



# The Lion of St. Mark's

AUGUST 2007



## CONTINUING ON *THE WAY*

How are we shaped as members of the church of Jesus Christ? The best way we can be formed is in an apprenticeship process; we learn best by talking with, studying with, working with an experienced Christian. That is the essence of the process at St. Mark's that we call *The Way*.

Now preparing to start its eighth year, *The Way* is how persons can investigate the things that really matter in a thoughtful, intense, but gentle way. Persons in *The Way* process are regular in worship, involve themselves in some aspect of Christian Education, and meet together frequently to talk out the things that we are experiencing with a mentor and a small group.

The numbers were recently added up and it was discovered that 59 current members have been involved as a candidate or mentor (or both), and in addition 15 persons who have since moved on to other congregations have also benefited from the process. It must be clear that this is having a profoundly positive effect on the congregation, as persons discover that questions about the faith are welcome and expected, and that *The Way* is an excellent place to work on some answers to the big questions of life and faith.

We are currently gathering names of person who might be interested in participating in *The Way* this fall. Our first session will be on Sunday, September 16 at 4:00 P.M. in the Crossways Room. Please call Robert Schultz, Coordinator for *The Way*, at 326-3929, or Pastor Elkin at 323-4619 to register as a candidate or offer to be a mentor in the coming season. For more information, contact one of these 59 persons who are our active alumni in St. Mark's:

Jane Angle	Walter Doebler	Bernadette Jones	Michele Ramsauer
Dorothy Bingaman	Bonnie Eyer	Declan Jones	Ruth Rees
Brenda Bittner	Steve Eyer	Robert Jones	Jennifer Robertson
Karen Boone	Jeanne Fargus	Jackie Kinney	Rick Robertson
Doris Brown	Judy Fortin	Michael Kinney	Mary Schultz
James Buckman	Matt Fortin	Shirley Kinney	Robert Schultz
Ruth Burkholder	Stephanie Fortin	Lou Kolb	Connie Shaible
Rachel Clause	Wanda Fortin	Jane Larson	Lois Smith
Eric Comini	Brenda Gair	Nancy Larson	Brittany Toy
Sharon Comini	Ed Gair	Megan Maiolo	Lisa Weaver
Gregg Dancho	Cindy Hartzell	Deborah Maggs	Lucille Weaver
Kathy Dancho	Trish Hershey	Christian MacGill	Melinda Wentzel
Ryan Dancho	Beverly Hieber	Nancy Moff	Melvin Wentzel
Lou DeSeau	Carl Hieber	Michele Owen	Cheryl Williams
Valerie Doebler	Deborah Holmes	Becky Miller Pryor	

# COUNCIL UPDATE

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**STRENGTHENING YOUR  
 FAITH**

## DID YOU KNOW?

An ELCA periodical *Seeds for the Parish* reports that a researcher, Thom Rainer has discovered some important things. After interviewing thousands of persons, he found that:

- *Most unchurched persons prefer to attend church on Sunday morning if they were to attend.*
- *Most persons are not anti-church or anti-religion.*
- *Most Americans have never been invited to church – ever!*
- *82 percent of the unchurched are at least “somewhat likely” to attend church if they are invited.*
- *2 percent of church members have ever invited an unchurched person to church.*

Will you do something to change these numbers?

## From the Parish Register

### Wedding:

Shawn Williams and Dana Rowland, July 7

### Funerals:

Kyle Neece, age 6, July 19

Daniel C. Walz, Sr. July 19

## Website & E- Mail Addresses

**stmarkswilliamsport.org**

Pastor Elkin  
 General mailbox  
 Richard Lakey  
 Gary Weber  
 Susan M-Smith  
 Lou DeSeau  
 Richard Wagner  
 Bernadette Jones  
 Sharon Comini

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## CHRISTIAN COMMUNITY NEWS

### St. Mark's Website

What's new at the St. Mark's Web site ([www.stmarkswilliamsport.org](http://www.stmarkswilliamsport.org))? Well, if you haven't checked recently, you have probably missed some new features, articles and photographs.

Pastor Elkin's Sunday sermons are now posted online. If you are out-of-town, and miss Sunday services, or if you simply wish to study the sermon, you can now read the sermon, in its entirety, at the Web site. Simply go to the main page and click on "Sunday Worship" to select the sermon you desire to review.

A new "Music Ministry" page celebrates the many ways that music forms a part of worship at St. Mark's. You can actually watch parts of recent performances, in movie form.

Of course, editions of *The Lion* newsletter have appeared on the Web site for nearly two years, and current and past editions are always available to review or print. The current monthly schedule of events is, likewise, available.

Many of the church activities in which you or your family members have participated are covered in articles and photographs on the site. Recent articles include the Independence Day celebration at St. Mark's, the terrific 2007 Vacation Bible School program, photographs of the young violinists who performed in May and coverage of the recent *Captive Free* performance. Articles have reported comments of Bishop Main and of Shepherd of the Streets, Dr. Morris Smith, during recent Sunday forums at St. Mark's.

The Wedding Anniversary Milestone celebrated by nine couples was covered in an article, that included photographs of the families who attended the celebration. Prayers were offered for a young driver in the recent Blessing of the Young Driver and Car Keys, and you can read about it on the Web site.

The history section also continues to grow and add material. Several recent additions include photographs of past church councils and of documents related to the council.

We are always looking to add new material to the Web site. What would you like to see online? If you have ideas, send them to Gary Weber, [gweber@stmarkswilliamsport.org](mailto:gweber@stmarkswilliamsport.org).

### 75+, Single and Still Praising God!



On the first Sunday of May in the past few years we have been recognizing some of our senior members who have marked 53 or more years of marriage.

But there are lots more senior members who are single, so now we're planning a special day for them. Those members age 75 and over who are single are invited to be present on Sunday morning, August 26, at the 10:30 service. In preparation for the day, each of these persons may submit the names of one or two hymns that have been most meaningful to him or her over the years and write a sentence or two to explain the choice made. (Remember that the most meaningful hymns may not be the most popular.) The 10:30 service that day will include as many of those hymns as possible, and we'll use some more of them at the luncheon that follows the service. Look for more details in the coming weeks.

# CHRISTIAN COMMUNITY NEWS

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

1. Donate bars of soap in the original wrappers (any brand or size).
2. Make up any of the following kits.
3. Pick up a cloth bag in the Narthex during July and fill with the school items as listed. **PLEASE NOTE CHANGE IN SCHOOL KITS** - The notebooks need to have a total of 150 - 200 sheets of lined paper. If you buy notebooks with 70 pages, please provide 3 books. Do not include loose-leaf paper.
4. Please check that **toothpaste expiration date** is at least a year away, and has not been manufactured in China or South Africa.



### School Kit

- 3 spiral bound notebooks (8"x11" lined, 70 pgs.)
- 1 pair blunt metal scissors
- 1 12" or 30cm ruler
- 1 pencil sharpener
- 6 new 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 or Onesies
- 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 5-7 oz. toothpaste
- 1 wide-tooth comb
- 1 metal 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 in original wrappers may also be donated.

## Summer Forum Schedule

9:00 A.M.

Everyone is welcome! Join us for lively thought provoking conversation.

- August 5-** Martin Luther, the classic film, with conversation and your questions.
- August 12-** Martin Luther, part II
- August 19-** God's Word in Daily Life, Reader's Theater style, with conversation.
- August 26-** God's Word in Daily Life, part II



## Lunch N' Fellowship

Noon on Wednesday,  
**August 15th**

Pork Tenderloin

Bring your favorite German side dish & a friend!

# CHRISTIAN COMMUNITY NEWS

## Help Needed for Unborn Twins!



A local family in need has contacted St. Mark's for help. The mother is pregnant with twins and is at high risk for pre-term labor. She has been put on bed rest for the duration of the pregnancy with a due date in October although most sets of twins are born prematurely. The family is requesting help for the babies.

Donations of disposable diapers in sizes from newborn to bigger sizes and baby wipes are being accepted. Monetary donations will also be accepted. Checks can be made payable to St. Mark's. These funds will be used to assist the family with transportation in the event the babies are born at Geisinger Medical Center or for other needs of the babies.

Please consider helping this family and their unborn children. Donations will be accepted during August and September and may be placed in the box in the Narthex.

### Family Promise Looks Promising

The Family Promise steering committee is happy to report that other congregations are preparing to join us as potential host congregations in the Family Promise network of hospitality for homeless families in our community. St. Mark's has been joined by Lycoming Center Presbyterian Church as the first two host congregations. Another congregation is on the verge of action, and several others are looking toward action in September. More than a dozen congregations have sent representatives to one or more of the steering committee meetings. We have prepared a group of persons to visit 45 pastors and share information around the community during August. The network is growing slowly.

### Catechetical Camp Concludes

Catechetical Camp was held on July 16-18, a very busy 3 days. There are two more events that the Pastor will be doing with our five students.

The students will be working on a short written project in the next several weeks, and also pairs of students will spend a day with the pastor to get some idea of some things that go on in the parish at times in addition to Sunday mornings.

### New Windsor Time



Curiosity, learning, service, fellowship, adventure, fun, and food all wrapped up in a single day in the company of Christians from all around north central PA. How can anyone resist? Come along on the trip to the New Windsor Service Center in Maryland on Monday, September 10 and discover all sorts of things.

Where do the school kits, soap, quilts, etc. go that we gather over the year? How do things get prepared for shipment to places where they are needed all around the world? How can I help disadvantaged craft workers to make a living wage in their own lands? All these questions and many more can be answered by joining this day-trip.

We leave by car-pool from St. Mark's parking lot at 6:10 A.M. and meet the bus at Shamokin Dam. After several hours of activity at the Service Center, we enjoy lunch in the cafeteria there. First-time travelers can then have a guided tour of the entire facility, and we offer a bit more service-time. Then we start for home, usually stopping just for fun at a famous garden center along the way, and also for supper at Old Country Buffet in Mechanicsburg. We arrive home about 8:43 P.M.

You've been hearing about this for years. Make this the time to see for yourself. The cost for the bus and lunch is \$29, with a check payable to Christ United Lutheran Church. Give it to the pastor, who will forward it on to the trip organizers. Don't wait; sign up now.

# CHRISTIAN COMMUNITY NEWS

## Nurse's Notes

August 5

### 3 Warning Signs of Stroke

- 1) **Crooked smile** – have person smile or show his/her teeth. If one side doesn't move as well as the other, or seems to droop, that could be one sign.
- 2) **Arm drift** – have the individual close his/her eyes and ask them to hold their arms out in front for about 10 seconds. If one arm does not move, or one arm begins drifting down more than the other, this may be a second sign.
- 3) **Slurred speech** – Have him/her say, "You can't teach an old dog new tricks," or, some other simple, familiar saying. If the person slurs the words, get some words wrong, or is unable to speak, that is a third sign of a possible stroke.

See that the individual receives help as soon as possible – time is vital in survival and in lessening a stroke's effects.

(Reprinted from *Stroke: Preventing and Treating Brain Attack*, Harvard Medical School, *Health Beat*, June 2007).

August 12

### Health & Safety for Gardeners

- Protect your hearing when using machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can potentially harm your hearing.
- Drink plenty of water throughout the day to replace lost fluids. Don't wait until you are thirsty to drink.
- Pay attention to signs of heat-related illness: extremely high body temp, headache, rapid pulse, dizziness, nausea, confusion.

August 19

**Do you use the computer a great deal? Check yourself of proper hand positioning when using your keyboard.** Keep your wrists in as neutral a position as possible – not flexed downward or extended upward. To check, place your wrist, palm down, on a flat, hard surface. Place a Band-Aid lengthwise over the top of your wrist, and then move to your keyboard and type. If the Band-Aid stretches or goes slack, your wrists aren't in a neutral position. (*Aching Hands: Strategies for Strong, Pain-free Hands*, Harvard Healthbeat Supplement, February 2007)

August 26

**Choosing a Mental Health Provider.** As much as we would like it not to be, today's reality means that your health insurance coverage may dictate which types of mental health providers you may use. Your insurance company, Medicare or Medicaid can tell you what types of mental health providers they cover and what your benefit limits may be. Additional factors include:

- The severity of your symptoms – in general, the more severe the symptoms, the more expertise and training to look for in a provider.
- The type of problem – Ex. parenting problems are best handled by family therapists; relationship issues by trained marriage or family therapists.
- Whether or not medication is needed. Psychiatrists are trained in prescribing medication for behavioral health needs.
- If you are unsure of how to go about setting up an appointment, speak to your doctor, your pastor, or your parish nurse for advice in locating services that are a good fit for you.

# USS ARK, SYNOD & WEST BRANCH NEWS

## Conference Cabinet

Our new Dean Rev. Anke Deiber called a cabinet meeting for August 2, 7:00 PM at Messiah, South Williamsport. The theme will be stewardship. Voting members are the same persons who attended synod assembly. In addition, finance and stewardship committee members and any interested lay people are welcome. For interactive preparation please let the dean know of any issues and questions that you feel need to be addressed. Please respond to [stlukeluth@verizon.net](mailto:stlukeluth@verizon.net).

## St. James, Rauchtown

Vicar Matthew Schuster has completed his one year internship and returned to Gettysburg Seminary. The new Vicar Aaron Werner will arrive at St. James on August 18. He grew up in northern Michigan and is a student at Luther Seminary in Minneapolis, MN. Rev. Kerry Aucker will be serving as his supervisor in the coming year.

## St. Luke, Williamsport

Part of the 90 member Gospel Choir from Leuterhausen, a town of our Ansbach-Würzburg companion synod in Bavaria, will be singing at St. Luke Lutheran, in Williamsport, on Tuesday, August 14, 7:00 PM. They will be offering a repertoire of music in both English and German.

## Bishop Main

The first Bishop of our Upper Susquehanna Rev. A. Don Main will retire at the end of August. A worship service to celebrate his twenty years of ministry as bishop will be held Saturday, August 18, 2:30 PM at Zion Lutheran Church in Sunbury.

## Campus Ministry

Your college-bound students are preparing to begin their studies this fall. Can you help us be of help to them? Please send their names so that they can be connect with a campus ministry this fall. They don't necessarily have to be planning to attend Penn State at University Park. We'll connect them with any campus ministry across the U.S. But first we need their names (first, last and middle initial, e-mail, address if possible). We will be glad to accept names of returning students as well as new students. Please send information to Rev. Marsh Drege and Rev. Alicia Anderson of Lutheran Campus Ministry at Penn State at [mld19@psu.edu](mailto:mld19@psu.edu).

## Liberia

Right after synod assembly Bishop Main and Dr. Bob Bradford with their wives left for a visit of our companion synod, the Lutheran Church in Liberia. They visited congregations and schools along the road from Monrovia to Konia, Lofa County. The group stopped at the Lay Ministry Training Center in Totota, where Pastor Shellhamer is going to teach, at Phebe Hospital near Gbanga, and at the Lutheran Training Institute near Salayae. Under the leadership of Esther Thomas 233 students, mostly ex-child soldiers (There are estimated to be about 20,000.) now in their late teens and early twenties, learn sustaining agricultural livelihood. Much progress appeared to be made in Curran Lutheran Hospital that is now completely roofed, has the beds from Lewistown, PA and a staff of Liberian physicians. The ELCA is working on hiring a surgeon.

The group noticed road improvements done by the Chinese, and saw re-roofed churches, and a lot of Lutheran Schools already finished and furnished with Upper Susquehanna desks and others still in the process of being

## Social Ministry News

**Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. 1 Peter 4:10 (NIV)**

The **Women of Saint Mark's** and the **Social Ministry Committee** continue Christian outreach to individuals locally and globally. Several opportunities for you to reach out to individuals in need remain available this summer.

- School kits, health kits, sewing kits, soap, and baby layette items are being accepted for Lutheran World Relief.
- Hygiene items are being accepted for Shepherd of the Street clients. Dr. Morris Smith reported, during his recent visit with us, that these items are in great need.
- The United Churches Food Pantry needs non-perishable food items. Research states there is no summer vacation from hunger. Your items help provide food to families who are experiencing difficult times on shrinking budgets.



Displays in the Narthex provide additional information on donating to these causes. Donations can be left in the bins in the coatroom. Please accept this call to serve Christ through acts of service.



### Bette McCrandall to Visit in September

Our missionary to Liberia, Bette McCrandall will be visiting congregations in the Upper Susquehanna Synod in the fall. We are planning to host Bette at a Luncheon Fellowship in September.

Speak with Becky Miller Pryor if you wish to assist with the preparations.

### July Fourth Celebration Thank You!

The Social Ministry Committee wishes to thank the congregation for its support of our outreach to the community on the Fourth of July. Your donations of drink mixes, mint tea, candy, popcorn, and money kept our expenses to a minimum. Despite the rain and concerns over bridge construction, our outreach was bigger and better than ever! Our new popcorn maker was kept busy all evening.

A big thank you is extended to Pastor Elkin, Jim Buckman (We loved the radio broadcast.), Lou DeSeau, Shirley Kinney, Bob, Declan, Sarah Jones, Roxie Larson, Beth Shafranko, Bob and Ethan Schultz, Lois Smith, Todd Smith, Carl Smollinger, and Cheryl and David Williams. Without your assistance we could have never served over 200 people plus members of our congregation.

A bonus of the evening was that St. Anthony's Center received \$140.83 in donations to continue its outreach to the needy in Williamsport.

### Habitat for Humanity Luncheon



**Your Help** is still needed in preparing and serving the Habitat for Humanity luncheon on Saturday, August 4, 2007. Food items still in need are condiments, a cold salad, cookies, fresh fruit, hamburger rolls, paper products, and money to offset the cost of meat for sandwiches. Please call Becky Miller Pryor @ 321-9523 if you can help.



## United Churches News



### Food Pantry Update

During the summer months the needs at the pantry change somewhat, just like your eating habits do in the warm weather. Children will be home for the season and won't get school breakfasts and lunches. Parents won't always be home to get those meals for them, so the children will be making meals for themselves.

#### Items Needed:

*Canned Fruits & Vegetables*  
*Sugar*  
*(Kool-Aid & Lemonade)*  
*Saltine Crackers*  
*Coffee & Tea Bags*  
*Elbow & Egg Noodles*  
*Canned Stews*  
*Mac-N-Cheese Pasta*  
*Powdered Drink Mixes*  
*Jello & Pudding Mixes*  
*Oodles of Noodles*  
*Chunky Soups*

## A View from the Pew

The end of the school year marked the retirement of our own **Ray Huff** after decades of service in education, most notably as the principal of Montoursville High School. I'm sure that Ray has many memories of great athletic teams, excellent scholars and able colleagues but for me my first thought about him was the way he cared for his student body and parents at the time of the crash of flight 800 carrying many of his students, faculty and friends. Ray was always there in every account of the aftermath of that disaster supporting and comforting all those involved. It was a defining moment for him, demonstrating the kind of man he is and we wish for him all the best in his retirement years.

Two of our younger members were part of the Community Theatre League's production of *Beauty and The Beast*. **Nick Buckman** was featured as the bookseller in the cast. Nick has taken part in several CTL productions as a member of the cast or as stage manager. **Declan Jones** was a member of the ensemble and was most impressive in his Oriental rug costume – I thought he must have drawn the short straw!

In our next newsletter I would like to include those members of the congregation who are going off to college or other pursuits so please drop a line, give a call or catch me at church so that I don't miss anyone. - Joyce S. Hershberger

### Lycoming County 2007 Life Chain

Please mark your church calendars for this year's Life Chain. As in the prior 15 years it will be held on the first Sunday of October at 2:30 p.m. on East Third Street (the "Golden Strip") Williamsport, PA. The goal of the organization committee is to have 90 churches participate with 2000 individuals praying for the lives of unborn children. The date is October 7, 2007.

**The answer to a crisis pregnancy  
 is to eliminate the crisis,  
 not the child.**

### We will be calling you!



In our effort to update our records, we will be calling for e-mail addresses. If this inconveniences those without e-mail, please consider the call an opportunity to chat with the caller!  
 We look forward to talking with you!!!

## YOUTH & FAMILY MINISTRY

# MUSCULAR DYSTROPHY ASSOCIATION

## HEROES DON'T HAVE TO FLY. THEY JUST HAVE TO STRIDE & RIDE!

IF YOU EVER THOUGHT YOU WANTED TO DO SOMETHING TO FIGHT NEUROMUSCULAR DISEASE, HERE IS YOUR CHANCE! THE MDA IS HAVING A STRIDE & RIDE. NOW IS THE TIME! DON'T SIT BACK AND WONDER WHEN WILL THERE BE A CURE! LET'S MAKE IT HAPPEN BY RAISING MONEY TO HELP OUR LOCAL RESEARCHERS CONDUCT IMPORTANT RESEARCH. IN THE WORLDS OF PRESIDENT THEODORE ROOSEVELT, "IT IS HARD TO FAIL, BUT IT IS WORSE NEVER TO HAVE TRIED TO SUCCEED." BEGIN YOUR FIGHT NOW AND DON'T STOP UNTIL THERE IS A CURE!

THE MDA IS SEARCHING FOR MEN, WOMEN AND CHILDREN TO ASSIST WITH THE MDA STRIDE & RIDE. YOUR TASK WOULD BE TO SET A FUND RAISING GOAL THAT IS REASONABLE TO YOU. THE SKY'S THE LIMIT! THEN, RIDE OR STRIDE A MILE IN THE CLIMATE CONTROLLED COMFORT OF LYCOMING COLLEGE IN WILIAMSPORT, PA.



# Saturday, September 8, 2007

## HOW TO STRIDE & RIDE

FORM A TEAM OF AT LEAST 10 MEMBERS. MDA WILL SUPPLY ALL THE MATERIALS YOU NEED TO RECRUIT AND MOTIVATE YOUR TEAM MEMBERS. EACH MEMBER'S GOAL IS TO MAKE A COMMITTED EFFORT TO RAISE FUNDS FOR MDA'S RESEARCH PROGRAM.

## ...AND YOU CAN DESIGNATE YOUR DONATIONS!



THE MDA IS THE WORLD'S LEADING VOLUNTARY HEALTH ORGANIZATION FIGHTING MORE THAN 40 MUSCLE-WASTING DISEASES THAT AFFECT HUNDREDS OF PEOPLE OF ALL AGES RIGHT HERE IN OUR COMMUNITY. STRIDE & RIDE TEAM CAPTAINS HAVE THE OPTION OF DESIGNATING THEIR CONTRIBUTIONS TO MDA RESEARCH FOR DUCHENNE DYSTROPHY, ALS, SPINAL MUSCULAR ATROPHY, MYASTHENIA GRAVIS, CHARCOT-MARIE TOOTH DISEASE AND ANY OF THE OTHER DISEASES THE MDA COVERS. IF YOU ARE NOT SURE IF WE COVER A DISEASE PLEASE GIVE THE SCRANTON OFFICE A CALL TO INQUIRE. THIS FUNDRAISER GIVES YOU THE POWER TO TELL THE MDA WHERE YOU WANT YOUR MONEY TO GO.

For more information contact the Scranton District Office at  
**570-562-1745**

Our Congregation's Donna Clark (998-2290) has provided  
 this  
 information and encourages your participation.

## YOUTH & FAMILY MINISTRY

### COMMUNITY SERVICE, A THANK YOU, AND A GREAT TIME

As many of you may know—or just now are finding out—we are working very hard to move St. Mark's into the 21<sup>st</sup> century by developing a video outreach; website, blog and e-mail communications; a postcard campaign to college students and new residents—the possibilities are endless.

Carlos Saldivia, executive producer of First Contact, has been consulting with us and helping us to develop these instruments to spread the word about God and our mission in His name. He is donating his time, resources and knowledge—some of you met him recently when he spent a day as a “fly on the wall” here at St. Mark's. Carlos and crew have been working extensively in the Williamsport area for 2-3 years now: filming commercials, pro bono, for the Williamsport Symphony Orchestra; assisting students with senior projects, and, among myriad other things, filming the definitive documentary, Michael Pilato: Mural Canyon, about the Inspiration Lycoming Mural on West Fourth Street, across from the Community Arts Center.

The Williamsport-Lycoming Arts Council has taken the production of this enterprise under its wing as a not-for-profit organization. Last year, with one week's notice, we staffed the concession stand through borrowed time slots at the Little League World Series as a fundraiser for the documentary. With such short notice, everyone was very overworked, but extremely motivated, and enjoyed high morale.

This is a plea to anyone who can give four or more hours of their time to work the concession during the days noted below. There is a special need for during weekday “business hours.” What follows are excerpts from a recent e-mail from Carlos, asking for aid:

*“Based on our performance, we (Williamsport-Lycoming Arts Council) earned our own spot...we were the first ones called to pick the days we wanted for this year's LLWS. I picked: all in August, Opening Saturday (18th), Monday (20th), Tuesday (21st), Wednesday (22nd), and Championship Saturday (25th).*

*All of this good fortune happened because of you. I can never adequately enough express my gratitude for your service to me and the Arts Council. Long after our film, Mural Canyon, is over and done, the concession stand will be the Arts Council's biggest fundraiser--thanks to you. I would like to extend to you an invitation to participate again this year.*

*...The hardest days to staff are Mon., Tue., Wed...We are looking at 4-6 hour shifts: starting at 9am going through 11pm...if you can participate, peek at your calendar and let me know when you can help. **Remember, make it even more fun and ask a friend to come along with you.** Khaki shorts, comfy shoes (absolutely no open toed (is toed a word??) shoes), white t-shirts. We feed you. Tell us if you need a ride: we will have drivers available ALL hours on the days we work the concession...”*

All volunteers will be listed as donors to the film, credited as donating \$18 per hour worked. The donor list and more information is available at <http://muralcanyon.org>.

Please call or e-mail Bernadette ([bjones@stmarkswilliamsport.org](mailto:bjones@stmarkswilliamsport.org)) as soon as possible with your availability. Thanks in advance for your help!!!

## YOUTH & FAMILY MINISTRY



ST. MARK'S SUMMER CHOIR CAMP  
PRESENTS

“IN THE BEGINNING...”

A MUSICAL BASED ON THE CREATION STORY

BOOK, MUSIC & LYRICS BY RICHARD LAKEY

DIRECTED BY BERNADETTE H. JONES

SUNDAY, AUGUST 5

in Fellowship Hall

TUREEN MEAL at 6:00 p.m.

(with Dick Lakey's World-Famous Meatloaf)

followed by the PERFORMANCE at 7:00 p.m.

WE HOPE THAT YOU WILL MAKE PLANS TO SEE THIS  
EXCITING, INTERGENERATIONAL EVENT!!

### Children's Summer Chapel



Sunday, August 12th  
10:30 a.m.

Led by Michele Owen  
this will be our last  
meeting until October.

### *Summer Confirmation Camp*

Whew! They did it! Our confirmands—Hannah, Sara, Paige, Brandon and Christina—have completed their three days of concentrated study with Pastor Elkin; learning more about worship, church history, the Bible geography of the Holy Land and different types of service.

On July 16-18, from 9:00 a.m. to 5:00 p.m., they were here at St. Mark's taking leadership positions in Morning, Noon and Evening Prayer; seeing videos on geography, history, missions and other topics; discussing various topics; taking a field-trip to St. Anthony's; and so much more!!

After all that, they endured a grueling, 86-question test; after which they recuperated over dinner with their families and mentors and swimming at Pastor Elkin's.

## St. Mark's Positively Angelic Dog Training

Thursday mornings through August 16th at 10 a.m. in the Courtyard.

Wednesday evenings at 7 p.m. in the Courtyard

Contact us if you are interested or with any questions.

Donna 323-7367 Trish 321-9180



"Ask the animals, and they will teach you...For the life of every living thing is in his hand, and the breath of all humanity." (Job 12:7a,10, NLT)

## YOUTH & FAMILY MINISTRY

Daring to state the obvious: we all know the primary benefits of teaching Sunday School: personal fulfillment, finding a deeper meaning in the Word of God by teaching it to others, becoming more rooted in your own faith life and the joy of seeing a child "get it." If more are required, here are:

### The Top 10 Reasons for Teaching Sunday School

10. It gives you another reason to get up on Sunday morning.
9. It sure beats yard work.
8. All the tee times were already taken.
7. The kids' bloopers will be great on the office bulletin board.
6. Kick-off isn't until 1:00 anyway.
5. Free donuts.
4. It gets your name in the LION at least once a year.
3. A smile per child, per day, for life.
2. Where else can you get a free cup of coffee?  
And the #1 reason for teaching Sunday School is:
1. Didn't someone teach you? **Please call us.**

# Friday Fun Night

August 24th  
6:30 p.m.

One last fling before  
school starts!  
(adults, you get to rub  
it in!!)

### ST. MARK'S SUMMER PLAYGROUP!

Alas and alack! September is in sight on the horizon and we have only two more play dates left for the summer. We'd love for you to join us in socializing, snacking and tiring out the kids!!

<b>Wednesday, August 8</b>	<b>10:00 a.m.</b>	<b>Indian Park</b>
<b>Wednesday, August 22</b>	<b>10:00 a.m.</b>	<b>Bruce Henry Park (bring a picnic lunch)</b>

If you have any question or need directions, please call Vicki Haussmann at 320-0561.

We hope to see you there!



## Trout Pond Park Family Fun Center

1935 Rte. 405 HWY, Muncy, PA

[www.troutpondpark.com](http://www.troutpondpark.com)

**Christian Skate Night** 3rd Wednesday of every month 6:30-9:30 PM  
Skate rental \$2 or \$3 for Speed Skates or In-lines (groups of 10 or more free skate rental!)

**All Christian Music and Fun Games**

## Lutheran Shared Ministry

# The School of Religion

**Oct. 3, 10, 17 and 24  
7 - 9 p.m.**

**St. Mark's Lutheran Church  
142 Market Street, Williamsport**

**Please Print Your Name** \_\_\_\_\_

*Put a 1 next to your first choice and a 2 next to your second choice.*

\_\_\_\_\_ **WILL THE REAL JESUS PLEASE STAND UP?** Every Christmas and Easter, news magazines and TV channels feature Jesus prominently-but often the presentation is of a Jesus that "scholars" or "experts" say is very different from how the Church has portrayed him over the years. In recent years alone, we've heard about the DaVinci Code, the "Lost Tomb of Jesus" and the Jesus Seminar. What truth, if any, is there to these and similar portrayals of Jesus in the media? Can we trust the Church's witness to Jesus as he is portrayed in the four Gospels? These are some of the questions we will begin to explore in our time together. Presented by Pastor Frontz

\_\_\_\_\_ **SINGING THE FAITH.** A look at how our faith is expressed in hymns. The hymns to be studied fall into the categories of Hymns of the Creator, Hymns of Grace, Hymns of Comfort and Hymns of Prayer. Presented by Mrs. Carol Waltz

\_\_\_\_\_ **BAD GIRLS OF THE BIBLE.** This course is based on a book written by Liz Curtis Higgs. To be clear, this course is for everyone, not just women. We will use the book "Bad Girls of the Bible". Good humor is God-given and there's plenty of it in the book. In our course of four weeks we will meet four bad girls of the Bible-starting with Eve. We will have discussions why Potiphar's wife was bad to the bone, what made Lot's wife bad for the moment. And while we are having fun, we will explore a better understanding of the culture in biblical times and what those bad-girls from-the-past can teach us. Presented by Pastor Carla Volland

***To help with room assignments, please advise us if you have physical limitations.***

# HEALTH, HEALING & WHOLENESS

## (W)Holy, (W)Holy, (W)Holy Wholistic Wellness Article for August 2007

In ancient times (Leviticus 13-15), the term leprosy was used to describe a number of skin infections – some of which were highly contagious. It was the responsibility of the priests to determine if the offending agent was serious enough to warrant quarantine outside the camp, and to determine, if and when, the individual was to be allowed back into the fold once again. Today, isolating someone with an infection is not a common occurrence – yet in the some difficult to treat cases, it may be utilized as a last resort.

Recently we've been made aware of a drug-resistant form of TB – one which does not respond to typical/normal treatment. The presence of new “super-infections” may, in some instances, be linked to our past over-reliance on antibiotic treatments for sore throats, ear infections, colds, etc., or in others, to not taking the entire amount of medication needed to completely eliminate the offending bacteria, thus encouraging mutation (**Note** – *Antibiotics must be taken as directed by the prescribing physician – typically that involves enough medication for 10-14 days of treatment – hence a note on the bottle to warn the consumer to take all of the medication!*). It is through our mis-use of this class of medications in humans and animals, that scientists are now seeing new strains of drug-resistant microbes.

Today, one of these “super-bugs” is methicillin-resistant staphylococcus aureus - more commonly known as MRSA. For the past two decades, MRSA was most commonly found in hospitals and long-term care settings. Today it has begun to show up in the wider community as CA-MRSA. Staph bacteria are normally found on the skin and in the nose of approximately one-third of the general population, typically causing no symptoms. Active infection occurs when the bacteria enters a cut or minor abrasion of the skin. It often manifests itself as small red bumps that resemble pimples, boils or spider bites, which quickly become deep painful abscesses. It is this deeper infection which poses a hazard to the very young, the very old, or those who have weakened immune systems.

In recent years, a few cases of CA-MRSA have been linked to locker-rooms, gyms, and crowded living conditions, since its mode of transmission is through cuts, abrasions and skin-to-skin contact. In Pennsylvania, it has been linked to the death of at least one college-aged athlete. Athletes are at heightened risk through cuts and scrapes, but also through the sharing of razors, towels, uniforms or sport equipment contaminated with the bacteria.

How can you protect yourself? By using a few common-sense precautions:

- **Frequent and thorough hand washing** – your own, and of those who care for you at home, in the hospital, or in other long-term care settings.
- **Insist that professionals wear gloves** when providing wound care or working with catheters, IVs, feeding tubes or other invasive devices!
- **Keep personal items personal** – no sharing of towels, razors, clothing and athletic equipment.
- **Keep cuts and wounds** clean and covered with dry, sterile bandages.
- **Wipe surfaces of sport equipment** before and after use.
- **Use a towel or clothing between your skin and shared seating areas in locker rooms.**
- **Sanitize linens and gym/athletic clothes** – if you or a loved one have a skin infection, wash towels, washcloths, and sheets in hot water; adding bleach if possible. Whenever possible, wash gym/athletic clothes in hot water as well.
- **Keep a watchful eye** on minor cuts and scrapes, pimples, insect bites or skin irritations – particularly on children or the elderly.
- **Tell your healthcare provider** if you have or had a staph or MRSA skin infection.
- And finally, **if you are diagnosed with any infection, take medication as prescribed!**

*Debbie Best, Congregational Health Ministries & Family Life Service, Diakon Lutheran Social Min-*

## BIRTHDAYS

James Buckman 08/01  
 Larue Dieter 08/01  
 Kara Hershey 08/01  
 Michele Ramsauer 08/02  
 Aric Larson 08/03  
 Emily Satifka 08/03  
 Matthew Welker 08/03  
 Alona Hopley 08/04  
 Frank Ulman 08/04  
 Creighton MacGill 08/05  
 Donna Miller 08/06  
 Dorothy Burd 08/07  
 Donna Clark 08/07  
 Bret Foust 08/07  
 Louis Kolb 08/07  
 Charles Fortin 08/08  
 Zelma Vitolins 08/08  
 Audrey Wacker 08/08  
 Mary Kimble 08/09  
 Susan Newcomer 08/10  
 Karen Staffini 08/10  
 Leigh Travis 08/10  
 Lynna Robertson 08/10  
 Charles Greevy 08/11  
 Richard Lakey 08/11

Gillian Buckman 08/11  
 Marie Byerly 08/12  
 Louis DeSeau 08/12



Ashley Winner 08/12  
 Ray Huff 08/14  
 Kathleen Dancho 08/15  
 Carl Albright 08/15  
 Frank Doebler 08/15

Beverly Hieber 08/15  
 Amie Larson 08/15  
 Robert Swartz 08/16  
 Tiffany Jarrett 08/17  
 Pamela Travis 08/17  
 Stacie Bieber 08/18  
 Sean Clouser 08/19  
 Lawrence Lehman 08/20  
 Gregg Dancho 08/21  
 Renee Hinds 08/21  
 Andrew Kneedler 08/22  
 Janelle Lukens 08/22  
 Prudence Poff 08/23  
 Kay Poliska 08/23  
 Nathan Clouser 08/26  
 Andrea Gregory 08/27  
 Galen Davenport Jr. 08/28  
 Amanda Weaver 08/28  
 Scott Dietterick 08/29  
 Evan Doebler 08/29  
 Shirley Kinney 08/29  
 Lou Ann Zeigler 08/30  
 Carl Smollinger 08/31  
 Bobbie Yetsko 08/31  
 Melinda Wentzel 08/31

## ANNIVERSARIES

Ernest & Nancy Larson 08/01  
 Ronald & Donna Baker 08/02  
 Fred & Shirley Dieffenbach 08/03  
 David & Tracey Heaps 08/03  
 Susie & Martin Hill 08/05  
 Theodore & Barbara Larson Jr. 08/06  
 Carl & Lucille Weaver 08/06  
 Raymond & Mary Ann Stiller 08/06  
 Bryan & Karen Pelleschi 08/07  
 Fred & Patricia Thayer 08/09  
 Timothy & Deborah Maggs 08/10  
 Kenneth & Beth Shafranko 08/13  
 Bobbie & Edward Yetsko 08/13  
 Edward & Brenda Gair 08/14  
 William & Shirley Hill 08/15



Carl & Beverly Hieber 08/18  
 Karen & Robert Burd 08/23  
 Paul & Jane Zimmerer 08/24  
 Carol & David Butters 08/25  
 Charles & Gloria Greevy 08/26  
 Ruth & Leonard Sherlinski 08/27  
 Philip & Barbara Thomas 08/28  
 James & Virginia Seelye 08/29  
 Valerie Doebler & Thomas Waffenschmidt 08/30



## SPECIAL THANK YOU'S

Dear Bernadette & Committee,

Our sincere thank you for the meal and beautiful gifts we received from St. Mark's for our 57th Wedding Anniversary. Such a surprise, and how sorry we were to be out of town and miss the gathering.

We certainly appreciate that artistic work—such talent!

In Christian Love,

David & Carol McMorris

*(Ed. Note: Our apologies to Dave & Carol as this note was inadvertently misplaced and did not make it into the last two issues of the Lion.)*

Dear Friends at St. Mark's,

Your recent \$280.03 donation to the Shepherd of the Streets Ministry is deeply appreciated. Thank you for your generosity.

Your gift of love is the spark needed for the candle to burn brighter in the hearts of those walking a difficult road.

Thirty dollars of your total donation was deposited into the Shepherd's Prescription Fund and will help those needing medications. You are a blessing to those in need. May all God's richest blessings be with you all.

Karen Nelson,  
Volunteer

*Dear Brothers and Sisters of St. Mark's,  
How blessed I am to be part of your family.  
Many, many thanks for your cards, calls, flowers  
and bread and soup.*

*They all helped so much. Knowing the love  
and concern you shared with me makes my heart  
"rejoice and be exceedingly glad."*

*God bless all of you.*

*Love, Jeanne Fargus*

Dear friends at St. Mark's Lutheran Church,

PVS General Secretary Eric Corson has informed me that you have made a donation of \$37.50 to Prisoner Visitation and Support (PVS.) I'd like to thank you and to share my perspective on prison visiting.

When I began visiting at the Federal Correctional Institution in Danbury, Connecticut, in February 1979 the U.S. was third in the world in numbers of incarcerated prisoners behind Russia and South Africa. Today our country is first in the world in the number of its citizens it incarcerates and it has 116 federal prisons and hundreds of state and county prisons.

The prisoners I visit, today, at FCI Danbury are women. Many of the women are in prison because their make partners sold drugs and the women just happened to be too close. Most of their sentences are for eight years or more—eight years when their children are in their formative years, growing up without either parent on the scene. When the women are arrested, they must hastily arrange for the care of their children by someone from their family or friends who can take them in.

These women need friends—not connected with the prison—with whom they can share what is in their hearts. That is what PVS does. We provide a friend for a heartsick prisoner to talk with.

Thank you for your generous donation to help PVS find additional volunteer visitors and to support them with the proper training to do their visiting. One of our visitors says in the PVS video, "Prisoners and prisons are not very popular", yet, we are challenged by our faith to visit the prisoners. You by your contribution make this possible. Again thank you.

Sincerely Yours,  
Betty Woodman  
PVS Visitor, FCI Danbury, Connecticut

## SPECIAL CONCERNS LIST

Jeannette Aderhold  
2809 Four Mile Drive  
Montoursville, PA 17754

Patricia Alexander  
1745 Chestnut St.  
Williamsport, PA 17701

Nancy Bohartz  
624 Sixth Ave.  
Williamsport, PA 17701

Doris Brownlee  
Fulmer's Personal Care Home  
201 Woodward Ave.  
Lock Haven, PA 17745

Ethel Chambers  
1129 East Third Street  
Williamsport, PA 17701

Bonita Crossley  
R.R. #1, Box 1001  
Hills Grove, PA 18619-9300

June Decker  
338 Sherwood Ave.  
South Williamsport, PA 17702

Larue Dieter  
2150 Warrensville Road, Apt. 2  
Montoursville, PA 17754

Charles Ditchfield  
327 Louisa St.  
Williamsport, PA 17701

Luther Doeblor  
Wmspt. Home, Apt. #115A  
Williamsport, PA 17701

Jeanne Fargus  
2001 Memorial Avenue, Apt 50  
Williamsport, PA 17701

Harriet Fornwalt  
729 Wilson Street  
Williamsport, PA 17701

Doris Fortin  
Rose View Center  
1201 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

John Hollenback  
Williamsport Home  
Spec. Nursing, Rm. #306  
1900 Ravine Rd.  
Williamsport, PA 17701



Charles Homan  
2215 Warrensville Rd.  
Montoursville, PA 17754

Charlotte Hughes  
140 Blueberry Lane  
Williamsport, PA 17701

**Please note new address for Glenn:**

Glenn Lunger  
Messiah Village  
Room 259W D Special Care Unit  
100 Mt. Allen Drive,  
Mechanicsburg, PA 17050

Lucille Markel  
Rose View Court, Apt. 307  
1251 Rural Ave.  
Williamsport, PA 17701

Anne Miller  
947 Hepburn St.  
Williamsport, PA 17701

Jane Oakes  
833 Funston Avenue  
Williamsport, PA 17701

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

James Sheaffer  
Rose View Center  
1201 Rural Ave.  
Williamsport, PA 17701

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

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

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

Ira Tuxford  
1838 Blanchard Ave.  
Williamsport, PA 17701

Henrietta Tyson  
2190 Grampian Blvd.  
Williamsport, PA 17701

Zelma Vitolins  
899 Eckard Rd.  
Cogan Station, PA 17728-9322

Beulah Wrede  
Faxon Commons,  
1804 Loyalsock Drive, Apt 305  
Williamsport, PA 17701

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

# SAINT MARK'S CALENDAR OF EVENTS

## August 2007

### St. Mark's Calendar of Events

*The Way is coming!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b> <b>Pentecost X</b> 8:00 AM & 10:30 AM HC 9:15 AM Summer Forum 6:00 PM Tursean Meal 7:00 PM "In The Beginning"	<b>6</b> 9:00 AM Morning Prayer	<b>7</b> 9:00 AM Morning Prayer	<b>1</b> 9:00 AM Morning Prayer 9:15 AM Staff Meeting 5:30 PM Choir Camp 7:00 PM Angelic Dog Training	<b>2</b> 6:31 AM Men's Ministry 9:00 AM Morning Prayer 10:00 AM Angelic Dog Training 5:30 PM Choir Camp 6:00 PM Stephen Ministry Training	<b>3</b> 9:00 AM Morning Prayer 5:30 PM Choir Camp	<b>4</b> 9:30 AM Choir Camp - Final Rehearsal 12:00 PM Luncheon for Habitat Workers
<b>12</b> <b>Pentecost XI</b> 8:00 AM & 10:30 AM HC 9:15 AM Summer Forum 10:30 AM Children's Chapel	<b>13</b> 9:00 AM Morning Prayer	<b>14</b> 9:00 AM Morning Prayer 12:00 PM Finance Comm. Mtg. at Ross Club 7:00 PM Property Comm. Mtg.	<b>8</b> 9:00 AM Morning Prayer 9:15 AM Staff Meeting 10:00 AM Summer Playgroup 7:00 PM Angelic Dog Training	<b>9</b> 6:31 AM Men's Ministry 8:00 AM Stephen Ministry 9:00 AM Morning Prayer 10:00 AM Angelic Dog Training 6:00 PM Stephen Ministry Training	<b>10</b> 9:00 AM Morning Prayer	<b>11</b>
<b>19</b> <b>Pentecost XII</b> 8:00 AM & 10:30 AM HC 9:15 AM Summer Forum	<b>20</b> 9:00 AM Morning Prayer 6:30 PM Council Mtg.	<b>21</b> 9:00 AM Morning Prayer	<b>15</b> 9:00 AM Morning Prayer 9:15 AM Staff Meeting 9:45 AM Little Lambs Liaison Mtg. 12:00 PM Lunch 'N' Fellowship 7:00 PM Angelic Dog Training	<b>16</b> 6:31 AM Men's Ministry 9:00 AM Morning Prayer 10:00 AM Angelic Dog Training 4:30 PM Exec. Comm. Mtg. 6:00 PM Stephen Ministry Training	<b>17</b> 9:00 AM Morning Prayer	<b>18</b>
<b>26</b> <b>Pentecost XIII</b> 8:00 AM & 10:30 AM HC 9:15 AM Summer Forum 10:30 AM 75+ Milestone Service & Luncheon	<b>27</b> 9:00 AM Morning Prayer	<b>28</b> 9:00 AM Morning Prayer 6:00 PM Little Lambs Open House 7:00 PM Family Promise	<b>22</b> 9:00 AM Morning Prayer 9:15 AM Staff Meeting 10:00 AM Summer Playgroup 7:00 PM Angelic Dog Training	<b>23</b> 6:31 AM Men's Ministry 9:00 AM Morning Prayer 6:00 PM Stephen Ministry Training	<b>24</b> <b>Newsletter Deadline</b> 9:00 AM Morning Prayer 6:30 PM Friday Fun Night	<b>25</b>
			<b>29</b> 9:00 AM Morning Prayer 9:15 AM Staff Meeting 6:00 PM Little Lambs Open House	<b>30</b> 6:31 AM Men's Ministry 9:00 AM Morning Prayer 6:00 PM Stephen Ministry Training	<b>31</b> 9:00 AM Morning Prayer 9:15 AM Newsletter Crew	

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)



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Williamsport, PA 17701

*Do you have questions about your faith?  
Do you want to mature in your Christian faith  
and strengthen your relationship with Christ?  
Then we have the answer for you!*

Join us for the 8th year of St. Mark's ***The Way!***

***The Way***  
**September 16th**  
**4:00 p.m.**

Contact the church office for more information  
**323-4619**