



# The Lion of St. Mark's

JULY 2006

## **PARENTING ON PURPOSE 101:**

*The Balance of Love and Discipline*

**Six week series beginning Sunday, July 23rd at 9:15 AM!**



### **Do you recognize any of these “Family Life Disrupters?”**

- The Decibel Level—Do your neighbors cringe when you begin to parent?
- Family Time Exhaustion—Do you look forward to school starting the day after it's let out for the summer?
- Constant Arguing—Does everything end in an argument?
- Chronic Chore Syndrome—Is it easier to do their chores yourself than to get them to do them?
- Lying—Is lying and accepting responsibility for their actions a challenge to your kids?
- Sibling Rivalry—Does the constant bickering make you want to reach for the duct tape for a creative solution?
- Task Completion—What's that you ask...oh yeah, you need this training!
- Sneaky—Do you feel you have reason to distrust your child?
- Authority Wars—Does your child view authority figures as a force to be conquered?
- Again and Again—Do you feel like a broken record, is your face blue, have your brows been beaten off your face?

### **If so, then you need this training!**

The purpose of this training is to help parents think through and implement a parenting approach that will prepare their children for adulthood. Many parents question whether they are the only ones in their community wondering how to discipline properly. Due to the dramatic changes in our culture, and the poor role models seen in the media, discipline and parent/child relationships can be a challenge for every family. The goal is to parent children to reach their full potential; to become the people God has created them to be—adults with character. This will require you to choose to

## **Parent on Purpose!**

In order to free up all parents who want to attend, there will be supervised activities for younger children in the nursery and opportunity for conversation among the older kids.

# COUNCIL UPDATE

## Inside This Issue:

Parenting on Purpose.....pg. 1  
 Council Update.....pg. 2  
 Parish Register.....pg. 2  
 Website & E-Mail.....pg. 2  
 Christian Community News:  
     Kits, Quilts & Soap.....pg. 3  
     The Seeds Musical.....pg. 3  
     Synod Assembly Report.....pg. 4  
     Sunday School Teachers.....pg. 5  
     Picnic Thank You.....pg. 5  
     Lunch N' Fellowship.....pg. 5  
     Nurses Notes.....pg. 6  
     Kitchen Shower.....pg. 6  
     FLS International.....pg. 6  
 Social Ministry News:  
     Fourth of July Celebration.....pg. 7  
     Mossy Foot Update.....pg. 7  
     Habitat for Humanity.....pg. 7  
 Youth & Family Ministry:  
     Class Act.....pg. 8  
     Camp Mount Luther.....pg. 8  
     Passing on Faith Confirmation.....pg. 8  
     Kids Summer Film Festival.....pg. 8  
     Peer Ministry Training.....pg. 9  
     Fiesta Update & Thank You.....pg. 10  
     Pinata Thank You.....pg. 11  
     Fiesta Mission Project.....pg. 11  
     Summer Play Group.....pg. 11  
     Paws, Claws, Scales & Tales.....pg. 11  
     Five Hours a Month.....pg. 12  
     Invest in a Life.....pg. 12  
 Health, Healing & Wholeness.....pg. 13  
 West Branch Conference.....pg. 14  
 Mission at the Crossroads.....pg. 14  
 Birthdays & Anniversaries.....pg. 15  
 Special Thank You.....pg. 16  
 Special Concerns List.....pg. 17  
 Not Just for Kids!.....pg. 18  
 Calendar.....pg. 19

## The Council met in regular session on June 26, 2006 in the Crossways Room. They:

- learned about the Augsburg Confession
- received reports from the pastor, committees, and officers.
- approved Williamsport Music Club events in April and June 2007.
- appointed Eric Comini to be the director of Consecration Sunday, with members of the Council to make up the team.
- approved the calendar for the fall Stewardship emphasis.
- invited Pr. Greg Kramer to present a Leaving a Legacy workshop at 1:00 on October 15, immediately following the Consecration Sunday meal.
- invited members of area Lutheran congregations to join us in that workshop.
- noted the upcoming second *Mission at the Crossroads* event on Wednesday, June 28, 2006, and practiced interviewing each other as part of the preparation for that event.

**The Council will not meet in July; its next regular session will be August 21st.**

## Website & E-Mail Addresses

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## From the Parish Register

- Noah Hallabuk, son of Kirk and Ashley Goertz Hallabuk received the Sacrament of Holy Baptism on June 4, 2006.
- The funeral service of Luther Doebler, Jr. was celebrated on May 1st.
- Non-member funeral services were celebrated for:
 

James Sechler	May 13th
Ruth Yoder	May 17th
Virginia Walter	June 1st
Roger Bogert	June 8th

# CHRISTIAN COMMUNITY NEWS

## Lutheran Women are now collecting Kits, Quilts & Soap!

### Where Do They Go?

See the map in the Narthex. They go from the warehouse in New Windsor, MD, all over the world. Historically, Lutheran World Relief has focused on emergency response overseas. But, given the unprecedented nature of Hurricanes Katrina and Rita, they have provided quilts, School Kits, and Health Kits to survivors of the devastating hurricanes. Please make up the kits described in the Narthex. They are sorely needed.

#### School Kit

- 2 spiral bound notebooks (8"x11" lined, 70 pgs.)
- 1 pair blunt metal scissors
- 1 12" or 30cm ruler
- 1 pencil sharpener
- 6 pencils w/ erasers
- 1 2 1/2" eraser
- 12 sheets construction paper
- 1 box of 16 or 24 crayons
- \*\*Pack in cloth bag and secure with cord or rubber bands\*\*

#### Layette Kit

- 2 shirts
- 2 gowns or sleepers
- 2 receiving blankets
- 4 cloth diapers
- 1 sweater
- 2 washcloths
- 1 bath size baby soap
- 2 diaper pins
- \*\*Wrap in one receiving blanket and secure with diaper pins\*\*

#### Health Kit

- 1 hand towel
- 1 washcloth
- 1 bar of soap (bath size)
- 1 toothbrush
- 1 tube of toothpaste
- 1 wide-tooth comb
- 1 nail file or clippers
- 6 band-aids
- \*\*Wrap in towel and tie with ribbon or yarn\*\*

#### Sewing Kit

- 3 yards 45" cotton fabric
- or
- 4 yards 36" cotton fabric
- 1 pack of hand needles
- 1 spool matching thread
- 6 buttons on a card
- or
- 6 buttons tied on string
- \*\*Wrap inside of fabric and secure with yarn or ribbon\*\*

**Bath sized bars of soap may also be donated.**

### TURN UP THAT SPOTLIGHT!

**Wait! There's no one there! We need you to stand in it!!**

Who are you? You're young, you're old, you're in between. You want to have fun, you want to sing, you want to laugh! But more than all that WE want YOU in:

### THE SEEDS THAT GREW TO BE A HUNDRED

A musical based on Matthew 13:1-17

Libretto by Victor Mann and the music by our own Richard Lakey!

Performance dates: Saturday, July 29, at 7:00 p.m. (meal at 6:00)

and Sunday, July 30, at the 10:30 service

This musical story of the Good Seeds is Dick Lakey. We will first get together on that time, we will be introduced to the musical Sunday, July 23, through Friday, July 28, evening. We will have dinner at 5:30 be-



under the direction of Bernadette Jones and Sunday, July 9, after the 10:30 service. At six and get CDs to take home. Then, from rehearsals will be held from 6-8:00 each fore each rehearsal.

None of you are too young, and none too old—we need you all!!

Call the church office, 323-4619, for more info.

**PLEASE, JOIN US!!**

# CHRISTIAN COMMUNITY NEWS

## REPORT ON THE SYNOD ASSEMBLY, JUNE 16 & 17, 2006

by Bernadette Haas Jones

- ❖ **Milestone Ministry Display:** On Thursday, June 15, Sharon and I drove down to Selinsgrove to set up the display for the Milestone Ministry here at St. Mark's. In addition to the display board Sharon created for previous events, we presented examples of our milestones including the Receiving Blanket (newborns); Faith Chest and Baptismal Medallion (Baptism); Prayer Pillow(2-year-olds); All the Languages of the Good News bag, Bible, CD and icon (kindergarten); key ring (new drivers); and framed anniversary tree, certificate and program (anniversary milestone). We also provided copies of a table with information regarding the who, what, when, why and how of our milestone celebrations.

The display generated a lot of interest and questions. It also caught the attention of Marilyn Sharpe (Passing on Faith), which led to a 20 minute conversation with her. She was impressed with our program and mentioned some of our ideas in a later workshop.



- ❖ **Services:** Use of the format from the new book of worship was distracting and less than uplifting. However, Dick Hardel and Marilyn Sharpe were extremely inspiring with their sermons. One of the readings and a theme of the weekend was from Deuteronomy: *"You shall love the Lord your God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates."*  
~Deuteronomy, 6:5-9

- ❖ **Workshops:**

- **Friday:** Attended a Synod finance seminar to get briefed a little on the budget and other concerns of the assembly.
- **Saturday:** Attended three workshops:
  - **Parenting with Grace:** conducted by Ms. Sharpe. The goal is to nurture faith in children in everything we do. Research tells us that only 1 in 10 families talk about faith outside the church walls. The driving question: How do we raise our children to become the adults we want them to be?
  - **Splashed with Promise:** Dr. Hardel. Encourage talk between the generations of what Baptism means to them, what do they remember, how it was celebrated, and exchanging water stories.
  - **The Healing Power of Laughter and Play:** Dr. Hardel. The word "clown" is derived from "clod"—clump of earth. Both "human" and "humor" stem from the same root—of the earth. Humor and laughter is what grounds us and frees us and teaches us.

Over all, it was a wonderful, informative and inspiring event. If the opportunity arises, I would encourage our congregation to invite Ms. Sharpe to speak to our families and have everyone possible attend!

# CHRISTIAN COMMUNITY NEWS

**A MORE PROFOUND "THANK YOU" THAN WORDS CAN EXPRESS GOES OUT TO THE FOLLOWING PEOPLE FOR THE GENEROUS DONATION OF THEIR TIME AND TALENTS TO THE 2005-2006 SUNDAY SCHOOL PROGRAM.**

The following taught the Pre-K and Elementary students from one to six months this past school year and we are grateful to all of them for all they have given our youth.

Karen Boone  
 Mel Wentzel  
 Trish Hershey  
 Kathy Dancho  
 Jim & Sue Newcomer  
 Bob Jones

Deb Buckman  
 Vicki Haussmann  
 Michele Owen  
 Eric Comini  
 Nick Buckman  
 Brittany Toy  
 Shelby Weber

Stephanie Fortin  
 Lisa Weaver  
 Wanda Fortin  
 Bonnie & Steve Eyer  
 Nancy Larson  
 Ashley Butters

Special thanks go to Lou and Kathy Kolb and Matt Fortin for the giving of their guidance, intellect and experience to our high school youth; to Bob Schultz and Pastor Elkin for leading our adult classes; and to Eric Comini for leading the Bible studies in November and April.

**ALL OF YOU ARE VALUED MORE THAN WE CAN SAY!**

**Thank you, thank you, thank you** to all helpers\* and attendees who attended the church picnic, held right here at St. Mark's, Sunday, June 4<sup>th</sup>! In spite of the predicted thunderstorms, about 70 people were here, making the day a memorable and happy occasion. Games were played, songs were sung, good food was eaten, water balloons were thrown and a grand time was had by all. We all look forward to next year's event.



\* A special and heartfelt thank you to those amazing people who helped make the picnic a huge success: to Eric Comini getting the grill, preparation and set-up, and for "flipping dogs and burgers"; Beth Shafranko for running errands and input; Sharon Comini for planning, set-up and clean-up; Bob, Declan and Sara Jones for pre-set-up, games and clean-up; Karen Boone and Dick Lakey for the sing-a-long; Jackie Kinney and Shirley Kinney for helping with food preparation, set-up and clean-up; Lois Smith for pre-planning, set-up, food preparation; and, as always, Lou Deseau for everything. Your talents are recognized, appreciated and needed to continue the growth of our church family. Thank you so much!



## St Mark's Choir Camp

Sunday, July 9th 11:35 AM Rehearsal  
 Sunday, July 23rd—Friday, July 28th  
 5:30 PM Meal & 6-8 PM Rehearsal  
 Saturday, July 29th  
 6 PM Tureen Meal—meat provided  
 7 PM—Performance  
 Sunday, July 30th  
 9 AM—Rehearsal & 10:30 AM Sing Musical Opening



## Lunch 'N' Fellowship

**Wednesday, July 19th at noon**  
 Pork Loin Roasted with Apples  
 Baked Potatoes & Toppings

# CHRISTIAN COMMUNITY NEWS

## Nurse's Notes

July 2006

- July 2** According to a recent Mayo Clinic study, the following terms describe the “perfect” doctor: confident, empathetic, humane, personal, forthright, respectful, and thorough [named most frequently]. The quality of the doctor/patient relationship can effect patient compliance, and therefore, outcomes. Continued training and practice in interpersonal skills could have far-reaching affects on patient outcomes. (*Health News: Doctor Perspectives on Medical Headlines*, Vol. 12, No. 5, May 2006)
- July 9** Spinach wins “hands down”, as the most nutritious of fresh “greens” for salads. It contains nutrients such as: folate, vitamin A, vitamin C, vitamin K, lutein, and zeaxanthin. Because of its’ vitamin K content, check with your doctor if you are on a prescription blood thinner. Vitamin K affects blood’s ability to clot.
- July 16** When is a headache, perhaps not a headache? The following symptoms warrant medical attention:
- sudden, severe headache (with or without a stiff neck)
  - headache accompanied by fever
  - convulsions
  - headache following a blow to the head
  - confusion or loss of consciousness
  - a headache along with pain in the eye or ear
  - persistent headache after being previously headache free
  - a headache that interferes with routine activities
- July 23** **Reminder: Containers which contain stagnant water, are breeding grounds for mosquitoes.** Regularly empty kiddie pools. Keep gutters and downspouts free of debris. For birdbaths, consider purchasing a “mosquito dunk” – a floating ring that kills mosquito larvae but doesn’t harm birds (around \$13).
- July 30** Roughly 75% of American families don’t have the national poison control number clearly posted. Write this down next to your phone (800)222-1222. Poisonings account for roughly 1/3 of accidental home injuries.



The ladies of St. Mark’s are planning a **Kitchen Shower** for Sunday afternoon, August 20th. And, it’s actually a kitchen shower for our own dear St. Mark’s Kitchen! Over the years, things have worn out or gone missing, or with a greater variety of events, we’ve developed a need for something we didn’t already have. Please plan to attend and check the August *Lion* for a list of suggestions!

## FLS International

Host Families needed for students learning English as a second language. These students will be at Lock Haven University from 1-4 weeks depending on their program. A shuttle bus is provided for transportation. Host Families receive about \$100 stipend per week/per student for most students. Families are responsible for providing a bed, meals and an open heart. You can choose the age (14-19) and gender of the student. Adult chaperones also need housing. And, for every family that hosts a student St. Mark’s will receive \$100!

**For more information:**

Contact Wendy Donovan at 570-893-8474 or wdonovan@fls.net.

[Http://www.fls.net](http://www.fls.net)



## Social Ministry News

### Fourth of July Celebration

In just a few days we will celebrate our nation's birthday. At St. Mark's we will celebrate on our front lawn with food, fun, and the best seats in town for the fireworks. It is a great friend-raiser. In the nave, Dick Lakey will offer a patriotic organ concert.

The Social Ministry committee is still in need of volunteers to set up, serve drinks and snacks, and clean up in time for the fanfare of the fireworks.

Donations of two liters of soda, bags of popping corn, and money to offset the cost of the popcorn machine and other expenses are needed and greatly appreciated. Food items may be placed in the kitchen.

The committee needs you to

- Volunteer to help.
- Donate needed items.
- Attend the celebration.
- Bring a friend.



## Habitat for Humanity

You can help make the dream of home ownership come true by volunteering your time and talent in the construction of four Habitat for Humanity homes in Williamsport. Perhaps you saw the recent press coverage of the project's ground blessing/ground breaking. On a beautiful spring day in April, Habitat broke ground for its four house "Ivy Way" project located at 1131, 1139, 1141 Charles Street and 632 Sheridan Street.

### Lutheran Build for Habitat August 7th—11th!

During the week of August 7, 2006, St. John's Lutheran Church of Jersey Shore has graciously agreed to host members of the Lutheran Churches of Lycoming County at the work site.



Because four homes are being built simultaneously, there is a need for numerous volunteers. While honed skills are helpful, even untrained persons can be useful.

The Social Ministry committee is in contact with Habitat for Humanity to detail ways St. Mark's may serve on this project. Be looking for those dates and plans soon. In the meantime think of all the ways, from providing food to pounding nails, you can be involved in changing people's lives one family at a time.

### Dr. Barlow's Mossy Foot Project

The Social Ministry committee wishes to thank the congregation for their monetary donations of \$424.50 to benefit the Mossy Foot Project, which serves people in Ethiopia. These funds continue the work Dr. Barlow began more than sixty years ago. Treatment clinics open with Bible reading and prayer. Medical treatment, shoes, socks and training of some patients will be the means for them to get "back on their feet" and be able to provide for their families.

# YOUTH & FAMILY MINISTRY

Sunday, July 16th  
6:00 PM



**CLASS  
ACT**



presents

**"Bits 'n' Pieces"**

The show consists of cuttings of everything from Shakespeare to Neil Simon, including both monologues and scenes, and some improvisation.

The cast of Hannah Ramsauer, Toni Nudo, Sara Jones, Declan Jones and Rachelle Horning has been working all year with Bernadette Jones and is ready to perform for you! Treats will be provided for your refreshment. Please be prepared to give us ideas for our improvs.



**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.

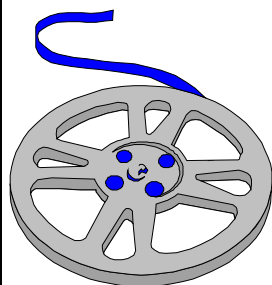
## Passing on Faith: Confirmation

On Sunday, August 13, 2006, Declan Jones will be confirmed at the 8:00 a.m. service. He has worked long and hard to achieve this milestone in his life, as a member of The Way and in individual sessions with Pastor Elkin. This is such an important time in a youth's, as well as our church's, faith journey.

Please join us after the 8:00 a.m. service to celebrate the event with his family. Be sure to congratulate Declan on the next stage of his service in the church.

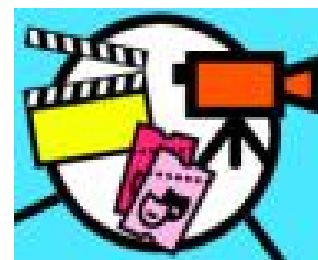
## CHILDREN'S SUMMER FILM FESTIVAL

at the Great Escape Theatres! On Thursdays, there are free showings of films for families. We are organizing a trip each week. Please join us for morning prayer at 9:00 and we will leave directly after, between 9:15—9:30 a.m. Please call to let us know if you want to go. We wouldn't want to leave anyone behind!



July 6  
July 13  
July 19  
July 27  
August 3  
August 10  
August 17

*Madagascar* (PG)  
*March of the Penguins* (G)  
*Robots* (PG)  
*Dreamer* (PG)  
*Hoodwinked* (PG)  
*Curious George* (G)  
*Yours, Mine & Ours* (PG)

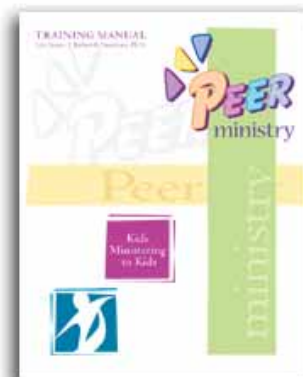




## YOUTH & FAMILY MINISTRY

# Peer Ministry for Youth Training

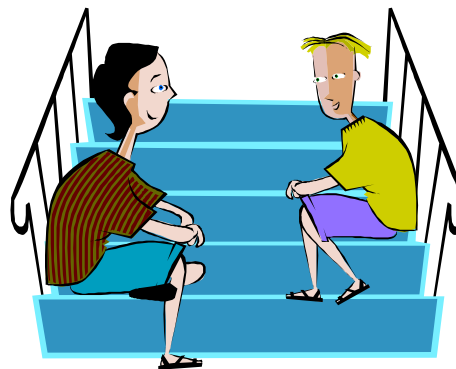
July 25—26, 2006 9 am to 3 pm  
St. Mark's Lutheran Church



Rev. Kerry Aucker, Certified Peer Minister Trainer, leads this 2 day session to enable 7<sup>th</sup> thru 12<sup>th</sup> 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



### We're back from south of the Border!

About 35 children attended *FIESTA!!* the week of June 11-15 to get fired up about Jesus! Everyone had a hot time and was very busy learning about God by creating, playing and fulfilling daily challenges.

*Items so appreciated!!* Thank you to all who loaned decorative items from South of the Border for the decoration of Fellowship Hall. They set the mood wonderfully and carried the theme throughout the event! (Even though we didn't have an armadillo.)

### VIVA, VOLUNTEERS!!!



*Thank you to all those who volunteered their time and talents!!* We couldn't have done it without you!! From the kitchen staff who prepared flavorful meals, to the leaders with their enthusiasm and guidance, to those who dropped by for moral support, it was wonderful to see all of you share the children's joy in learning about God's love!

*We humbly thank God for blessing our week with good weather, good cheer and good company. Without Him none of this would have been possible. We also thank Him for blessing our congregation with the following people:*

Jackie Kinney, Lois Smith, Shirley Kinney, Shirley Vognet and Donna Elkin prepared savory, filling meals feeding 40 to 60 each night. The nametags and Bible verses were laminated and cut by Vicki Haussmann. Michele Owen (who also provided additional bandannas) and Trish Hershey manned the entrance to FIESTA at the registration table. Pastor Elkin led us in prayer before each meal. The children were aided in preparing tasty treats by Bonnie & Steve Eyer, Jenna Kennedy and Deb Buckman. Declan Jones and Rachelle Horning got us started each evening with the mishaps of "Frieda from Wackanack, WI." They were then joined by Hannah Ramsauer, Sara Jones, Ashley Metzger, Eric Comini and Bernadette Jones for the Bible Adventures.

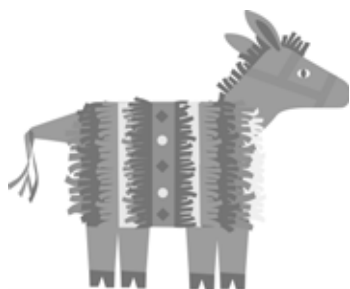


Mel & Mindy Wentzel, Stephanie Fortin, Lauren and Brett Campbell, Pam & Mike Jensen, Brittany Toy, Ashley Butters and Ashley Metzger led our groups in and to their studies. Chadder's Desert Drive-In was run each evening by Becky Miller Pryor. Shelby Weber and Sharon Comini braved the onslaught of paint and paste and piñata, assisted at times by Bob & Mary Schultz, Elsie Sechler, Gladys Knauss and Ernestine Doane. Bob Jones gave us a rousing finish to our first night of FIESTA. Each evening kicked off and closed with spirited music led by Karen Boone and Dick Lakey. Our secretary, Susan Mahserjian-Smith and her husband, Mark, provided us with a video projector that enhanced all our presentations. Brenda Bittner was our visual chronicler, taking pictures of everyone involved in everything.

Check out our website to see it all!!

Gary Weber has done a wonderful (and swift) job of displaying the entire event.

# YOUTH & FAMILY MINISTRY



## PIÑATA!!!

Thank you to everyone who donated items for the children's piñata. The kids decorated it as one of their crafts and we loaded it chock-full with your gifts. Bud Doebler, with a tremendous feat of athleticism, threw the rope over the tree (not once, but twice!); a bat was provided by Kirk Owen (after running home to get one!); and Greg Dancho ably manned the altitude controls as the children were swinging at it (only one hit!). What a scramble when it broke!

## MISSION PROJECT FOR FIESTA!

Shepherd of the Streets puts together hygiene kits for men, ladies and families in need. Our special mission for Vacation Bible School this year was to provide items for these kits. Over 130 items, including soap, deodorant, tooth paste and brushes, shampoo and lotion among other things, along with \$63.21, were donated to this worthy cause.

Shepherd  
of the  
Streets



Again, a heartfelt thank you to all who helped to make *FIESTA!!!*  
a fantastic festival of God's love!

## ST. MARK'S SUMMER PLAYGROUP! Fun-In-The-Sun



Wednesday, July 12	10:00 a.m.	Indian Park (the "new" section)
Wednesday, July 26	10:00 a.m.	Bruce Henry Park
Wednesday, August 9	10:00 a.m.	Memorial Park
Wednesday, August 23	10:00 a.m.	Indian Park (bring a picnic lunch)

If you have any question or need directions, please call Vicki Haussmann at 320-0561.  
We hope to see you there!

*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!

## Paws, Claws, Scales & Tales!



**James V. Brown Library  
Summer Reading  
Program**

All ages welcome!  
Sign Up Today!  
Children's Programs

## YOUTH & FAMILY MINISTRY



### *Just Five Hours a Month*

The education of our children is a vital part of our civilization, but most especially in our church. What they learn here will stay with them forever and give them the moral foundation from which they go out into our society.

Every member of St. Mark's has something to teach our young people and it means so much to our youth to see their parents, grandparents and friends actively involved in their instruction.

Our structuring of the Sunday School program requires a commitment of just one month at a time. If you wish to sign up for longer, of course you may. But, all our youth ask is just 4-5 Sundays out of the entire year. **PLEASE, HELP OUR CHILDREN LEARN ABOUT GOD.** Lead a Sunday School class here at St. Mark's during the 2006-2007 school year.

*"You shall love the Lord you God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. **Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates.**"*

~Deuteronomy, 6:5-9

Please call Sharon or Bernadette soon about which month you would like to teach or sign up in the staff hallway. You are essential to the continuing success of St. Mark's Sunday School program.

got soul?

## INVEST IN A LIFE!

*"Making This Year Special For The Savior"*

**Leader - Dr. Ruth Ann Breuninger**

**Saturday, August 5, 2006**

**9:00 AM—3:00 PM**

**St. John's U.C.C., in Lewisburg**



"Invest In A Life" is a unique training & equipping experience that is practical & fun.

The workshop is designed to aid all adult workers with in the Church & Sunday school by providing resources & training in a way that is enjoyable, encouraging & rewarding.

**Contact Sharon or Bernadette if you are interested in attending.**

# HEALTH, HEALING & WHOLENESS

## July 2006

Who among us cannot identify with Paul when he laments, "*I do not do the good I want, but the evil I do not want is what I do (Romans 7:19)?* In the summertime, it is easy to just "go with the flow" when we picnic or vacation. It is at those times when we let down our guard, that accidents happen. According to the U.S. Consumer Product Safety Commission, more than 3.7 million consumers have made unplanned trips to their hospitals' emergency departments ... in just one summer!

We often hear safety tips and warnings in regard to swimming, biking, hiking, picnicking, swimming, etc., and it can be easy to tune them out, thinking, "Yeah. Yeah. Yeah. I've heard this before! I'm careful!" So ... I'd like to devote this month's article to safety issues you may not have heard before! For much more comprehensive listings, check out the websites of the *American Academy of Pediatrics*, and the *U. S. Consumer Safety Commission*.

- If the outside temperature is 85° or higher, discard all food that has been sitting out for an hour. If the temperature is under 85°, throw it away after 2 hours.
- Never bring charcoal grills indoors [garage]. Burning charcoal produces deadly carbon monoxide.
- If your plans include camping, and you want to heat the inside of your tent or pop-up, use only those portable heaters equipped with oxygen depletion sensors (ODS). Heaters also produce carbon monoxide (CO). One which is equipped with an ODS will automatically shut off if oxygen levels begin to fall in the enclosure. Certain camping lanterns can also cause CO poisoning
- Create three safety layers around your swimming pool – a fence, an alarm, and an eagle-eyed adult!
- So-called, "safe" fireworks, such as sparklers can reach temperatures above 1000°, burning users and/or bystanders.
- "Children who are not licensed to drive a car should not be allowed to operate off-road vehicles. [They] are particularly dangerous for children younger than 16 years who may have immature judgment and motor (muscle) skills." ([www.aap.org](http://www.aap.org))
- A cushion of at least 9" of wood chips should be distributed under playground equipment to serve as a shock absorber for falls.
- The *American Academy of Pediatrics* recommends, "communities continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by kids at home."

Finally, I cringe whenever I drive by a home that has a trampoline in the yard! In fact *AAP does not* recommend the use of home trampolines. Children and adults are sustaining injuries, which range from sprains and strains to broken necks, head, and spinal cord injuries. Kids 15 and under account for two-thirds of all trampoline injuries, and almost 75% of all injuries involved more than one person being on the equipment at one time. According to the University of Michigan C. S. Mott Children's Hospital even adult supervision is not always adequate. Spotters need to be big enough and strong enough to protect the jumper if he/she gets too close to the edge. Though it can be a lot of fun, perhaps this is a piece of equipment better left to professionals.

*Have a blessed and safe summer!*  
*Debbie Best,*  
*Congregational Health Ministries and Family Life Service*  
*Diakon Lutheran Social Ministries*

## West branch conference

### Pastors

Rev. Scott Baker after serving St. John's "Brick" Church in Montgomery will leave our conference. He has accepted a call from New Life Lutheran Church in Gallipolis, Ohio. He is looking forward to having lunch with Bob Evans (the Bob Evans) who will be his neighbor.

Also Vicar Toni Metz is leaving Raughtown. Toni has served St. James for one year as seminary intern. He will return to Chicago with his wife Angela to complete his studies.

### Grace Matters

Broadcast of *Grace Matters*, sponsored by St. Luke, in Williamsport, will resume beginning on June 18th and will be aired at 7:00 am each Sunday morning. Broadcasts can be heard on a new station, the "Light for Life" WJSA, out of Jersey Shore, which broadcasts on 96.3 FM, 100.5 FM or 1600 AM.

### Camp Mount Luther

You can still sign up for camp. Mount Luther is not booked out yet. Consider family camp to go with your children or grandchildren.

This year we are delighted to have Pedd Naizuo from the Lutheran Church in Liberia as international camp counselor, through a program sponsored by the ELCA. About 20 students from all over the world are assigned to different church camps in the U.S. and serve as counselors during the summer. Pedd had planned to come to Camp Mount Luther last year but was denied a U.S. visa. We are glad that it worked out for him and us this year.

### Quiggleville

St. Michael's annual church festival will be held at the Quiggleville Community Hall, Saturday, July 8, 4:30 PM. Enjoy homemade food, games and life music.

## Mission at the Crossroads Update

The next steps in the *Mission at the Crossroads* process will be on Sundays, July 9, 16, and 23. On those days, everyone who is gathering for worship will have an opportunity to give their responses to three brief question sheets, a different one each Sunday. They are part of the process of assembling information about our congregation and our perceptions of our life and ministry together.

Members of the Crossroads leadership team will distribute the forms as folks come in to the nave, and will be available to quietly answer any questions that persons may have. They will gather up the forms before worship begins so that we will not be distracted during the service. If persons are not going to be present for one of the Sundays, additional forms will be available in the narthex and also from the church office. As soon as we conclude the series, all of the forms will be sent in for statistical tabulation and charts and summaries will be prepared. We'll be gathering to see the results and to discover what we can learn on Wednesday evening, September 13. More details later!

We've already held two gatherings to get the process underway, May 17 and June 28. We've have discovered some useful information, and there is much more to learn. Input from everyone is important!



# BIRTHDAYS

Kristine Wacker 07/02  
 Maxwell Hospes 07/03  
 Theodore Larson Jr. 07/03  
 Charles Ditchfield 07/04  
 Philip Thomas 07/04  
 Kimberly Fillnow 07/05  
 Ardath Houser 07/05  
 Corey Hospes 07/06  
 Erma Super 07/06  
 Andrea Hinds 07/07  
 Robert Lynn Jr. 07/08  
 Sarah Little 07/08  
 Hugh Byerly 07/09  
 Nicholas Buckman 07/10  
 Bethany McCullough 07/10  
 Edgar Miller III 07/10  
 Mary Martin 07/11  
 Doris Brown 07/12  
 Annika Waffenschmidt 07/12

Bonita Crossley 07/13  
 Luther Doeblar 07/13  
 Declan Jones 07/14  
 Nancy Larson 07/14  
 William Confer Jr. 07/15

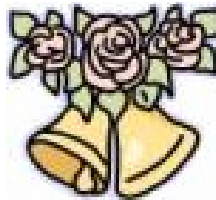


Vicki Haussmann 07/15  
 Ashley Butters 07/16  
 Stephanie Confer 07/16  
 Michael Hieber 07/16  
 Kay Plankenhorn 07/16  
 Eugene Jacobs 07/17

Russell Smith 07/17  
 Brenda Bower 07/18  
 Patricia Alexander 07/20  
 Dorothy Berndt 07/20  
 Eleanor Sobers 07/20  
 Pamela Jensen 07/21  
 Mary Schultz 07/21  
 Constance Shaible 07/22  
 Reba Jacobs 07/23  
 David Weaver 07/23  
 Bryce Young 07/23  
 Edward Gair 07/24  
 Carol Confer 07/25  
 Shirley Hill 07/25  
 Kristi Maggs 07/25  
 Gail Greninger 07/26  
 Ann Kuntz 07/27  
 Matthew Fortin 07/29  
 Stephen Dewar 07/31

# ANNIVERSARIES

Ray & Cynthia Huff 07/03  
 Peter & Norma Prato 07/07  
 Larry & Catherine Lundy 07/10  
 William & Prudence Poff 07/11



Scott & Melissa Robbins 07/17  
 Sean & Maria Elkin 07/24  
 Robert & Susan Curry 07/29  
 Scott & Brenda Bittner 07/30



Pastor, that was the perfect sermon.  
 It didn't relate to me.

I wonder what would happen if we treated  
 our Bible like we treat our cell phones...

- What if we carried it around in our purses or pockets?
- What if we turned back to go get it if we forgot it?
- What if we flipped through it several times a day?
- What if we used it to receive messages from the text?
- What if we treated it like we couldn't live without it?
- What if we gave it to kids as gifts?
- What if we used it as we traveled?
- What if we used it in case of an emergency?
- What if we upgraded it to get the latest version?

Hmmm, I wonder....

## SPECIAL THANK YOU'S

Thanks to the persons who remembered my birthday and our 33<sup>rd</sup> wedding anniversary this month. Your thoughtfulness is appreciated.

Pastor Elkin

Dear Pastor Mark, Sharon,

Bernadette & everyone,

Thank you for the FIESTA Bible School, it was awesome! We enjoyed every minute, and the food was wonderful! I'm still singing "Cha, cha, cha, cha, cha, cha, FIESTA!!!!!" in my head!!! We all had a blast, thank you again!

Kit, Michele,  
Devin & Dawson Owen

Thanks to the many persons who assisted with Vacation Church School in June, and especially to Bernadette Haas Jones and Sharon Comini for their outstanding leadership and planning for the event.

Pastor Elkin

Dear St. Mark's,

Thank you for your recent tab donation to the Ronald McDonald House in Danville. We appreciate it very much!

Ronald McDonald House  
Danville, PA

Dear Friends at St. Mark's Lutheran Church  
Vacation Bible School,

Thank you for your very generous donation of personal care items. It was truly a blessing to this ministry as well as to those in need. Your donation was greatly needed.

May the Lord bless you in all you do.

Karen Nelson, Volunteer  
Shepherd of the Streets

Dear Friends,

Greetings in the name of our Lord Jesus Christ!

Thank you most sincerely for your recent donations to the Shepherd of the Streets ministry. The monies were allocated just as you requested:

Good Friday Rx Fund \$172-  
1st Quarter Collection 250-  
1st Quarter, Rx Fund 383-

This donation is truly an expression of great compassion for those in need. You are in ministry with us, bringing Christ's nurturing and healing presence to those in need in our area and who find themselves in crisis situations. You confirm to these hurting persons that they are not alone as they face life's problems on a day-to-day basis.

May God's peace and blessing be with you,

In His Service & Yours,  
J. Morris Smith, Th. D.  
Shepherd of the Streets

Dear St. Mark's Family,

(especially Pastor, Sharon & Bernie)

The Alt's LOVE St., Mark's! How is it that the Lord just continues to bless us with so many amazing people in our lives?! Thank you for being so wonderful to Kline & Micah during Fiesta Bible Experience. It was obvious they had a great time and that they felt comfortable and cared about by all of you. Please know that you all continue to be our church family and that we love and miss each of you.

In God's Love,  
The Alt's

St Mark's Lutheran Church;

Thank you for your donations of \$124 to World Hunger and \$387 in Missionary Support to Bette McCrandall.

Evangelical Lutheran Churches of America

## SPECIAL CONCERNS LIST

Patricia Alexander  
1745 Chestnut St.  
Williamsport, P A 17701

Nancy Bohartz  
624 Sixth Ave.  
Williamsport, P A 17701

Bonita Crossly  
Rose View Center  
1251 Rural Avenue  
Williamsport, PA 17701

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

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

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

Harriet Fornwalt  
729 Wilson Street  
Williamsport, PA 17701

Doris Fortin  
Rose View Court  
1251 Rural Ave., Apt. 307  
Williamsport, P A 17701

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

Jean Gulliver  
3039 Elimsport Road  
Montgomery, PA 7752

Charles Homan  
2215 Warrensville Rd.  
Montoursville, PA 17754

Charlotte Hughes  
140 Blueberry Lane  
Williamsport, P A 17701

Joanne Lamade  
Sycamore Manor  
1445 Sycamore Rd., Rm. # 210  
Montoursville, PA 17754



Lucille Markel  
Rose View Center, Rm. 223  
1251 Rural Ave.  
Williamsport, P A 17701

Anne Miller  
947 Hepburn St.  
Williamsport, P A 17701

Jane Oakes  
833 Funston Avenue  
Williamsport, P A 17701

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

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

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

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

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

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

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

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

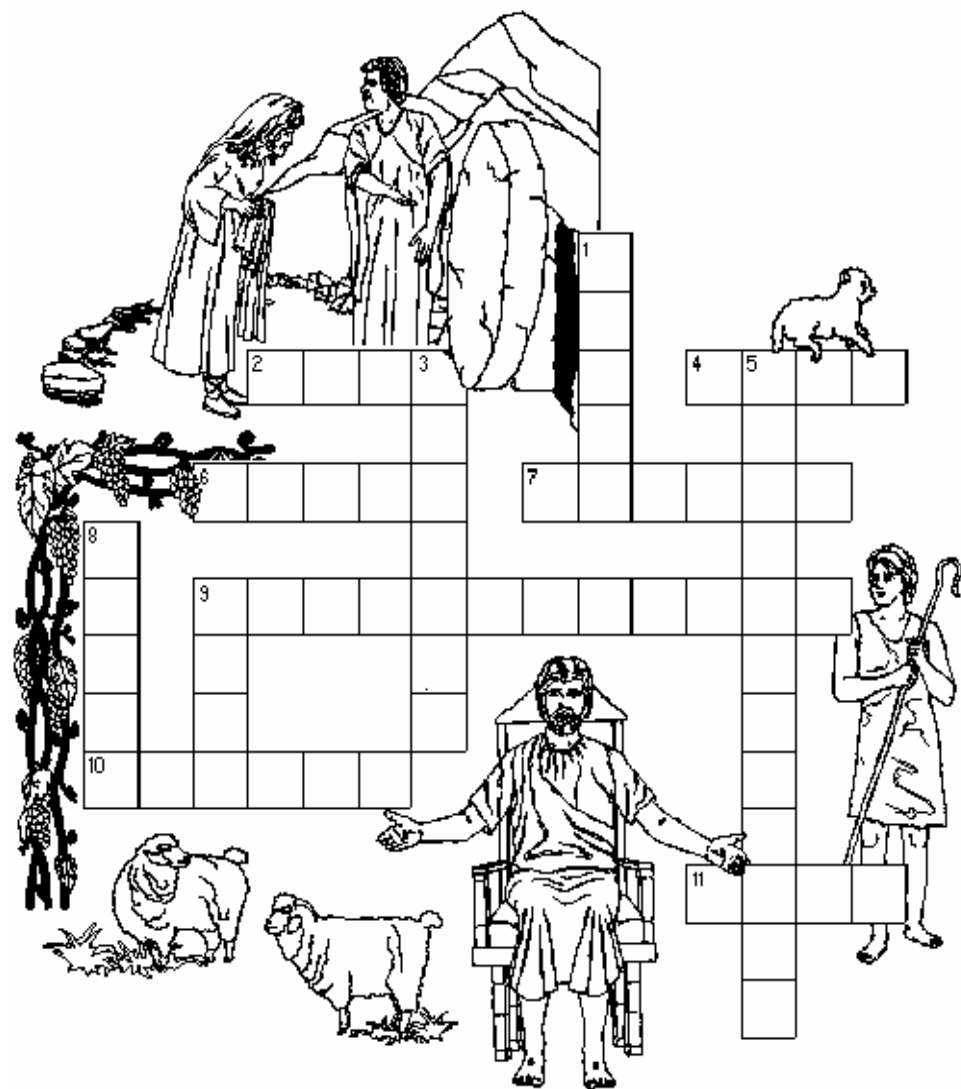
Ira Tuxford  
1838-Blanchard Ave.  
Williamsport, P A 17701

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

# NOT JUST FOR KIDS!

## The "I AM" sayings of Jesus Christ

Has anybody ever asked you what you believe about Jesus? Often, people will claim that Jesus was just a good man, or maybe a great teacher... but not the son of God. It is important to know exactly what Jesus taught about Himself. The answers from this crossword puzzle are from the gospel of John, in the Bible. Do the puzzle and find out *who* Jesus claimed to be!



### Across

- 2. Ruler of a country. ( \_\_\_\_\_, John 18:37) (4)
- 4. Not false, "I am the \_\_\_\_\_ vine." (John 15:1) (4)
- 6. Jesus said, "I am the \_\_\_\_\_ of Life." (John 6:35,41,48) (5)
- 7. Greek word for Messiah. ( \_\_\_\_\_, John 4:25-26) (6)
- 9. "The \_\_\_\_\_ - \_\_\_\_\_ lays down His life for the sheep." (two words, John 10:11) (12)
- 10. "I am \_\_\_\_\_ - \_\_\_\_\_ the truth and the life." (two words, John 14:6) (6)
- 11. Opposite of death. ( \_\_\_\_\_, John 11:25) (4)

### Down

- 1. Not a lie. ( \_\_\_\_\_, John 14:6) (5)
- 3. God is Christ's Father. Therefore, Jesus is \_\_\_\_\_ - \_\_\_\_\_. (two words, John 10:36) (7)
- 5. Given physical life after death. ( \_\_\_\_\_, John 11:25) (12)
- 8. It shines bright in darkness. ( \_\_\_\_\_, John 8:12) (5)
- 9. A place to enter, like a door. ( \_\_\_\_\_) (4)

# SAINT MARK'S CALENDAR OF EVENTS

## July 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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***Be quick to listen, slow to speak and slow to anger;  
for anger does not produce the righteousness of God.  
James 1:19 b~20***

<p><b>2</b></p> <p><b><i>Pentecost IV</i></b> 8:00 AM &amp; 10:30 AM HC 9:15 AM Video Forum</p>	<p><b>3</b></p> <p>9:00 AM Morning Prayer</p>	<p><b>4</b></p> <p><b>**Office Closed**</b> 7:30 PM - 8:30 PM Patriotic Program</p>	<p><b>5</b></p> <p>9:00 AM Morning Prayer 9:15 AM Staff Meeting</p>	<p><b>6</b></p> <p>9:00 AM Morning Prayer 9:15 AM Movie Madness</p>	<p><b>7</b></p> <p>9:00 AM Morning Prayer</p>	<p><b>8</b></p>																																																																																																	
<p><b>9</b></p> <p><b><i>Pentecost V</i></b> 8:00 AM &amp; 10:30 AM HC 9:15 AM Video Forum 11:35 AM Choir Camp Rehearsal</p>	<p><b>10</b></p> <p>9:00 AM Morning Prayer</p>	<p><b>11</b></p> <p>9:00 AM Morning Prayer 7:00 PM Property Comm. Mtg.</p>	<p><b>12</b></p> <p>9:00 AM Morning Prayer 9:15 AM Staff Meeting 10:00 AM Summer Playgroup</p>	<p><b>13</b></p> <p>8:00 AM - 10:30 AM Stephen Ministry 9:00 AM Morning Prayer 9:15 AM Movie Madness</p>	<p><b>14</b></p> <p><b>Council Agenda Deadline</b> 9:00 AM Morning Prayer</p>	<p><b>15</b></p>																																																																																																	
<p><b>16</b></p> <p><b><i>Pentecost VI</i></b> 8:00 AM &amp; 10:30 AM HC 9:15 AM Video Forum 6:00 PM Class Act</p>	<p><b>17</b></p> <p>9:00 AM Morning Prayer</p>	<p><b>18</b></p> <p>9:00 AM Morning Prayer 6:30 PM Finance Committee Mtg.</p>	<p><b>19</b></p> <p>9:00 AM Morning Prayer 9:15 AM Staff Meeting 12:00 PM Lunch 'N' Fellowship 4:30 PM Exec. Comm. Mtg. 7:15 PM Consecration Sunday Team</p>	<p><b>20</b></p> <p>9:00 AM Morning Prayer 9:15 AM Movie Madness</p>	<p><b>21</b></p> <p><b>Newsletter Deadline</b> 9:00 AM Morning Prayer</p>	<p><b>22</b></p>																																																																																																	
<p><b>23</b></p> <p><b><i>Pentecost VII</i></b> 8:00 AM &amp; 10:30 AM HC 9:15 AM Parenting Video Series 9:15 AM Video Forum 5:30 PM Supper 6:00 PM - 8:00 PM Choir Camp Rehearsal</p>	<p><b>24</b></p> <p>9:00 AM Morning Prayer 5:30 PM Supper 6:00 PM - 8:00 PM Choir Camp Rehearsal</p>	<p><b>25</b></p> <p>9:00 AM Morning Prayer 9:00 AM - 3:00 PM Youth Peer Ministry Training 5:30 PM Supper 6:00 PM - 8:00 PM Choir Camp Rehearsal</p>	<p><b>26</b></p> <p>9:00 AM Morning Prayer 9:00 AM - 3:00 PM Youth Peer Ministry Training 9:15 AM Staff Meeting 10:00 AM Summer Playgroup 5:30 PM Supper 6:00 PM - 8:00 PM Choir Camp Rehearsal</p>	<p><b>27</b></p> <p>9:00 AM Morning Prayer 9:15 AM Movie Madness 5:30 PM Supper 6:00 PM - 8:00 PM Choir Camp Rehearsal</p>	<p><b>28</b></p> <p>Wedding Rehearsal 9:00 AM Morning Prayer 9:15 AM Newsletter Crew 5:30 PM Supper 6:00 PM - 8:00 PM Choir Camp Rehearsal</p>	<p><b>29</b></p> <p>4:00 PM Wedding 6:00 PM Choir Camp Tureen Meal 7:00 PM Choir Camp Performance</p>																																																																																																	
<p><b>30</b></p> <p><b><i>Pentecost VIII</i></b> 8:00 AM &amp; 10:30 AM HC 9:00 AM Choir Camp Rehearsal 9:15 AM Parenting Video Series 9:15 AM Video Forum 10:30 AM Choir Camp Performance</p>	<p><b>31</b></p> <p>9:00 AM Morning Prayer</p>	<table border="1" style="margin: auto;"> <tr><th colspan="7">June</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>		June							S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<table border="1" style="margin: auto;"> <tr><th colspan="7">August</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>		August							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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**ST. MARK'S LUTHERAN CHURCH**  
**142 MARKET ST.**  
**WILLIAMSPORT, PA 17701**

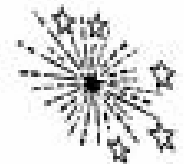
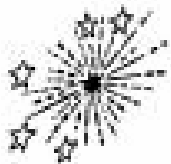
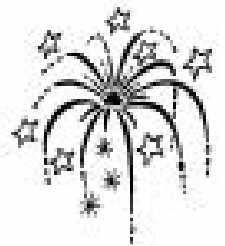
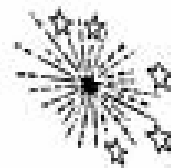
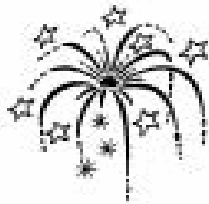
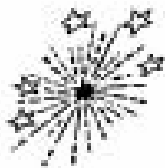
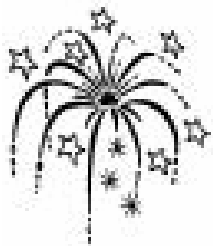


Phone: 570-323-4619  
Fax: 570-323-2452

Website: <http://www.stmarkswilliamsport.org>  
Email: [stmarks@stmarkswilliamsport.org](mailto:stmarks@stmarkswilliamsport.org)

*Return Service Requested*

Non-Profit Organization  
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Williamsport, PA 17701



**Program of Patriotic Music**  
**July 4th**  
**7:30 ~ 8:30 PM**  
**St. Mark's Sanctuary**  
**142 Market Street, Williamsport, PA**  
**Richard Lakey, Organist**