

# The Lion of St. Mark's

DECEMBER 2007

## **Bishop Driesen to Visit**

Our new Bishop, elected in June and installed in October at Susquehanna University, will be making his first visit to St. Mark's on December 2. He will be preaching and presiding at both services on that day. Of course Bishop Robert Driesen is no stranger to us because of his many years of service as pastor at Messiah, South Williamsport. He is a skilled teacher and fine preacher.

In addition to leading us in worship, the Bishop will be meeting with all who would like to engage him in conversation in the chapel during the Sunday School hour. He will have a brief teaching presentation and then lots of time for questions and general discussion.

The new Bishop will also join us at lunch following the 10:30 service, together with those who are going to be making Advent wreaths for their homes. Then he will move to the Crossways room and meet there with the Council to discuss congregational mission and planning

With such a variety of activities planned, the Bishop should get a good view of the scope of our life at St. Mark's. Plan to be present to meet him or renew acquaintance with him as we begin the new Church Year with a visit.

Come, thou long-expected Jesus,

Born to set thy people free;

From our fears and sins release us.

Let us find our rest in thee.

Israel's strength and consolation,

Hope of all the earth thou art;

Dear desire of every nation,

Joy of every longing heart.

-Charles Wesley (1707-1788)

## Official Notice:

By call of the Congregation Council, a Special Assembly of the St. Mark's congregation will be held following the 10:30 service of worship on December 9, 2007 for the sole purpose of acting on the budget for 2007. A summary of the budget is included in this Lion on page 13 and complete details may be obtained from the Treasurer, Jackie Smith Kinney at 323-5938.

Just a reminder...During the Holiday Season many of our seniors and shut-ins struggle with loneliness and grief. Won't you remember one of them with a card or a phone call? Perhaps you could even offer to drive them to a church service?

Addresses are on page 16 and you can call the church office for a phone number. Earl Foulkrod, Calvin Bennett, Edith Anderson and Jim Sheaffer have birthdays this month and would really appreciate a card reminding them they are loved.

#### **COUNCIL UPDATE**

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St. Mark's logo polo shirts are still available in many colors and sizes. To order call Donna Clark 998-2290 or the church office 323-4619

#### COUNCIL MEETING

The Council met in regular session on November 19 in the Crossways room. The Council:

- received reports from the pastor, officers, and committees.
- moved to welcome Herbert Poff into membership by Letter of Commendation from First United Methodist
- moved to welcome Craig Johnson into membership by letter of Transfer from Messiah Church.
- ratified the action of the Worship and Music Committee to refurbish the offering plates in January.
- received the budget prepared by the Finance Committee and voted to propose a spending plan for 2008 in the amount of \$339,776 to the congregation.
- moved to call a special assembly of the congregation for December 9 for the purpose of acting on the proposed budget.
- ended the sesion by praying together *Prayer at the Close of the* Day in the chapel.

## From the Parish Register

- Pastor Elkin presided at the wedding of Todd Fortin and Louann Hiller in the nave on November 3.
- Pastor Elkin presided at the wedding of Brian Kling and Vicki English in the chapel on November 10.
- Pastor Elkin presided at the memorial service for Kester Sobers in the nave on November 7 and interment of ashes in our columbarium in the chapel on November 9.
- those receiving Holy Communion for the first time on November 18 were Ezra Buckman, Kara Hershey, and Morgan Comini.
- Harriet Fornwalt has moved to the Church Triumphant. A memorial service will be held on May 25, 2008.
- A celebration of life service was held for Doris Buzzerd on November 24, 2007.

#### Website & E- Mail Addresses

http://stmarkswilliamsport.org

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

pastor@stmarkswilliamsport.org stmarks@stmarkswilliamsport.org rlakey@stmarkswilliamsport.org gweber@stmarkswilliamsport.org smsmith@stmarkswilliamsport.org bjones@stmarkswilliamsport.org ldeseau@stmarkswilliamsport.org scomini@stmarkswilliamsport.org rwagner@stmarkswilliamsport.org

#### **CHRISTIAN COMMUNITY NEWS**



#### They're on *The Way!*

This year's group of persons on The Way began meeting back in September, and they are now ready to make it public that they intend to follow

through the process. They ask for your prayers as they grow together in faith through prayer, study, conversation, fellowship, worship, and service.

This year's group includes: Todd Smith, Dr. Andrew Haussmann, Vicki Haussmann, Clint Epplemann & Ruth Sherlinski. Please give them a word of encouragement on Sunday, December 2, or any other time.

## Lunch N' Fellowship

Wednesday, December 19th Noon

Baked Ham & Buttered Kluski Noodles



Bring a friend, a side dish to share, and your best dessert!

Come hungry!

#### Can You Sew At Home?

Wanted are people to make fabric bags for School Kits. In order for us to continue our School Kit program we need people to sew the bags over the winter. We would ask you to make five or ten cloth bags so that we could meet our goal of maintaining our long tradition of providing School Kits for needy children next summer.

Picture a young child who wants to learn but cannot attend school because his parents cannot afford to buy the needed school supplies. Schools in the third-world countries cannot provide children with the materials to learn, as they do in our country.

What can you do in addition to buying the items to fill the bags next summer? You can help by making cloth bags, so that each child can have their own bag of school supplies. They are easy to make. See Shirley Hill for instructions and material. Many thanks!



#### FROM THE MONEY COUNTER CREW

Our job while counting the money handed in by congregation members is twofold. First, we want to make sure that you get proper credit for all monies you contribute. Second, we want to be sure that your money goes to whatever you designate, such as Regular, Capital, Hunger, etc.



You can help to ensure that those two things happen correctly by giving in <u>your</u> envelope, which is marked by <u>your</u> member <u>number</u>. If you don't use a regular church envelope, <u>please</u> put your member number on whatever envelope that you use. Also, please indicate on the outside of the envelope the amount of money you are enclosing. Should you have privacy concerns, simply turn the envelope over prior to placing it in the collection plate.

Be sure you indicate where you want the money to go by clearly stating it on the outside of your regular church envelope in the event that it is for something special. Use the

blue envelope whenever possible for specific donations. Also, it would be wise to note on the memo portion of your check re specific places, such as Lent, Shepherd of the Streets, etc.

Following the above directions would help us very much to accurately record the amount and designation of your gifts, so that you receive proper credit.

#### **CHRISTIAN COMMUNITY NEWS**

#### **Directory Address Changes**

Jeremiah J. Doebler, 118 Vauxhall St., Apt. 1, New London, CT 06320

#### **Snowbirds**

Lois Winters Goldy, 19467 Zinnia Lane, Brooksville, FL 34601 William & Helen Hibschman, 108 Coleman Street, Edge Water, FL 32141–7311 David & Carol McMorris, 330 Forest Hills Circle, Prescott, AZ 86303



#### **MILESTONES**

#### Adults welcomed to The Way on December 2:

Dr. Andrew Haussmann, Vicki Haussmann, Clint Epplemann, Todd Smith, Ruth Sherlinski.



Ezra Buckman, Morgan Comini & Kara Hershey

#### **Deaths:**

Kester Sobers, Harriet Fornwalt & Doris Buzzerd

#### **First Communions on November 18:**

Ezra Buckman, Morgan Comini, Kara Hershey

#### Students welcomed to the Catechetical process on November 18:

Stephen Boone, Corey Hospes, Emily Newcomer, Devin Owen, Riley Weber

#### **American Rescue Workers Christmas Baskets**



This year St. Mark's is collecting cans of green beans for the American Rescue Workers to assist in filling more than 400 Christmas baskets they prepare for needy people in our community. The American Rescue Workers provide a Christmas basket filled with enough food to stretch leftovers for three or more days. As you are doing your holiday shopping, please pick up an extra can or two of green beans to add to the barrel in

#### **Hunger Awareness**

The Social Ministry Committee wishes to thank the congregation for their donations of non-perishable food items. Three tubs filled with food were given to the Shepherd of the Streets for use in Thanksgiving Baskets for 450 families in our community.



A special thank you is due Lou DeSeau for delivering the canned goods to The Center for inclusion in the baskets.

December 30

#### **CHRISTIAN COMMUNITY NEWS**

## Stephen Ministers Invite the Congregation to hear

Dr. Alexander Nesbitt
January 3rd 9:30 a.m.
Crossways Room



Dr. Nesbitt will speak to the Stephen Ministers about Hospice, Palliative Care, The Gatehouse, and advanced care Planning including Physician Orders for Life-Sustaining Treatment (POLST.) The POLST form facilitates the process of translating end-of-life discussions with patients into actual treatment decisions, and provides security for the individual and physician that the expressed wishes will be carried out.

Please consider joining the Stephen Ministers for this informative presentation!

# Nurse's Notes

December 2 Amid the hustle and bustle of Advent, don't forget to get your flu shot!!

**December 9**Mama in her kerchief and I in my... socks ....? According to Dr. Phyllis Zee,
Northwestern University Feinberg School of medicine, if you want a good night's
sleep, slip on some socks! "The instant warm-up widens blood vessels in your feet,
allowing your body to transfer heat from its core to the extremities, cooling you
slightly, which induces sleep!"

(*Prevention*, Dec. 2007, pg. 48) Slather on some petroleum jelly before the socks, and soften winter dry feet at the same time!

December 16 Cranberries contain more health promoting antioxidants than coffee, blueberries and red wine! The greatest amount is found in the whole fruit, and lesser amounts in juice, sauce or jelly!

Beginning today, set aside at least 10 minutes to just sit, take deep cleansing breaths, and *listen* ... for as Elijah discovered, God was not in the wind ... the earthquake ... the fire ... but in the "sound of sheer silence". May his whisper flow over and around you as we celebrate the birth of his son .... Emmanuel .... God with us! (To be continued ....)

Have you been setting aside the daily 10 minutes in silence with God? Good! Add 5 more minutes each week for the next two weeks. Watch your stress level lower as you continue to listen... in silence... to where God is leading you in 2008! You will know you have the deep breathing correct by simply placing your hand on your belly – as you breathe deeply, allow your hand to rise and fall on your stomach. Joyous New Year!

## **Social Ministry News**

#### **Needlework Guild of America News**

St John's-Newberry United Methodist Church in Newberry was the site of the recent In-Gathering of clothing items for the Newberry Branch of NGA. Coats, clothing, shoe vouchers, hygiene items, and linens were on display for more than 400 individually named people. Young children are the primary recipients of these items. The eighteen Head Start classes in the Williamsport Area are one of our largest responsibilities with 276 children receiving a sweat suit, shoes, or a winter coat.

On behalf of NGA, Debra Buckman and Becky Miller Pryor wish to thank the congregation and the Women of St. Mark's for their clothing and monetary donations. Without your assistance, we could not continue in the work our grandmothers and mothers began believing "New Clothes for New Tomorrows" was possible.

#### Calling Saint Mark's Elves

Please join the Social Welfare Committee on Tuesday, December 4, 2007 at 7:00 p.m. in hosting a Christmas party for twenty women at the Selinsgrove Center.

Saint Mark's has been visiting the Selinsgrove Center for many years but only began entertaining this group last year. These ladies, many in wheelchairs, require constant care from the staff. It was evident their caregivers were dedicated to the ladies and their care.

The committee needs your assistance with this event. Please consider doing one or more of the following.

- · Join us that evening. There will be singing, storytelling and gifting. We will meet at the church parking lot at 5:30 p.m. and carpool to Selinsgrove.
- · Donate <u>Dove Body Wash</u> or its equivalent. Their skin needs the moisturizing qualities in this type of body wash.
- Donate individual servings of pudding (no refrigeration needed) in all flavors. It is their favorite treat. They only receive vanilla, so other flavors are an extra-special treat.
- · Donate gift bags and colored tissue paper to package the body wash and pudding.
- We want to take holiday cookie trays to their dedicated staff. Donate cookies and candy to be given to their caregivers on three shifts.
- · Donate money to offset the cost of gifting. Checks may be made payable to Saint Mark's.

Requested items for gifting can be left in the box in the Narthex. Please speak with Becky Miller Pryor to assist with this heartwarming event.

#### USS ARK, SYNOD & WEST BRANCH NEWS



#### St. Nicholas Day

The West Branch Conference is not just an administrative district of the ELCA. We are the Church and worship together.

The West Branch

Conference St. Nicholas Day Service will be held Thursday, December 6, 7:00 PM at St. Luke's, Williamsport. St. Nicholas, Bishop of Myra, was known for his care for children and will be present in form of The Rev. Ted Cockley.

The service is geared towards children. They will receive gold coins. Following the service there will be a craft and refreshments. Congregations and individuals are asked to

#### Camp Mount Luther

It's not too early to think about being part of next summer's Ministry Team at Mount Luther. Application packets are now available on the camp's website at www.campmountluther.org. We are looking for a number of positions, including counselors. Interviews will be scheduled following the first of the year. If you have questions, please contact Chad Hershberger, Executive Director, at

#### **Christmas Service in German Language**

St. Michael's, Cogan Station offers a Christmas service in the German language on Sunday, December 16, 7:00 PM. Christmas carols like *Stille Nacht* will be sung and the Christmas gospel will be read in German. This service is for all who understand German or who would just enjoy a service in another language. St. Michael's is located off Route 973 West in the Village of Quiggleville.

#### **Pastor Volland Wins Hunger Award!**

Rev. Carla Volland (Clarkstown/Lairdsville Parish) was recognized with one of three ELCA Hunger Awards. She attended the 2006 World Hunger Leadership Gathering and left inspired. Determined to do more to fight hunger, she returned to the Upper Susquehanna Synod and proceeded to recruit and organize an entire hunger committee. Pastor Carla and the synod hunger team started a campaign using a caterpillar to raise awareness of hunger issues throughout the synod.

#### What's a Conference Cabinet?

This past summer, the Synod in assembly adopted a new structure, rearranging responsibilities and adding some more assistance for the Bishop. One element of the old structure was a representative body in each of the Conferences of the Synod. In the other five conferences, this has withered, but in our West Branch Conference, it has remained a good way to share information and planning. Therefore, last spring our Conference decided to reconstitute the Cabinet rather than dissolve it as other conferences did. The reorganized Cabinet meets five times a year and is slated to deal with a particular area of common interest in each session. Recently the topic was the adult catechumenate and Christian education. Pastor Elkin spoke to the group about The Way at St. Mark's and fielded many questions. The next session will be on campus ministry, and Pr. Huckfeldt will be the presenter. Our representatives to the Cabinet are Bud & Joyce Hershberger and Pr. Elkin.

#### Leave a Legacy for Ministry and Mission

Think about the part you want to play in the Church's future. You have the opportunity to support the ministries of the church in many ways. Naming your congregation or other ministries of the Church as a beneficiary in your estate plan or the making of an endowment gift can assure your continued participation in this ministry far into the future. For more information on how to include your favorite Church charities in your estate planning call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the Foundation of the ELCA, 800/638-3522, ext. 2970 or visit our website at www.elca.org/fo.

# News from the Pews

At this special time of Thanksgiving it seems appropriate to remember those members of our congregation who have died this year of 2007. This has been an especially difficult year as we have had fourteen deaths since January.

We have mourned the loss of mothers and fathers, aunts and uncles, sisters and brothers, and friends—all of whom have touched our lives in one way or another.

Most of these men and women have been longtime committed members who have contributed to the life of the congregation through service in many areas and faithful support o the work of the church.

I would like to call your attention to three of that group whose contributions to St. Mark's have been unique. Louise Kneedler, in addition to her service on congregation council, worked with the sewing ladies and on the bazaar and was one of the money counters who gather every Monday morning to see to the financial needs of the church.

Kes Sobers, a member of our church for decades, was invaluable to the Property Committee in planning for maintenance work and making sure it was completed well, even to doing much of the work himself. He spent many months working on the archives making sure that our history was preserved and offered his wisdom to all of us on many subjects.

Harriet Fornwalt—who of us has not enjoyed the gifts she created in the kitchen? At any of the church dinners, funeral luncheons, bazaars, etc. she was chief cook, buyer and supervisor of the preparation. When she became ill, she continued to help for as long as she was able, never complaining about he work and always cheerful.

How painful for us to lose these saints of the church but I am reminded of a verse from Revelation: "They are before the throne of God and the one seated on the throne will shelter them."

We entrust them to God's loving care but we will miss them 'in the pews' but will keep them in our hearts.

~ Joyce Hershberger

# It's BREAD BAKING with Katy!

What a great way to begin the year!

11:00 am Wednesday January 2



Katy will be back!

Come in flour-proof clothes and ready for fun!

#### **Music & Worship News**

**Columbarium**-Have you had taken the opportunity to look at our Columbarium that is now a part of our beautiful Chapel? If not, please do drop by. It is so pleasant and serene in its location looking out onto the courtyard. If you are interested in finding out more about it, speak to Pastor Elkin or Bob Miller.



Family Advent Wreath Making Event - Dec. 2, after the 10:30 service with a light lunch provided first.

**Caroling to our shut-ins**-meet at 2:00 PM in Fellowship Hall. Hopefully we will have 5 carloads of folks (young and old alike) so that all of out shutins get to sing-a-long with us the familiar tunes that they once sang while in our midst. A happy voice, not necessarily a perfect pitched voice, is all that is required. Wear warm clothing.

A Night for Dancing-the youth cantata led by Dick Lakey, will be presented during the Sunday School hour on the 23rd and once again Christmas Eve at the 7:00 PM service. This is a MUST HEAR and MUST SEE event.

**Decorating the Nave for Christmas**-immediately after the 10:30 service on the 23rd. Wait until you see this year's tree that the men picked out. The more hands that help, the merrier we all become. What a lovely transformation we help to create that day.



**Poinsettias Delivered to shut-ins**-12/26. Please help to deliver the flowers that graced our chancel on Christmas Eve to those members who were not able to be with us that evening.

**Remembrance Service-**Dec. 30th Come and support those who grieve during this season, at 4:00 p.m. on the 6th day of Christmas

Thank you to **Marie Byerly** for her many years of arranging for the 8:00 AM service lectors. Her friendly manner persuaded a variety of members to help lead the service each Sunday morning. Grace Arner will be taking over this responsibility now so if you are so inclined and currently do not serve in that capacity, speak to Grace. She'd be most appreciative.



# Holiday Fun Night

6:30 p.m. December 28

If you haven't joined us yet what are you waiting for?

Join us for a fun time of games, laughter and fellowship!



#### YOUTH & FAMILY MINISTRY

# And what a day it will be..... We hope you're planning on joining us this first Sunday of Advent!

#### Bishop Robert Driesen is joining us that day;

He'll be presiding at both services and joining us for lunch afterwards.



# then Ezra, Kara and Morgan are receiving their Bibles as they mark their Third Grade Milestone;

At the 10:30 service on December 2nd! Then They and their families are invited to join in the luncheon immediately following the service when Pastor Elkin will sit down with the children to explore their Bibles and see what messages relatives and friends have written or favorite passages they have highlighted in the Books.

#### ...then we are having our annual Advent wreath-making;

You...yes, <u>you</u>...and your family are invited to attend the annual Advent Wreath Making on Sunday, December 2, at noon in Fellowship Hall. The children will again decorate their tree in the Hall with the hand-made ornaments donated to the children of St. Mark's. Please join us for a time of food, fun and fellowship and make an advent wreath for your home!





#### ...and, to top it all off---food!!!

A LASAGNA LUNCHEON follows all of the above!!

If you plan to attend, and haven't already notified us,

CALL AND LEAVE A MESSAGE THE SECOND YOU GET THI S!!!!

We need to prepare for lunch and gather supplies for the wreaths.



#### YOUTH & FAMILY MINISTRY



# a night for dancing

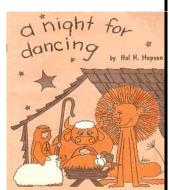
This lovely Christmas Cantata by Hal H. Hopson will be presented during the Sunday School hour on December 23 and again on Christmas Eve, at the 7:00 pm service.

YOU CAN STILL JOIN US!! We need children, youth and adults to stage

this retelling of Christ's birth. Stephanie Fortin, Nick Buckman and Declan Jones will be filling the parts of

Mary, Joseph and Matthew, the shepherd. Adults and children will fill in the choral parts, with the youngsters acting out the animals and shepherds. Adult and youth assistance is also required for assembling and organizing costumes and props for our young actors.

We realize how busy everyone is at that time of year and have put together a rehearsal schedule keeping that in mind. Rehearsals will be December 15 and 22 (both are Saturdays) from 10:00 a.m. until noon. Sign-up sheets are in the narthex and the staff and choir hallways. If you have never participated before—please consider it now. We look forward to you joining us!! Please play a part with us in presenting this fun and meaningful rendering of the Christmas story. We can't do it without you.





## **YOUTH & FAMILY MINISTRY**

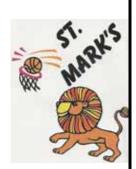


#### Children's Church

will be held on Sunday, December 9! Our special offering that day will be <u>Cans of Green Beans</u> to send to the American Rescue Workers. They will pack these in the baskets of food going out to needy families. Please join us in worship with the whole family!

# John Bower Basketball League FIRST GAMES SATURDAY ON DECEMBER 15th!!!

We have ten children on the Beginner Pee-Wee team, who practice from 6-7 pm, at Trinity Episcopal, on Tuesdays. Our Midget team is 12 strong this year, with assistance from Messiah. And all boys!! Practice is from 7-8 on Tuesdays at Trinity. Sara, Hannah and Christina—"teamless" this year-- are assisting our returning coaches: Rick Robertson, Kirk Owen and Jeff Hershey. Look for times in the bulletins!





Join us for a morning of
fun activities.
Help bake cookies for our shut-ins—maybe
sample a few as well?
Create a craft project as a gift for a special
someone—
Mom, Dad, grandparents...?
Play a game or two!

#### New Worship Opportunities

On the 1st Sunday of each month we meet in the chapel at 7:00 PM. This 1/2 hour service of Word and Prayer is a quiet, reflective time using the Taize community style of music.

On the 3rd Sunday of each month we meet in the chapel at 8:00 PM. This 1/2 hour service of Word and Praise uses livelier music, such as we explored on Wednesday's last Spring.

We hope you will join us as we explore new ways to praise and worship our Lord.

#### **Operation Christmas Child**

A warm "Thank you!" goes out to all those who gave so abundantly, filling the shoeboxes for the needy! We delivered a total of 37 gift boxes to Pine St. U.M. for sending to the Operation Christmas Child headquarters. Thank you again for your generosity!!

# 2008 Proposed Budget

	Budget	2008 Budget	EXPENSE: GENERAL FUND	2000	0006		2002	3000	
GENERAL FLOYD			Staff Salarica	Budget	Budget	CHRISTIAN EDUCATION	Budget	Budget	ш
Religious Income			64 Pastor Salary	39,000,00	41,000,00	130 Curriculum	2,000.00	1,500.00	_
social services			65 Pastor FICA	8,415.00	8,721.00	131 CE Supplies & snacks	200.00	350.00	_
15 Envelopes & Piedges	254,672.00	262,275.00	67 Pastor Housing Allow	16,000.00	16,000.00	27 Special Events	700.00	700.00	_
17 Plate Offerifgs	4 800 00	\$ 000,00	73 Organist Salary	34,000.00	35,500.00	102 VBS	1,200.00	1,000.00	_
21 Easter	2 200 00	2 200 00	35 Organist TSA	3,400.00	3,550.00	82 Cemps	200.00	0.00	_
19 Lent	2 500 00	2 000 00	75 Organist Pension	3,536.00	3,692.00	127 Library	300.00	00'0	_
23 Christmas	1 500 00	3 500 00	40 Youth & Family Ministry Coord	23,815,00	27,456.00	109 Youth Activities	850.00	500.00	
22 Thanksgiving	700.00	700.00	77 Secretary Salary	14,885.00	16,848.00	113 Confirmation & Communion	400.00	600.00	_
236 Bulletin Memorials	300.00	300.00	96 Sexton Salary	22,328,00	23,400.00	53 Milestone Ministry	800.00	800.00	_
34 Heat Envelope Income	6 000 00	5.000.00	60 Financial Sec Salary	11,908.00	10,608.00	103 The Way	400.00	400.00	_
20 Miscellanous	0.00	0.00	Total for Salaries	177,287.00	186,775.00		7,350.00	5,850.00	_
Total for social services	274.6	280,975.00	Miscellaneous			PROPERTY			
Miscellanous Income			66 Pastor Pension/Adm	9,703.00	8,993.00				_
			115 Pastor MSA	1,800.00	1,800.00	140 Building Supplies	1,500.00	1,200.00	_
25 Parking Lot Rent	7,500.00	4,800.00	104 Pastor Mileage Reimb	2,800.00	2,000.00	143 Repairs/Maintenance	7,000.00	7,000.00	
26 Little Lamb Room Rental	9,000.00	10,300.00	100 Pastor's ContEducation	700.00	700.00	70 Outside Services	3,000.00	3,000.00	_
32 Room & Hall Rental	1,000.00	1,300.00	138 OrganistMusicRoterve	2,930.76	850.00	134 Building Security	2,400.00	2,400.00	
57 Welker/Capital - General	19,000.00	21,000.00	91 Organist ContEducation	200.00	200.00	135 Electricity	11,000.00	11,000.00	-
87 Welicer/Benevolence -General	2,000.00	2,000.00	118 Substitute Organists	00'009	00000	128 Fuel	24,000.00	24,000.00	
	38,500.00	39,400.00	43 Y & F ministry Conf. Education	200.00	200.000	137 Water of Sewage	800.00	1,100.00	ш
Fund Transfer			230 Employer's share FICA	6,630.00	7,056.00	139 insurance & K.E. 18xes	18,000.00	11,000.00	
			23.7 Employer's Share Medicare	1,550.00	1,707.00	114 Capital Improvements 168 Building Appenies	00.00	0.00	
170 Investment Income	17,000.00	19,000.00	23 / Employees Hospital	11,000.00	11,000.00	181 Emineral	730.00	220.00	1
Total for GENERAL FUND 330,172.00	330,172.00	339,375.00	12 Misc. Staff Mileage	200.00	300.00E	124 Welker - Capital Exp	0000	0000	
			62 Cont. Ed Lay Staff - Retreats	250.00	150.00		60 030 00	00 045 69	
			Total for Miscellaneous	39.963.76	36,656.00	AMAGENT & SONS TONIANSO		1	
Lotal Income	330,172,00	339,375,00		217 250 76	223,431,00	DENEYOLENCE & CHANGIT			_
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			TATION OF THE PROPERTY OF			153 Sydod Benevolence	1,200,00	3,000,00	
			146 Office Supplies	5 000 00	5,500,00	72 Neishborhood Ministr	200.00	200000	
750		}	151 Telephone	2,300,00	2,400.00	117 Fellowshin - Intohen narish	1 500 00	800.00	
			149 Postage	2,400.00	2,400.00	179 Stenben Ministries	400.00	400 00	
			111 Advertising	1,500.00	2,800.00	121 Health & Wholeness	\$00.00	250.00	
			148 Office Equip. Maint.	2,000.00	2,000.00	208 Shepherd/Streets	1,000.00	1,500.00	
			56 Professional Expense	2,000.00	1,500.00	225 United Churches	1,000.00	1,200.00	
M.H I. I th	) mono	Acres of	106 Stewardship	1,700.00	1,700.00	157 Prison Ministries	300,00	300.00	
St. Mark's Lutheran Church	eran	malan	144 Accounting Expense	0.00	300.00	162 Selinsgrove Center	125.00	125,00	_
U T	4		33 Mucellaneous Expens	300.00	300,00	180 Gettysburg Seminary	100.00	. 100.00	
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		000	175 Music Copy Rights	350.00	200.00		18,925.00	23,575.00	_
Proposed Budget for 2008	et tor 2	200	120 Music	1,200.00	1,200.00	Total for GENERAL FUND	336,255.76	339,776.00	
0			123 Instrumental/Soloist	250.00	300.00				н
			207 Supply Pastor's Day	20.00	500.00				П
			119 Music Equin Maint	2 300 00	1,600.00	Total Expense	336.255.76	339,776,00	_
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			112 Supplies/Bulletins/P. Flowers	750,00	750.00	arrows - rybense	10,002,10	TWITTEN TO	_
DOCUMENTAL PROPERTY AND PERSONS ASSESSMENT	NAME AND ADDRESS OF	STATE OF THE PARTY	30 Devotional Booklets	200:00	200.00				н
			Total for Miscellaneous	2,600.00	5,600.00				_

#### **HEALTH, HEALING & WHOLENESS**

"My grace is sufficient for you, for power is made perfect in weakness ... therefore I am content with weakness ... for whenever I am weak, then I am strong. (2Corinthians 12:8 & 10 – NRSV)

Paul is of course referring to a "thorn in his flesh" – exactly what that was, we do not know for certain. His appeal to God for its removal, was not answered in quite they way he would have liked. Instead Paul comes to recognize that this constant irritant somehow served to make him a stronger person. We witness this type of inner strength in those who have managed to control their Type 2 diabetes.

For the diabetic, this time of year can be especially trying, since many of our holiday celebrations seem to center around sharing food with friends and family. For all of us, eating a balanced diet high in complex carbohydrates and low in saturated fats, sugar, and salt seems almost impossible as we attend parties and family gatherings. Here are a few tips we can all benefit from, that may make holiday dining less of a challenge for friends and family members who are diabetic. Better yet, keep them in mind when preparing food for your next church dinner/pot-luck:

- ★ whenever possible, substitute low or no-fat products in meal preparation for example, fat-free salad dressing, yogurt instead of sour cream, fat-free mayo, or salsa instead of dip
- ★ offer foods that are considered "complex", fiber-rich carbohydrates fruits, vegetables, whole grains, beans, lentils, low-fat dairy products
- ★ be aware that diabetics should consume carbs spaced throughout the day, so rather than have one huge meal, provide healthy snacks of vegetables, fruit, nuts throughout the day
- ★ buck the trend of deep-frying turkey stick to roasting
- ★ stay away from alcohol
- ★ use canola or olive oil in dish preparation
- ★ desserts need not be off limits, but try to offer healthier choices such as fruit salad, angel food cake with berry puree, or why not try this holiday cookie recipe from the American Diabetes Association:

#### **Ingredients:**

½ c. stick margarine1 1/3 c. all purpose flour1 cup Equal Sugar Lite¾ tsp. baking powder1 med. egg¼ tsp. salt

1 tsp. Vanilla 1 pkg. Sugar Free Fruit Flavored Gelatin

Beat margarine and Equal in medium bowl on medium speed of mixer until well combined. Mix in egg and vanilla until blended. Add combined flour, baking powder and salt. Mix to blend. Drop dough by rounded teaspoon onto cookie sheets sprayed with non-stick cooking spray. Flatten slightly using the spoon. Sprinkle with sugar-free flavored gelatin. Bake in pre-heated 350 degree oven for 10-12 minutes. Cool and store at room temperature in covered container. **Nutrition information:** 87 Calories; total fat 4 g.; total carbs. 10. Exchanges per serving: ½ carbohydrate; 1 fat; **Serving size**: 2 cookies.

"Take time to be aware that in the very midst of our busy preparations for the celebration of Christ's birth in ancient Bethlehem, Christ is reborn in the Bethlehems of our homes and daily lives." – Edward Hays

Christmas Blessings to All!

Debbie Best, Program Coordinator Congregational Health Ministries and Family Life Services Diakon Lutheran Social Ministries

#### **BIRTHDAYS**

Phyllis Holmes	12/01
Sara Jones	12/01
Earl Foulkrod	12/02
Beth Fillnow	12/03
David McMorris	12/03
Edgar Miller Jr.	12/03
Robert Miller	12/03
David Elkin	12/04
David Gilbert	12/06
Lawrence Lundy	12/06
Madalyn Fortin	12/06
Brittany Toy	12/07
Catherine Goertz	12/08
Fred Dieffenbach	12/10
Calvin Bennett	12/11
Scott Bittner	12/11
Orion Snyder	12/11
· ·	

Ernest Larson 12/12
Richard Hafer 12/15
James Sheaffer 12/15
Lyndsi Stugart 12/15
Betty Kaufman 12/16
Lucille Weaver 12/16



Marlene Vollmer	12/17
Derek Gilbert	12/17
Haley Miller	12/17
Michael Jensen	12/18
William Waldeisen	12/18
Ryan Clokey	12/18

**Kurtis Caster** 12/19 Martha Hopler 12/19 Gladys Knauss 12/19 Fred Thayer 12/19 Zachery Zimmerman 12/19 Donald Armstrong 12/21 Matthew Hartsock 12/22 12/22 Jacquelyn Miller Edith Anderson 12/23 Judith Fortin 12/23 Patti Drake 12/24 Holly Thorne 12/24 William Hill 12/26 Hannah Ramsauer 12/26 Helen Schramm 12/28 Amalie Robertson 12/30 Cynthia Huff 12/31

#### **ANNIVERSARIES**



Robert & Aletha Swartz 12/20 Thomas & Becky Miller Pryor 12/21 Daniel & Mary Lou Hartsock 12/27 Cecil & Kathryn Calvert 12/31



#### SPECIAL THANK YOU'S

To the Congregation of St. Mark's,

On behalf of Mount Luther we would like to thank you for your recent gifts of \$75 and \$75 towards our annual fund. With open contributions such as your own, Mount Luther is able to continue to operate and provide ministry and education at a reasonable rate to the people of central Pennsylvania.

It is with gracious gifts such as your own that the ministry and mission of Mount Luther will continue to grow and thrive in the future. Thank you once more for your gift and we look forward to your continual support in the future.

Sincerely, Chad W. Hershberger Executive Director Dear St. Mark's,

We had a great time at the Revolve Tour in Philadelphia. We listened to some really good speakers talk about us choosing to be treasures and not targets. We also enjoyed the music groups that were there. We especially liked Chad Eastwick who is really funny when he talks about the difference between guys and girls. We are really glad we could go!

Thank you for helping to send us!

Wishing you a Happy Thanksgiving!

God bless you in a very special way this Thanksgiving!
We appreciate your kindness, your generosity,
and your loving support. Many blessings!
Our prayers are always with you.

Gratefully, Sister Henry

#### SPECIAL CONCERNS LIST

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 Hillsgrove, PA 18619-9300

June Decker 338 Sherwood Ave. South Williamsport, PA 17702

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

#### \*\*New Addition\*\*

Charles Ditchfield Valley View, Room 308 Montoursville, PA 17754

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

Jeanne Fargus 2001 Memorial Avenue, Apt 50 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 Lois Graybill Williamsport Home, Rm. #305 1900 Ravine Rd. Williamsport, PA 17701

Jean Gulliver 3039 Elimsport Road Montgomery, PA 17752

#### \*\*New Addition\*\*

Gail Hoffman Riverwoods, Room 301 3201 River Road Lewisburg, PA 17837

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

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

Merritt Hunt 1420 Clayton Ave. Williamsport, PA 17701 Lucille Markel Rose View Court, Apt. 307 1251 Rural Ave. Williamsport, PA 17701

Anne Miller 947 Hepburn St. Williamsport, PA 17701

Jane Oakes Presbyterian Home 810 Louisa St. 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

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

Ira Tuxford 210 Louise Ave. Montgomery, PA 17752-9533

Zelma Vitolins Sycamore Manor, 1445 Sycamore Rd., Rm. 325 Montoursville, PA 17754

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

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

# December 2007 St. Mark's Calendar of Events

# SAINT MARK'S CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30 AM Recorders rehearsal
Advent I.  8.00 AM & D. 30 AM HC  8.00 AM & D. 30 AM HC  8.00 AM Lat "Well you have  19.15 AM Study School of the Study  19.15 AM Study School of the Study  19.10 AM Cost Cost of the Study  10.10 AM West As The Study  2.00 PM Fun. Hambell  2.00 PM Fun. Hambell  2.00 PM West & Proper Service	3 9:00 AM Morning Prayer 6:45 PM Adult Handbells	8:00 AM City Pastors Mtg. 9:00 AM Morning Prayer 5:30 PM Selingrove Ctr. Christmas Party	59:00 AM Moming Prayer 9:15 AM Surff Mrg. & Sewing 9:45 AM Little Lambs Liaison Mrg. 12:00 PM Bible Study 5:30 PM Coun. Mrg. & Dinner at Women's Club	6:31 AM Men's Ministry9:00 AM Morning 9:00 AM Morning Prayer Prayer 7:30 PM Senior Choir	7 y9:00 AM Morning Prayer	9:00 AM - 12:00 PM Kids' Morning Out 12:30 PM Cookie Bake - Adults
4 dvent II  8:00 AM & 10:30 AM HC  8:00 AM & 10:30 AM HC  9:15 AM Sunday School 10:30 AM Children's Church 11:35 AM Cong. Assem. 11:40 AM Kantorei 5:00 PM Fam. Handrell	9:00 AM Morning Prayer 6:45 PM Adult Handbells	9:00 AM Morning Prayer	9:00 AM Morning Prayer 9:15 AM Staff Mtg. & Sewing	6:31 AM Men's Ministry 8:00 AM Stephen Ministry 9:00 AM Morning Prayer 7:30 PM Senior Choir	14 9:00 AM Morning Prayer	15 10:00 AM - 12:00 PM Rehearsal - "A Night For Dancing" 1:00 PM The Way
46  Advent III  8.00 AM & 10:30 AM HC  9.15 AM Smally School  11:40 AM Compling to Sharins  4.00 PATE Way  5.00	9:00 AM Morning Prayer 6:45 PM Adult Handbells	9:00 AM Christmas flower orders due 9:00 AM Morning Prayer	19 9:00 AM Morning Prayer 9:15 AM Staff Mtg. & Sewing 12:00 PM Lunch 'N' Fellowship	6:31 AM Men's Ministry**Newsletter 9:00 AM Morning Deadline** Prayer Prayer Prayer	21 y**Newsletter Deadline** 9:00 AM Morning Prayer	22 10:00 AM - 12:00 PM Rehearsal - "A Night For Dancing"
8:00 AM & 10:30 AM HC 9:15 AM "a Night for Dancing" 11:40 AM Kantorei 12:00 PM Decorating the Nave 5:00 PM Fam. Handbell	Christmas Eve Christmas Eve Office Closed 7:00 PM "a Night for Dancing" 7:00 PM Service of Holy Communion 10:000 PM Service of Holy Communion	25 Christmas Office Closed	26 9:00 AM Morning Prayer 9:15 AM Flower Delivery 9:15 AM Staff Mtg. & Sewing	6:31 AM Men's Ministry 8:00 AM Stephen Ministry 9:00 AM Morning Prayer 7:30 PM Senior Choir	9:00 AM Morning Prayer 9:15 AM Lion Crew 6:30 PM Friday Fun Night	29
8:00 AM & 10:30 AM HC 9:15 AM Sunday School 11:40 AM Cont. Choir 4:00 PM Remembrance Service 5:00 PM Fam. Handbell	31 9:00 AM Morning Prayer 6:45 PM Adult Handbells					

Printed by Calendar Creator Plus on 11/26/2007

#### 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



Non-Profit Organization U.S. POSTAGE **PAID** 

Permit No. 257 Williamsport, PA 17701

Celebrating the Savior in so many ways!	Worship, 8 & 10:30 AM Bishop Driesen presiding Liturgy of Welcome to The Way, 8:00 AM Sunday Church School, 9:15 AM Milestone: 3rd Grade giving of Bibles 10:30 AM Family Lunch & Advent Wreath Making, 12 PM	Selinsgrove Center Christmas Party leave the church @ 5:30 PM	Kids Morning Out, Cookie Baking, Craft & Gift Making, 9 AM Adult Cookie Baking, 12:30 PM	Worship, 8 & 10:30 AM Sunday Church School, 9:15 AM Children's Church 10:30 AM	Worship, 8 & 10:30 AM Sunday Church School, 9:15 AM Caroling, 2—4 PM	Lunch N' Fellowship Noon	Worship, 8 & 10:30 AM Christmas Musical, 9:15 AM, in Fellowship Hall Christmas Decorating, 12-1 PM	Christmas Eve Musical in Nave & Service of Holy Communion, 7 PM Service of Holy Communion, 10 PM	Delivering Poinsettias to shut-ins	Holiday Fun Night, 6:30 PM	Service of Remembrance, 4:00 PM	Bread Baking with Katy 2008, 11 AM
Celebra	Dec. 2	Dec. 4	Dec. 8	Dec. 9	Dec. 16	Dec. 19	Dec. 23	Dec. 24	Dec. 26	Dec. 28	Dec. 30	Jan. 1