to the Milestones Committee & the St. Mark's congregation for the anniversary mementoes delivered to us by Pastor Elkin. The flower arrangement is so pretty and the framed artwork by Sharon Comini, commemorating our anniversary date, so lovely. Also feel the planting of the three trees to beautify the landscape is a great idea.

- Don & Mary Armstrong

Pastor, Jane Larson, Stephen Ministry, & Church Family; Greatly appreciated your acts of kindness being part of James' Celebration of New Life.

In Christian love,
Mrs. James Sechler and family

Thank you for honoring us this day and also giving us a wonderful meal. To all who made this possible many thanks for your thoughtfulness.

Harriet & Henry

A sincere thanks to all for the payers, notes and cards. Pastor Brandau now has advanced Alzheimers and Parkinson's Disease and requires skilled nursing care. His new address is:

*Shore Acre Rehab & Nursing Center
4500 Indianapolis St., N.E.
St. Petersburg, FL 33730*

Some days there is recognition as I mention people. He enjoys listening to classical music when I put on the headphones. We take it day by day with God's grace.

Shirley Brandau

Dear St. Mark's,

The violinists and I want to thank the church for giving us a room to use in March while we had a guest teacher here to work with us. It worked out beautifully. Also, thank you for welcoming the violinists last Sunday. It was a pleasure being part of the service.

Appreciatively,
Pat Thayer & the Suzuki Violinists

SPECIAL CONCERNS LIST

Patricia Alexander
1745 Chestnut St.
Williamsport, P A 17701

Charles Homan
2215 Warrensville Rd.
Montoursville, PA 17754

Marian Rubendahl
1900 Ravine Road Bldg. C
Williamsport Home Apt. 1010
Williamsport, P A 17701

Nancy Bohartz
624 Sixth Ave.
Williamsport, P A 17701

Charlotte Hughes
140 Blueberry Lane
Williamsport, P A 17701

James Sheaffer
Rose View Court Rm. 321
1251 Rural Ave.
Williamsport, P A 17701

June Decker
338 Sherwood Ave.
South Williamsport, P A 17702



Mary Helen Scinicarello
Danville St. Hospital
Ward #311
Danville, P A 17821

Larue Dieter
2150 Warrensville Road, Apt. 2
Montoursville, P A 17754

Lucille Markel
Rose View Center, Rm. 213 A
1251 Rural Ave.
Williamsport, P A 17701

James Sechler
Manor Care N. Rm. 202
Williamsport, P A 17701

Jane & Luther Doebler
Wmspt. Home, Apt. #115A
Williamsport, P A 17701

Anne Miller
947 Hepburn St.
Williamsport, P A 17701

Geraldine Shipman
1900 Ravine Rd.
Apt. #222A
Williamsport, P A 17701

Harriet Fornwalt
729 Wilson Street
Williamsport, PA 17701

Jane Oakes
833 Funston Avenue
Williamsport, P A 17701

Kester & Eleanor Sobers
425 W Highland Ave.
S. Williamsport, P A 17702

Doris Fortin
Rose View Center
1251 Rural Ave., Room 223
Williamsport, P A 17701

Frank Pile
Manor Care S., Rm. 52
Williamsport, P A 17701

Ira Tuxford
1838-Blanchard Ave.
Williamsport, P A 17701

Earl Foulkrod
Sycamore Manor
1445 Sycamore Rd., Rm. 403
Montoursville, P A 17754

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

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

Jean Gulliver
3039 Elimsport Road
Montgomery, PA 7752

Dorothy Rivetti
Manor Care North Room 108A
Williamsport, P A 17701