



The Lion of St. Mark's

APRIL 2008

Dear St. Marks Members;



On behalf of our Dental Team which traveled to Tanzania earlier this month, I thank you for your kindness, your prayers and your generous monetary gifts. Your prayers are a source of encouragement and strength to us and are greatly appreciated.

The monetary gifts I received were divided between Missionaries Kathleen Quellmalz and Andrew & Rachel Chard. Kathleen lives in Dar es Salaam and works with homeless street kids and orphans. She also works with youth from the children's prison.



The Chards live in Pande in rural Northern Tanzania. They have been there for 5 years and are the guiding light in reaching the Digo people. They are erecting a building to house a kindergarten and grades one, two and three. The money will be used to purchase school supplies.



I am confident every cent will be used wisely in both instances.

It was a fantastic trip and I look forward to sharing pictures and stories with those who are interested.

God bless you all,
Carl O. Hieber



COUNCIL UPDATE

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COUNCIL MEETING NOTES

The Congregation Council met on March 17 in the Crossways Room. The Council:

- heard the regular reports of the pastor, officers, and committees.
- reviewed the development of a policy for operation of the church nursery and by consensus agreed that the advance work is headed in the right direction.
- nominated Brenda Bittner, Beth Shafranko, and Gary Weber for their second three-year term on Congregation Council.
- nominated Todd Smith for a first three-year term.
- elected Bud and Joyce Hershberger to be Synod Assembly voting members this year, which means that they are also our representatives on the West Branch Conference Cabinet..
- rejoiced that the Lycoming College Chamber Choir will be singing here on March 30.
- moved to update the bleed valves and safety switches on the church furnace. \$795
- noted that a mulch and other work day will be on April 19, and that sign up through the bulletin will begin soon.
- concluded by saying Prayer at the Close of the Day in the chapel
- Next meeting: April 21, 6:30 pm

Parish Register

- Clinton Eppleman was received as a new member by Affirmation of Baptism at the Easter Vigil on March 22, 2008.
- A celebration of life service was held for Earl Foulkrod on March 28, 2008.
- Jeff Wheeland was received as a new member by a Letter of Transfer on March 30, 2008.

Staff & Officers Contact Information

Church Office 323-4619	stmarks@stmarkswilliamsport.org	Church fax number	323-2452
The Reverend Kenneth Elkin, Pastor	pastor@stmarkswilliamsport.org	Pastor's Home Phone	323-7367
Dick Lakey, Director of Music	rlakey@stmarkswilliamsport.org	Harold Hershberger, President	322-0410
Sharon Comini, Christian Education	scomini@stmarkswilliamsport.org	Matt Fortin, Vice-President	435-0271
Bernadette Jones, Christian Education	bjones@stmarkswilliamsport.org	Nancy Larson, Council Secretary	322-1068
Susan M-Smith, Parish Secretary	smsmith@stmarkswilliamsport.org	Jackie Kinney, Treasurer	323-5980
Richard Wagner, Financial Secretary	rwagner@stmarkswilliamsport.org	Jane Larson, Stephen Ministry	323-2845
Lou DeSeau, Environmental Services	ldeseau@stmarkswilliamsport.org	Bob Shultz, Adult Catechumenate	326-3929
Gary Weber, Website Administrator	gweber@stmarkswilliamsport.org		

CHRISTIAN COMMUNITY NEWS

A Holy Week to Remember

I have been volunteering with United Campus Ministry at Penn College for a little over a year now, and it was my privilege once again to serve the homeless with this special group of young adults. We spent four days in New York City and worked in churches, soup kitchens, food pantries and even an elementary school. It was a week of hard work and service, but a week that was well worth it!

On Saturday, we traveled to New Jersey and participated in the service at Zion Lutheran Church. The students did an excellent job of reading Matthew's account of Christ's Passion. At St. Paul and St. Andrew United Methodist Church where we stayed we were part of a Palm Sunday parade, complete with a donkey and man portraying Jesus. The congregation heard a scripture reading on the outside steps of the church. The children rang bells while the adults waved palm branches. The entire congregation of about 250 people marched around the block with Jesus and the gentle donkey leading the way. It was a very memorable experience for everyone who participated in it.

The physically demanding work started on Monday. One group went to a church to help prepare and serve lunch for the homeless. This was no regular soup kitchen. A chef from the Marriott Marquise Restaurant used his talents to prepare a five star meal for these people. Many of the students were culinary students at the college and were able to work alongside the chef. It was also our job to serve the meal to everyone in courses. The people who were there for lunch were very grateful for the excellent meal and the service that was provided with a smile. Another group worked in a food pantry, stocking items for the people shopping there. What struck me the most was that it was not a hand out. The people had to earn points in order for them to purchase what they wanted. It gave them a sense of dignity to have the opportunity to do their own shopping.

On Tuesday, one group went to the food bank, where they sorted, taped and cleaned up discarded packages from local grocery stores. It was a process that took most of the day. The other group had an opportunity to work with children at an elementary school in Brooklyn. One of the Penn College students had gone to school there, and she wanted to do something for her school. It turned out that this year was their 100th anniversary, so the college students made a large tree banner and worked with the kids to paint 100 handprints on it to celebrate this special time. The art teacher in me just loved this project, and we all came home with green paint under our nails and the memory of all the children's smiles.

Although going through the process of raising their own funds and traveling to New York City to serve was an amazing way for the students to spend their spring break, they also realized that service can happen right in their own backyard, in many different ways. There is the Shepherd of the Street Ministry, St. Anthony's Center, Journey House, and Providence House, just to name a few. These ministries all need willing volunteers to make a difference in the community. How can you serve in your own backyard? No one can do everything, but everyone can do something. What can you do to make a difference?

Your servant in Christ,

Sharon

CHRISTIAN COMMUNITY NEWS

Women & Children's Dinner

Wednesday

May 7th

6:00 p.m.



Ladies, girls and boys, clear your calendars for our gala spring banquet in Fellowship Hall!

NEW THIS YEAR-- We are inviting boys to age 12!

Come and meet Kate and her "non-breathing" friends. She is an expert ventriloquist who will entertain us with wit and wisdom. Katey was born and raised in North Central Pennsylvania. She is professionally accredited and dedicates her programs to the Lord. While the program will focus on children, it will appeal to the "kid" in all of us. Through humor & a child's wisdom we can understand that God wants us to live in harmony & love. Young & old alike will leave with a smile on their face & a happy feeling.

**The deadline for reservations and payments is April 30th.
\$7.75 for adults, \$4.00 ages 6 to 12, under 6 free.**

We will again ask the men of St. Mark's to help with serving and cleaning up.
Contact Lucille Weaver (323-3421) or Shirley Hill (323-7546) to volunteer.

Women of St. Mark's Reminder Notes

- Remember to make your reservations for the Women and Children's Dinner by April 30th.
- We are no longer collecting Campbell's soup labels. Some local schools are collecting labels from Campbell products. We suggest you contact your local PTO for information on their "Labels for Education" program.
- We are still collecting worn blankets for quilt fillers and flat sheets in good condition for quilt backings.

CHRISTIAN COMMUNITY NEWS

Lunch N' Fellowship

Wednesday, April 16th

Featuring

Mystery Meat

gasp, shock, horror

BE BRAVE -

JOIN US ANYWAY!!

New Windsor Trip

Everyone has read about the trip to New Windsor over the past 12 years, but not many have taken the step of signing up and traveling with a bus-group



from all around the area to that depot for items to help persons in need all around the world.

Let this be the year that many more send their checks for \$30

for bus and lunch to the church office for forwarding on to the trip-organizers before the April 1 deadline. The trip this year will be on Wednesday April 16.

We leave from the church lot at 6:01 AM by car and will meet up with the bus at Shamokin Dam.

Nurse's Notes

April 6 Ever wonder which health related websites you can trust for safe, accurate information?

Here are just a few: • www.familydoctor.org • www.mayoclinic.com • www.kidshealth.org
• www.medlineplus.gov • www.webmd.com • www.drkoop.com and don't forget our state's Department of Health found at www.health.state.pa.us

April 13 Many migraine headaches may be triggered by foods we eat. If you suffer from migraines, you may want to eliminate the following foods from your diet, or begin keeping a food diary to determine precise triggers: caffeine; chocolate; cheese; MSG (found in many Chinese dishes, and food seasonings); yogurt or sour cream; nuts (especially peanuts); processed meats (aged, canned, marinated, or containing nitrites – hotdogs, sausage, bacon, salami, bologna), alcohol and vinegar (white vinegar is okay); citrus fruits and juices; certain fruits – bananas, raisins, red plums, avocados) certain vegetables (lima, Fava and navy beans; pea pods; sauerkraut; onions); certain breads (fresh baked/yeast risen from a bakery, donut shop or home); aspartame (NutraSweet)

April 20 Need more reasons to quit smoking:

- 8 hrs. after quitting, the carbon monoxide level in your blood drops to normal
- 24 hrs. after, your chances of having a heart attack decrease
- 2 weeks to 3 months after, you have better circulation and lung function can increase up to 30%
- 1 yr. after, you reduce your risk of heart disease by 50%
- when you stop smoking, your pets will be happier – did you know that secondhand smoke increases the risk of lung cancer in dogs? (www.4woman.gov/QuitSmoking/reasons_list.cfm)

April 27 Flower power – Texas A&M reported on a study examining the mood boosting ability of plants. Women who worked in a room decorated with two potted plants and a bouquet of flowers reported 13% more ideas than women working in a room containing abstract sculpture. A good mood increases the level of dopamine, which helps in information flow of the brain.

(April 2008, *Prevention*, pg. 176)

Social Ministry News



Providence House

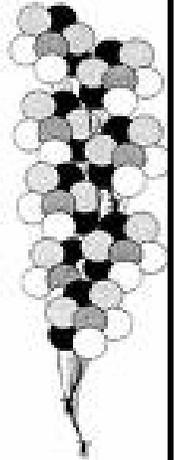
Located on the campus of Divine Providence Hospital, Providence House Maternity Home is a residence for young women ages 14 to 22 in need of housing and support during their pregnancy. In many instances these young women have no other home at this time in their lives.

During April the Social Ministry Committee will be collecting household items that are needed in the day-to-day routines of any home. Please donate tall kitchen bags, paper towels, toilet paper, furniture polish, counter cleaner, zipper

It's Party Time!

For more than thirty years we have hosted a Christmas party for the residents of the Selinsgrove Center. This good work will continue. But the Social Ministry Committee wishes to reach out to some folks closer to home. Our first venture will be to entertain the residents of Rose View Court on Wednesday, April 9, 2008 at 6:30 p.m.

We are looking for folks of any age to help with the entertaining. Do you sing, play an instrument or read poetry? The



Clothing Sale April 19, 2008

We need your good, clean clothing from all seasons and in all sizes from infant to adult for our Spring Clothing Sale. We are also accepting shoes, suits, coats, belts, pocketbooks and clothing accessories.

Your donations may be placed in the Bazaar Room.

This event qualifies for matching fund from Thrivent! And any clothing not sold will be donated to charities within our community.

Contact Shirley Hill or Becky Miller Pryor with questions, or to volunteer. Set up begins Wednesday, April 16th at 9:30 AM



News from the Pews



Browsing through the local papers in the past weeks I have found several members of St. Mark's who are "in the news."

Debra Buckman, assistant professor of environmental technology, was nominated for the 26th edition of "Who's Who in American Women" (her second consecutive selection) and for inclusion in "Who's Who in American" for 2007-2008.

The Lycoming Chapter of the Daughters of the American Revolution recently elected **Lucille Weaver** as delegate to the 111th conference of the Pennsylvania State Society DAR to be held in Scranton April 3 -6. Lucille is the librarian of the Pennsylvania State Society.

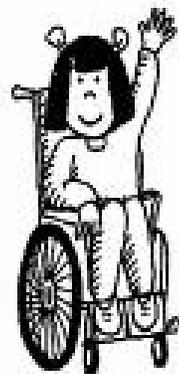
Shelby Weber, president of the Junior League of Williamsport, recently attended a leadership conference sponsored by the Association of Junior Leagues International in San Antonio, Texas. Shelby is serving her second term as president of the local group.

Le Tendre Amour, the baroque ensemble directed by **Katy Elkin**, was invited to perform at a famous opera festival on Friday, March 21, in Graz, Austria. They presented their own chamber version of the opera "Esther" by C. G. Lidarti, the most extensive work written in Hebrew in the 18th century yet discovered. They also presented the opera in Madrid, Spain on March 27. Katy is joined by four other instrumentalists and two singers in this unique production which included audience participation in the action. See the poster on the office hallway bulletin board and their website at letendreamour.com.

Susan Newcomer is a member of the steering committee planning the Autism Conference and Walk April 3, 4 and 5. The conference is to be held at the Community Arts Center and representatives from all over the area will attend. Featured speakers will include William Stillman, author of "Demystifying the Autistic Experience: A Humanistic Introduction for Parents, Caregivers and Educators and many other books.

Mr. Stillman is an adult with Asperger's Syndrome, a mild form of autism. Also part of the program will be a presentation by the Carbone Clinic, specialists in the treatment of special needs children, and by Karen DeFelice, a pioneer in the practical uses of digestive enzymes for health improvement.

Congratulations to all these St. Mark's folks for their contributions to their communities!



Low Income Disability Home Improvements Available!

Carla Mitcheltree, 327-9070, is employed at the Center for Independent Living in Williamsport, She is looking for low income families and/or those with disabilities to received some home improvements. Ramps, enlarged doorways, house painting are a few of the opportunities for those that qualify. A group is coming in the summer from the United Methodist Church and she needs to locate families in need to give them work to do. Families must live within a 25 mile radius of Williamsport. If you know of anyone that could benefit from this service, you could refer them to her. This needs to be done within the next couple weeks.

ELCA, SYNOD & WEST BRANCH NEWS

Discernment Retreat for College-Graduates Under Age 30

This "Can You Hear Me Now?" retreat is for adults under age 30 who have already graduated from college. It takes place at the Lutheran Theological Seminary at Gettysburg on June 6-8, 2008, Friday evening through Sunday noon. Cost is \$25. This retreat is for anyone who is thinking about what to do with the rest of their life, grad school, career, family, friends, church.

How do we best serve God? What does God want from us? Are we hearing God's call? Do we understand God's call? This retreat will help participants figure out God's call in their lives. Registration is available from Pastor Beth Ann Stone at bethann@dejazzd.com (Synod Office – 570-524-9778) or may be downloaded at www.projectconnect.org.

Regional Global Mission Event for Individuals, Families, Youth Groups

Come and see your Lutheran Church in action in the world within the ministries of world hunger and global mission. The Region 8 Global Mission Event occurs May 23 – 24, 2008 at Trinity Lutheran, Camp Hill.

Children and youth will experience globe trotting adventures in their separate ventures and mission projects. Adults will have their choice of over thirty presenters, some of whom include: Rev. Dr. Malpica-Padilla (ELCA Global Mission Director); Dr. John Nunes (Lutheran World Relief director), current and former missionaries to Palestine, Liberia, India, Madagascar and global ministries (ELCA and World Mission Prayer League); professors from Philadelphia Seminary (Rev. Dr. J. Paul Rajraschekar, Dr. Andrew J. White, retired), advocates in public awareness of peace and justice, ecumenical and inter-religious relations (Rev. Dr. Donald McCoid).

The variety of workshops includes Lutheran – related agencies from across the nation, some of whom have never presented in any Eastern US conferences.

You are heartily invited to COME TO THE TABLE, the theme of the Global Mission Event. Registration fees: \$20 – adult; \$15 – youth (ages 11-17); \$10 – child (ages 3-10); \$50 – family (add \$5 for at-door registration). Registration/publicity forms were sent to all congregations earlier this month—if you missed it, please contact the Synod Office. Don't miss out on this unique event for all ages!

Youth group leaders! Bring your youth down for the GME, and join with other youth for a Friday night lock-in along the way! Information about youth lock-ins at churches surrounding Camp Hill can be obtained from: Charlie Roberts, Director of Youth Ministry, Lower Susquehanna Synod, 900 S. Arlington Ave. Suite 208 Harrisburg, Pa. 717-652-1852
croberts@lss-elca.org

Lutheran Youth Day: Saturday, April 12, 2008

Plan now to attend this year's Lutheran Youth Day, sponsored by the Chaplain's Office at Susquehanna University, Selinsgrove, Saturday, April 12. Last year's LYD was attended by more than 300 youth, advisors and rostered leaders.

The day includes large and small group gatherings, singing, worship, and a concluding concert. Registration deadline: April 3, 2008 Theme: "Go Fish." Cost: \$10 per person, includes lunch and concert by: A Bunch of Guys. Downloadable flyer, invitation letter, and registration forms are online at <http://www.susqu.edu/chaplain/lutheranyouth>

"Future Pastors Camp" for Confirmation-Age Youth

The Synod's Candidacy Committee will sponsor an interactive, exciting weekend retreat on June 6-8, 2008 at Camp Mount Luther for junior-high youth who show potential for church leadership. Many pastors can point to confirmation-age experiences as the "seed" that was planted for their calling to ministry. Congregations are asked to encourage young people personally whom they may identify with potential gifts for ministry. The event will include visits with area congregations and their pastors, service projects, crafts and much more. Registration materials will soon be distributed. Watch your mail!

IRS Says Seniors Must File Taxes to Receive Economic Stimulus Payments

Seniors with limited means who normally don't need to file a federal tax return must do so this year in order to receive their payment under the recently enacted economic stimulus package, the Internal Revenue Service (IRS) announced. This includes 20 million seniors who rely primarily on Social Security who are eligible to receive \$300 per individual or \$600 per couple under the plan that NCOA supported. The IRS says it will work with the Department of Veterans Affairs, Social Security Administration, and beneficiary groups to inform these individuals that they must file a tax return to receive their payment. To help ensure that all eligible seniors receive their payments, NCOA has developed a fact sheet with more detailed information, and free tax help is available through the Volunteer Income Tax Assistance program (1-800-906-9887) and AARP's Tax-Aide program.

YOUTH & FAMILY MINISTRY

Milestone Ministry

Blessing of the Keys: New Junior or Senior Drivers

**WE'RE STILL WAITING TO HEAR!!!
WE NEED TO KNOW WHO SHOULD BE RECOGNIZED!!**

Since different families have different timetables for these events, we can't just refer to the church register for the information. We have no idea which youth are reaching this important milestone in their lives—unless you tell us!! Please let the church know if your child has recently received a junior or senior license as soon as possible. A date for celebration will be set

once we know who these special teens are.

PLEASE CALL US!!



Upcoming Milestone Calendar

May 4

Wedding Anniversary

May 11

Sending our members of *The Way* with prayers for their Christian Vocation



MOUNT LUTHER

Spring Brunch Fundraiser

Sunday, April 27, 2008
11:00 a.m. to 2:00

Come to Mount Luther for our popular brunch made by Chef Carol Segraves. You can enjoy fellowship with others, good food (all-you-can eat!) and even take a walk on our grounds. The fundraiser benefits the camp's general operating fund.

Price: \$9.50 for Adults
\$4.50 for Children under 12

Tickets are available by contacting the camp office.
Deadline for ordering tickets is Friday, April 18.
A limited number of walk-ins will be available.

CAMP MOUNT LUTHER

355 Mt. Luther Lane
Mifflinburg, PA 17855

Phone: (570) 922-1587

Fax: (570) 922-1118

E-Mail: cml@campmountluther.org



On Sunday, April 6, after the 10:30 service, there will be a meeting of all nursery volunteers and any of those interested in volunteering. We will be discussing and forming a more consistent policy and addressing some concerns regarding behavior and ages.

If you haven't considered helping out in the nursery, please give it some thought and join us on April 6 in Middle Lounge. The care of our children is a very rewarding ministry—and not having children of nursery age is *not* an excuse! Most of our volunteers have grown children or attend 8:00 service and do not use the nursery for their own children!

Remember, Sunday, April 6, at—oh, let's say 11:43 a.m. in Middle Lounge. We will have light refreshments as we tackle the

YOUTH & FAMILY MINISTRY



Give kids the ticket to adventure! This exciting event is based on Joshua 24:15, *"Choose for yourselves this day whom you will serve."* Each day, kids will learn from various people in the Bible what it means

to choose Jesus as their Savior. A great time is a good way to reinforce learning as the children have a blast playing fun games, singing, crafting and enjoying park-themed snacks!

June 8th -12th
 DESTINATION: SonWorld Adventure Park

SIGN UP SHEETS FOR VOLUNTEERS
 POSTED IN THE HALLWAY!



WHO'S GRADUATING...
 ...from high school or college??

Let us know so these young people can be recognized for their accomplishments!!

Call or e-mail the office—
 we're waiting to hear!

A NEW WAY YOU CAN HELP FOR VBS!



In an effort to avoid last-minute preparations and Sharon and Bernadette wearing themselves out the week *before* VBS, we have planned three workdays for the construction and painting of theme pieces for "SonWorld."

On Saturday, April 12, from 10:00 a.m. until noon or 1:00 p.m.; Sunday, April 27, after the 10:30 service until about 2-2:30; and Saturday, May 10, again at the 10:00 hour, we will meet for a period of productive fellowship.

So if you have any artistic talent, can wield a mean utility knife, paint a solid base coat, or just be able to keep the coffee coming—please join us on one or all of these Saturdays to prepare for the opening of "SonWorld."

If you have access to any large-appliance boxes, the donation of same would be greatly appreciated!



**Spring
 Open
 House**



Are you a little concerned about your first camp experience? Never been to Mount Luther and have heard so much about it? Come to Camp Mount Luther for an enjoyable afternoon. Guests can learn all about our Summer Program and take a guided tour of camp.

**Sunday
 April 27, 2008
 2:00 pm-4:00 pm**



CAMP MOUNT LUTHER
 355 Mt. Luther Lane
 Mifflinburg, PA 17855

Phone: (570) 922-1587
 Fax: (570) 922-1118
 E-Mail: cml@campmountluther.org

YOUTH & FAMILY MINISTRY

Pysanky!!



Five gathered in Fellowship Hall on Tuesday evening, March 18, to dye eggs in both American (natural) and Ukrainian styles.

Onion skins (red and yellow), red cabbage and beets were used in the cooking of hard-boiled eggs.

Some decorated themselves in the process of the dying and others had designs scratched on with a needle. Layers of melted beeswax and dye were applied to raw eggs to get the brilliantly colored pysanky. The technique for these eggs was more difficult to master, but everyone is looking forward to getting together next year and setting aside more time for their endeavors.



Spring Work Overnight

May 16-17, 2008

Register at 6:30 p.m. that Friday for an overnight of fun, laughter, and good hard work!

Let Bernadette know *no later* than Wednesday, May 7!



CAMP MOUNT LUTHER

Senior High Adventure Day in Bloomsburg for grades 9-12 will be May 3, 2008. Find out what Camp Mount Luther is like at the Spring Open House on Sunday, April 27, from 2:00 to 4:00 p.m. Go early and enjoy the Spring Brunch Fundraiser, where they will have an all-you-can-eat buffet which includes: ham, sausage, home fries, scrambled eggs, cheese strata, fruit salad, juices, pastries, coffee cake, chicken noodle soup, coffee and tea.



CAMP MOUNT LUTHER

More information on other pages—get these dates on your calendars now!

April 18th Friday Fun Night



WE'RE HUNTING FOR FOLKS WHO WANT TO HAVE FUN!!

YOUTH & FAMILY MINISTRY



REMINDER: OPERATION CHRISTMAS CHILD

Don't go rushing to your calendars—we know it's spring!!!

As we explained in January's newsletter, we are making the packing of these boxes an intergenerational event AND taking advantage of sales during the rest of the year!! Find coloring books for 25¢ each?

Pick up several!! Fun erasers or pencils? Get a couple packs!! A white sale with washcloths for two bits? Bring it on!! ***

The way it works is like this: scout around the sales now. Don't try to get a lot of different things to fill one or two boxes. If you find a good deal, pick up a dozen or so of one item! Bring it in to the office here (there's a box in the hallway by Middle Lounge). We'll store it.

In the beginning of November, we'll have soup and sandwiches after a 10:30 service and have a group pack-and-wrap!!! Sounds like fun to us!!! How about you?!

This doesn't preclude anyone packing their own boxes if they enjoy it. This is merely another reason to get folks together for a good time and to help others. So! What do you say?? See you at the mall!!

****Editor's note: Don't forget those little toys in Happy Meals and cereal boxes!*

Breakfast with the Pastor and St. Mark's Annual Easter Egg Hunt took place on Saturday, March 22!

Over 50 folks gathered with Pastor Elkin for a breakfast of scrambled eggs, bacon and hotcakes with syrup (lots of syrup!). Then they hunted for eggs! And a lot of eggs there were!! Hannah, Devin, Emily, Sara and Declan assisted with the cooking and egg-hiding—also with child round-up.

We send a special thank you to everyone who contributed candy and small toys or pencils for the eggs and gift bags and to all who helped clean-up afterward! Thank you all for helping to make this event so special for the children!



Church Picnic: June 1, 2008!!



The committee would like a youth representative to serve with them in the planning of our annual picnic. So, any high or middle school aged student who would like to have input into this event, contact Bob Jones (he has a box in the staff hallway—just drop him a note).

If anyone would like to make a donation toward the purchase of food and supplies for the picnic, envelopes are available in the narthex for your contribution. Thank you!

YOUTH & FAMILY MINISTRY



Wedding Anniversary Milestone

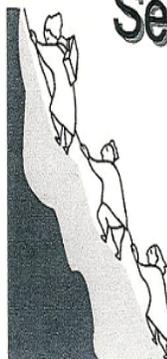
On May 4 we will be celebrating the wedding anniversary milestone with 9 couples who have been married more than 50 years.

This year the couples to be honored are :

Cecil & Kathryn Calvert
Charles & Ruth Ditchfield
James & Ernestine Doane
Arthur & Jane Kline
Charles & Ann Kuntz
Theodore & Jane Larson
Lawrence & Catherine Lundy
Frank & Phyllis Ulman
William & Marion Waldeisen

If a couple has been missed in this, or one of our earlier celebrations, by all means let the office know right away so that the proper invitations and plans can be formulated. We don't want to miss anyone, but our computer does not always have all the

A youth event for grades 9-12 of the Upper Susquehanna Synod—Youth



Senior High Adventure Day!

Saturday, May 3, 2008

10:00 am to 4:00 pm

Bloomsburg University's Quest

Cost: \$25

Where can YOU . . . test your endurance?

... challenge your skills?

... soar to new heights?

... learn the essentials of team work?

Find out at the Senior High Adventure Day on the Quest high ropes course at Bloomsburg University!
(last year we conquered the climbing wall—this year we will go up to the high ropes course)

SEE BERNADETTE FOR REGISTRATION FORMS ASAP.

PRE-REGISTRATION BY APRIL 7 IS ABSOLUTELY NECESSARY !



CHILDREN'S CHURCH



Sunday, April 13, 2008, at 10:30

a.m.

will be held in the Chapel.

YOUTH & FAMILY MINISTRY

GETTYSBURG



On Saturday, March 15, at 6:00 a.m., twenty-one intrepid travelers gathered at St. Mark's, ready to depart for Gettysburg, PA. Their number included ten catechetical students, four mentors, five parents, one husband and one pastor (in a pear tree?).

After stopping for breakfast on the way down (MacDonald's rocks!), they were met in Gettysburg by seminarians Matt and Lisa Schuster, who personally conducted them around the town, the battlefields, the cemetery and the Seminary. On the way home, they stopped for dinner at The Old Country Buffet (which *really* rocks!).

Some of the students reported in with their thoughts of the day:

I really enjoyed touring the battlefields and learning about who did what and where. And it was amazing how the tour guides knew so much about the site. I also learned a lot about the seminary and what went on there. The whole place was really interesting. It was a fun trip. ~ Riley

On our trip to Gettysburg we took a tour of the battle fields and monuments in the area. We went to a lot of places but my favorites were Little and Big Round Top. At Little Round Top there was a bunch of rocks where the soldiers hid in battle. Then at Big Round Top there was a small castle-like structure which you could climb to the top of and could see almost all of the battle field. ~ Hannah

My favorite thing at Gettysburg was that Nick and my dad could come. The other thing was climbing on the rocks and that everyone was there. ~ Devin

On our trip to Gettysburg we saw many interesting things. Some of the interesting things I saw were the monuments. Each state that fought in the war had its own monument. For example, the Pennsylvania monument was the largest; all around it were all of the names of the Pennsylvanians that fought and died for our Country. Another interesting thing I saw was the Lutheran Seminary Church. Inside it had beautiful stain glass windows that cannot be made today. Also, the church bought a new organ a few years back and you can see the pipes that go up to the ceiling. Our trip to Gettysburg was a very fun and interesting trip. ~ Brandon

One thing on the trip that I found was most interesting was the Eternal Light Peace Memorial. I liked it best because I thought it was neat that they have it lit all the time. After the war was over, more than 1,800 Civil War Veterans helped dedicate this memorial to "Peace Eternal in a Nation United." ~ Paige

My favorite thing was hanging out with friends from church. Climbing 64 stairs to the top of the Pennsylvania monument—felt like they would never end! One thing that made it a lot better than last year was that we barely had to walk. We explored the rocks above Devil's Den and a lot of us nearly fell. I thought it was cool that Samuel Simon Schmucker's (the founder of the Seminary and an abolitionist) house was a stop for the Underground Railroad. ~ Sara

My most favorite part was...well, there are two: Little Round Top and Old Country Buffet. One of the things that I found that was really interesting was that at Samuel Simon Schmucker's house, during the Battle of Gettysburg, when the South had control of Seminary Ridge, his library was ransacked—save for one book: The Bible. ~ Declan

BIRTHDAYS

Jon Huff	04/02	Geoffrey MacGill	04/13	Paiton Patrick	04/17
Bernadette Jones	04/02	Michael Ochs	04/13	Beverly Best	04/18
Mary Helen Scinicarello	04/02	Ezra Buckman	04/14	Christina Comini	04/18
Eric Comini	04/05			Jeffrey Byerly	04/20
Tina Harvey	04/05			Doris Griggs	04/20
Linda Rosini	04/06			Karen Pelleschi	04/20
Carol Butters	04/07			Carl Reidy Jr.	04/20
John Goertz	04/07			Catherine Kneeder	04/21
Zachary Travis	04/08			Marc Fish	04/23
Elda Zeigler	04/09			Benjamin Haussmann	04/23
Taylor Wentzel	04/10	Johnny Hinds	04/14	Karen Burd	04/26
Sadie Wentzel	04/10	Steven Bieber Jr.	04/15	Lisa Welker	04/27
Robert Clouser	04/11	Jamie Larson	04/15	Ruth Ditchfield	04/29
Nathan Hafer	04/12	David Hughes	04/17	Dorothy Bingaman	04/30



ANNIVERSARIES

Matthew & Wanda Fortin	04/03			
Robert & Bernadette Jones	04/08			
		Louis & Kathy Kolb	04/08	
		Joe & Annette Peluso Jr.	04/16	
		Theodore & Jane Larson	04/17	
		Carl & Audrey Albright	04/23	
		Randy & Jeannette Lukens	04/23	
		Kirk & Ashley Hallabuk	04/24	



New, in the Nave

We have an addition to the beauty of the nave in this Easter season. Bob Miller has crafted a handsome stand to hold the icon that we display each week, and has given it to the congregation as his Easter gift. It is fashioned from the oak that we have saved from removed pews and adorned with an accent cross made of stainless steel to match our communion railing. As an adjunct to this gift, he has also made a panel to hold our small icons when they are being displayed so that they can be visible from a distance.

As always, Bob's work is exemplary, and provides a welcome aid to our worship. Thank you, Mr. Miller!

Special Thank You's

Dear Pastor Elkin & St. Mark's Lutheran,

If was fun visiting with you this past Saturday. Thank you so much for the gift of \$277. We greatly appreciate it.

God has blessed us in so many ways through you. Your generosity and love has sustained us, and we are most grateful. Thank you.

Yours in Christ,
Lisa & Matthew Schuster

Dear St. Mark's family,

In appreciation of your prayers and concern for my health, many thanks to all of my church family.

Your thoughtfulness is greatly appreciated.

God bless,
Linda DeSeau

Dear Friends,

In the words of St. Paul, "Sow bountifully, and you will reap bountifully...God loves a cheerful giver" (2 Corinthians 9:6-8). Thank you for your support of the Gettysburg Seminary Fund through your gift in the amount of \$24.91. You are truly making a difference! We are blessed and inspired by your support of our ministries and grateful for your confidence. You are assisting the students in Seminary today as they prepare to serve toe church in the world. You are also providing for the theological education of generations of seminarians who will lead the Church beyond the 21st century. And because of your faithful generosity, others will also give, and those in need in this searching world will be blessed by your thoughtfulness.

In Christ,
Emried D. Cole, Jr., Vice President of Seminary Advancement
Gettysburg Seminary

Dear St. Mark's Lutheran Church,

We cannot thank you enough for your support of our United Campus Ministry mission trip to New York City this month to serve the poor and homeless. We also thank you for all the meals that you have helped provide for students this year. We are grateful for all that God has given us and we will go on behalf of Lycoming County churches and PCT's UCM to share God's love with all that we meet and serve.

We plan to be very busy! We will share in a Methodist and Lutheran worship service where we will sing and dramatically read a scriptural message. We will serve in a Presbyterian church's soup kitchen, and ecumenical soup kitchen, and help sort food in the city's largest NYC food bank and local Methodist food coalition site. God's love will be even be shared when we help young students make a banner celebrating their school's 100 years of education at a public elementary school in Brooklyn. Thanks to Sharon Comini. We appreciate her so much. God is good!

Your donations will make a difference in a large number of lives. UCM students cannot believe how much people care and back up our efforts. Each gift joins with another gift and now our task can be accomplished. Together, we are giving students valuable mission experiences that are life changing.

In Christ's Service,
United Campus Ministry at Penn College

HEALTH, HEALING & WHOLENESS

The skin disease, leprosy, was greatly feared in ancient Biblical times. Chapter 13 of Leviticus describes the diagnosis and subsequent treatment of those with the ailment. Scholars believe the term leprosy was actually used for a number of skin diseases, some of which would prove to be fatal. Isolating the sufferer from healthy family and group members was the primary preventive 'medicine' in keeping these diseases under control. Only the priests had the power and authority to determine if one was "clean" or "unclean", thereby serving as the gatekeeper for re-entry into community once again. Along with being banished from the community came the belief that skin disease was a form of punishment from God, so one can only imagine the sense of isolation and desperation these folks must have endured.

Ask many teenagers and in some cases, adults, who suffer from acne, and they may describe similar feelings of being "unclean" and of being ostracized by peers. Unlike our ancient ancestors, we know better. In the majority of cases, acne has little or nothing to do with whether or not the sufferer is clean. Instead, skin eruptions are actually linked to physiology over which we have little control – the body's release of hormones, known as androgens (found in both men and women), a subsequent increase in oil production, and its effects on pores of the skin.

Skin care lines, in TV and print ads, would have us believe that if we would only switch to XYZ *Brand* of soaps, cleansers, toners, masks and exfoliants, we too could have soft, clear, glowing and blemish free skin. In reality, what many of these products actually do is further irritate already inflamed pores, causing them to release yet more oil. Instead of vigorous scrubbing several times a day, acne responds best to washing twice daily with warm (not hot) water and a mild cleanser. Counter to two commonly held beliefs, there is no scientific proof that food or stress lead to breakouts.

Treatment for acne is an individualized process that should be supervised by a family doctor or skin specialist (dermatologist). Depending upon the treatment, you should begin to see results within 4 to 8 weeks.

Below are some additional tips that promote clearer skin and overall well-being:

- Eat a balanced diet. This insures that your body is receiving the proper vitamins and minerals needed to speed cell repair and healing.
- Drink plenty of water – 6 to 8 oz., 8 times per day. This will keep skin hydrated and help to eliminate toxins.
- Get regular exercise, which increases circulation to the skin.
- Wear sun-block daily, and take extra precaution when spending extended time outdoors, not only to decrease your risk of skin cancer, but also because some acne treatments trigger unwanted side-effects when in the sun (rashes, hypersensitivity, etc.).
- Wear sunglasses – they not only protect your eyes, but also the delicate skin surrounding them.
- Get enough rest – down time for the cells of your skin (and body) to rejuvenate and repair daily wear and tear.
- Choose cosmetics and cleansers carefully. Look for those that are formulated for sensitive skin.
- Do not pick at acne lesions or pimples. Squeezing and manipulating only drive infection further into surrounding tissue, and often leads to scarring.
- Toss away toners, scrubs, and abrasive pads – they only aggravate already irritated and 'angry' pores and follicles.
- Some oral medications may lead to birth defects or other serious health issues, and **should only be used under the supervision of your physician**. Learn all you can about any medication, and **use only as directed!**

Debbie Best, Program Coordinator;

Congregational Health Ministries and Family Life Services Diakon Lutheran Social Ministries

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Williamsport, PA 17701

St. Mark's Calendar of Events

April 1 8:00 am—City Pastors 9:00 am—Morning Prayer	Tuesday	April 12 Lutheran Youth Day 10:00 am—VBS Preparation 3:00 pm—Wedding Taylor/Kinney	Saturday	April 21 Newsletter deadline 9:00 am—Morning Prayer 6:30 pm—Council Meeting 6:45 pm—Adult Handbells 7:00 pm—Civic Chorus	Monday
April 2 9:00 am—Morning Prayer 9:15 am—Staff Mtg. & Quilting 12:00 pm—Bible Study	Wednesday	April 13 <i>Easter IV</i> 8:00 am—Holy Communion 9:15 am—Sunday School 10:30 am—Holy Communion 10:30 am—Children's Church 11:40 am—Kantorei 4:00 pm— <i>The Way</i> 5:00 pm—Family Bells 6:00 pm—Catechetics	Sunday	April 22 9:00 am—Morning Prayer	Tuesday
April 3 6:31 am—Men's Ministry 8:00 am—Stephen Ministry I 9:00 am—Morning Prayer 7:00 pm—Conf.. Cab.@ Messiah 7:30 pm—Senior Choir	Thursday	April 14 9:00 am—Morning Prayer 6:45 pm—Adult Handbells 6:30 pm—Council Meeting 7:00 pm—Civic Chorus	Monday	April 23 9:00 am—Morning Prayer 9:15 am—Staff Mtg. & Quilting 12:00 pm—Bible Study	Wednesday
April 4 9:00 am—Morning Prayer	Friday	April 15 9:00 am—Morning Prayer 4:30 pm—Executive Committee 6:30 pm—Financial Committee	Tuesday	April 24 6:31 am—Men's Ministry 9:00 am—Morning Prayer 5:00 pm—Stephen Ministry II 7:30 pm—Senior Choir	Thursday
April 5	Saturday	April 16 9:00 am—Morning Prayer 9:00 am—Clothing Sale Set Up 9:15 am—Staff Mtg. & Quilting 12:00 pm—Lunch N' Fellowship	Wednesday	April 25 9:00 am—Morning Prayer 9:15 am—Lion Crew 8:00 pm—Wedding Rehearsal	Friday
April 6 <i>Easter III</i> 8:00 am—Holy Communion 9:15 am—Sunday School 10:30 am—Holy Communion 11:40 am—Contemporary Choir 11:43 am—Nursery Planning Mtg. 5:00 pm—Family Bells	Sunday	April 17 6:31 am—Men's Ministry 9:00 am—Morning Prayer 9:00 am—Clothing Sale Set Up 7:30 pm—Senior Choir	Thursday	April 26 6:00 pm—Wedding Maiolo/Eppleman	Saturday
April 7 9:00 am—Morning Prayer 6:45 pm—Adult Handbells 7:00 pm—Civic Chorus	Monday	April 18 9:00 am—Morning Prayer 9:00 am—Clothing Sale Set Up 6:30 pm—Friday Fun Night	Friday	April 27 <i>Easter VI</i> 8:00 am—Holy Communion 9:15 am—Sunday School 10:30 am—Holy Communion 10:30 am—VBS Preparation Mtg. 11:00 am—CML Spring Brunch 11:40 am—Kantorei 2:00 pm—CML Open House 4:00 pm— <i>The Way</i> 5:00 pm—Family Bells	Sunday
April 8 9:00 am—Morning Prayer 6:30 pm—Property Meeting	Tuesday	April 19 9:00 am—Clothing Sale	Saturday	April 28 9:00 am—Morning Prayer 6:30 pm—VBS Workshop 6:45 pm—Adult Handbells 7:00 pm—Civic Chorus	Monday
April 9 9:00 am—Morning Prayer 9:15 am—Staff Mtg. & Quilting 12:00 pm—Bible Study 6:30 pm—Rose View Court Party	Wednesday	April 20 <i>Easter V</i> 8:00 am—Holy Communion 9:15 am—Sunday School 10:30 am—Holy Communion 11:40 am—Contemporary Choir 5:00 pm—Family Bells	Sunday	April 29 9:00 am—Morning Prayer	Tuesday
April 10 6:31 am—Men's Ministry 9:00 am—Morning Prayer 5:00 pm—Stephen Ministry II 7:30 pm—Senior Choir	Thursday			April 30 Banquet Reservations Due 9:00 am—Morning Prayer 9:15 am—Staff Mtg. & Quilting	Wednesday
April 11 Agenda Deadline 9:00 am—Morning Prayer 6:30 pm—Wedding Rehearsal	Friday				

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A SHOVEL, A RAKE, ...AND LOTS OF EN- ERGY!

That's what we need on Saturday, April 19, when we gather outside St. Mark's to handle a small mountain of mulch to all of our planting beds and shrubbery. If we have many hands, we'll be able to accomplish sooooo much more. Let's meet anytime after 8:00AM that day. The Property Committee will supply wheelbarrows. Tasks include:

- raking junk out of beds,
- pulling Bradford pear seedlings,
- encouraging the workers,
- spading the edge of beds,
- loading mulch,
- wheeling and dumping mulch,
- spreading and raking mulch,
- supplying everyone with water & snacks,
- checking for branches that need trimmed,
- greeting folks who are arriving for