



# The Lion of St. Mark's

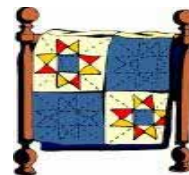
MAY 2008



## Who are the Women of the ELCA?

Our group is an active member of the 7000 congregational units of the Women of the ELCA. Our common mission is to act boldly on our faith in Jesus Christ. With teamwork we reach out to those in need in our community, our nation, and the world.

The weekly activity of the Women of St. Mark's continues to be the making of quilts. The tops of the quilts are made in homes. Assembling and knotting is done at church. 81 quilts were completed and sent to Lutheran World Relief in 2007. In the fall we conduct our kit project. School bags are sewn by our members. The whole congregation responds generously to fill the school, health, sewing & layette kits. Soap bars and cash donations for purchasing blankets are also collected, which are forwarded to Lutheran World Relief as well. Used clothing that was not sold in our rummage sale is distributed among various local charities.



We hold two very successful rummage sales each year. The funds we raise are matched in part by the Care in Congregations program of Thrivent Financial for Lutherans. These resources made it possible for us to send donations to Shepherd of the Streets, United Churches of Lycoming County, Camp Mt. Luther, St. Anthony's Center, Habitat for Humanity, Church Women United, Lutheran World Relief shipping (Project Comfort), ELCA International Disaster Relief Fund, ELCA Domestic Disaster Relief Fund, Liberia Shipping Container, American Rescue Workers, and the Newberry Branch of the New Garment Agency. For our own church we established a contingency fund of \$500 for the purchase of any needed kitchen items.



Rummage Sale

Our annual social event is our Women and Children's Dinner featuring a catered meal with entertainment. This year we included boys to age 12. (See page 3 for more information on this year's dinner! It's not too late to reserve your place.)

## What can you do to help? Get Involved!

Our very small and faithful group continues to carry on our mission but with diminishing energy. New and additional vitality is needed. We need the younger women of Mark's to get involved! As our group ages it is becoming harder for us to continue with the many service projects we enjoy doing. As always, we are truly one generation away from extinction. We understand that most of you can't volunteer for each activity we sponsor, but if you could find a few hours a month to donate to some of the activities we sponsor it would be a real blessing!



St.

Please consider what you can do for the Savior through the Women of the ELCA. If you'd like more information contact either Shirley Hill (323-7546) or Becky Miller-Pryor (321-9523).

# COUNCIL UPDATE

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## COUNCIL MEETING NOTES

The Congregation Council met in regular session on Monday, April 21 in the Crossways Room. The Council:

- received the regular reports of the Pastor, officers, and committees.
- noted that there are still two places available for nominations for membership on the council for next year.
- rejoiced that the event held at the Rose View Court was such a success.
- ratified the bid recommended by the Property Committee for the replacement air conditioning system for three of the offices. Billtown Mechanical will install the Fujitsu equipment for \$7,185. to be paid from the remaining balance in the capital campaign and a variety of small memorials.
- thanked those whose terms are coming to an end at the close of the Assembly next month: Brenda Bittner, Beth Shafranko, Gary Weber, Eric Comini, and Nancy Larson.
- reminded everyone that the Annual Assembly will be held on May 18 following the 10:30 service and that reports for the booklet of reports is due very shortly.
- concluded the meeting by moving to the chapel for Prayer at the Close of the Day.
- Next Meeting: May 19, 2008 at 6:30 pm

## Parish Register

### Weddings:

- Bryan Taylor and Tracie Kinney, April 12, 2008, in the nave.
- Clint Eppleman and Megan Maiolo, April 26, 2008, in the nave, with reception in Fellowship Hall.

### Funerals:

- Earl D. Foulkrod, March 28, 2008, in the Nave.
- Harold E. Brannaka, April 2, Maneval Home.
- Joseph W. Craven, April 7, 2008, Noll Home.



We're rolling out the red carpet for you!

## 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	Gary Weber, Vice-President	322-7149
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

# Women & Children's Dinner

**Wednesday**  
**May 7<sup>th</sup>**  
**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 30<sup>th</sup>.  
 \$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.



Dick says,  
 "Wear White!"

## Lunch N' Fellowship

**Wednesday, May 21st**

**Featuring**

**Spaghetti & Meatballs**

**Bring a dish to share and a friend!**



# New's from the Pews



Many of us remember the epic musical “Les Miserables” based on the novel by Victor Hugo which has been a huge success on Broadway and also on tour. Recently it was produced at the Williamsport Area High School to rave reviews. Our own **Matt Hartsock** was featured in the role of Inspector Javert and **Declan Jones** was a member of the chorus and also played the role of a farmer. Congratulations to these talented young men.

In February **Annika Waffenschmidt** was pictured in the Williamsport Sun-Gazette with her exhibit at the West Branch School science fair.

**Emily Satifka** was a member of Montoursville Area High School’s mock trial team which went to Harrisburg to compete in the state level competition. The team advanced undefeated to states after winning at Districts and Regionals. They were defeated by a Philadelphia team which went on to win the state event.

Our younger members are not the only ones “in the news.” **Ralph Zeigler** was a member of a graduating class in the Pennsylvania’s Empowered Expert Residents Program at Rose View Center. Graduates are trained to help their fellow residents or facility staff.

New and potential members have been “spotted” in the pews. I am reminded of the old slogan on our church bulletin “Always a warm welcome at old St. Mark’s.” Be sure to greet those folks and make them feel at home with us.

- Joyce S. Hershberger

# Nurse's Notes

- May 4** It's time for fresh asparagus! Did you know that with just 25 calories in eight medium spears, you get 25% of your daily Vitamin A and 15% Vitamin C, and loads of essential folic acid?
- May 11** According to Prevention Magazine (May 2008) the worst place for your toothbrush is ... on the bathroom sink! In many small bathrooms, the sink is in close proximity to the toilet. Flushing forces some particles into the air, as far as 6 feet from the toilet! They suggest you consider keeping your toothbrush “behind closed doors”, such as in the medicine cabinet or a nearby cupboard/ closet!
- May 18** Again ... from the folks at Prevention Magazine (May 2008) ...the worst stall to pick in a public restroom is the center one. They typically contain many more bacteria than those on either end. Toilet handles are the worst, so be sure to thoroughly wash your hands!
- May 25** As the weather gets warmer, you may find yourself needing to turn on your car’s air conditioner, and if doing so causes fits of sneezing, the culprits are probably mold and fungi growing deep within the system. To minimize the problem, keep the car windows open part way for 10 minutes after you turn on the A/C. Keep the vents pointed away from your face. Set the A/C to use “outside” vs. re-circulated air. If that doesn’t work, have your car treated with an EPA approved disinfectant, available at your car dealership, some service stations, and auto A/C shops.

## Social Ministry News

### Clothing Sale Success

On behalf of the Women of St. Mark's, Shirley Hill and Becky Miller Pryor wish to thank the congregation for their generous donations of clothes and clothing accessories to the annual clothing sale. Over the course of three days numerous volunteers unpacked, folded, and organized a roomful of items.

We are pleased to report that sales totaled approximately \$500.00. This amount qualifies for matching funds from Thrivent.

We also contributed clothing to Daniel's Closet (an outreach project of Redeemer Lutheran), Newberry Branch of NGA, American Rescue Workers, and packed numerous bags of t-shirts for the next container shipment to Liberia.

Without the efforts of many this sale is not possible. A special thank you is extended to Pastor Elkin, Lou DeSeau, Russ and Lois Smith, Shirley Vognet, Donna Clark, Ann Kuntz, Ernestine Doane, Shirley Miller, Gladys Knauss, Mary Schultz, Shirley and Jackie Kinney, Jane Kline, Carol Confer, Susan Smith, Lucille Weaver, Elsie Sechler, Ruth Burkholder, Eileen Georg, and Kirk and Michelle Owen for their help.

### April Fling a Success

All who attended deemed our recent visit to Rose View Court a success. On April 9, 2008 several of our children and their parents entertained 25 residents at the Rose View apartments.

Under the direction of Pastor Elkin and Bernadette Jones, Sara Jones, Emily Newcomer and Riley Weber offered musical selections, while Vickie, Benjamin, Hannah and Elizabeth Haussmann

were our official greeters. Hannah also read a kindergarten text to some of the residents while Bernadette offered several poetry readings by Emily Dickinson. Pastor Elkin led us in song including "Happy Birthday" to Elda Zeigler. Shirley Kinney, Jackie Kinney and Gary Weber assisted with the refreshments.

The Social Ministry Committee is thankful for the help of these people as we minister to folks in our community. It is the committee's hope that another nursing facility can be visited in the fall. Our annual visit to the Selinsgrove Center will be in December.



### Bette McCrandall

Our missionary, Bette McCrandall, has returned to Liberia to continue her work on behalf of us. During May you have the opportunity to support her religious training programs. The Social Ministry Committee is accepting monetary donations that will be sent to Bette to purchase needed religious materials. Checks may be made payable to St. Mark's and earmarked for Bette McCrandall—Global Missions.

### Providence House

The Social Ministry Committee thanks the congregation for their donations of kitchen supplies to the Providence House Maternity Home. A large box of items ranging from counter cleaners to zipper lock bags was delivered to the home. To learn more about the work of Providence House, attend a presentation by Debbie Lamos on June 29, 2008 in the Crossway's Room during the Sunday School hour.

## Social Ministry News

### St. Mark's Work Day a HUGE Success!

On Saturday, April 19, St. Mark's was a bee-hive of activity as over two dozen workers descended on the grounds of the church, as early as 8:00 a.m., to dig-in to the care of our landscaping (pardon the pun).

Some got there first-thing because they had later commitments; some arrived a little bit later to stay 'til the end. Still others sandwiched an hour of hard labor in-between other responsibilities; while a few robust souls slaved until 1:00 p.m., when everything was pretty much finished.

The sight of the Haussmann girls helping their mom pull weeds cheered everyone who saw them, and Ben raked out more than his share of mulch before hustling off to a soccer game. The men were inexhaustible in making the piles of leaves, weeds and other debris disappear—and the mulch kept coming and coming and...



At the end of the day, beds were cleared; bulbs, shrubs and a tree were planted; stray branches were trimmed and mulch, A LOT of mulch was spread on every plot surrounding our property. New plantings included a miniature Rhododendron planted outside the sacristy entrance in memory of Richard Lakey's mother, and two pyramidal holly shrubs (replacing two overgrown yews outside the office door) in honor of the wedding anniversary milestone to be celebrated on May 4.

A multitude of thanks goes out to:

Dr. Albright  
Brenda Bittner  
Scott Bittner  
Gary Clark  
Frank Doebler  
Lou DeSeau  
Pastor Elkin  
Clint Epplmann  
Dr. Drew Haussmann

Vicki Haussmann  
Ben Haussmann  
Elizabeth Haussmann  
Hannah Haussmann  
Carl Hieber  
Bernadette Jones  
Declan Jones  
Sara Jones  
Tim Maggs

Deb Maggs  
Ruth Rees  
Beverly Schmidt  
Doug Schmidt  
Katy Schmidt  
Beth Shafranko  
Ken Shafranko  
Ruth Sherlinski  
Todd Smith



## ELCA, SYNOD & WEST BRANCH NEWS

### Lay Ministry Institute Opens Evangelism Classes

During 2007-2008 the Lay Ministry Institute of the Upper Susquehanna Synod is hosting some of the ELCA's finest evangelism leaders. Since this is an opportunity to have contact with the best, the board of directors has opened the five remaining evangelism classes to pastors and rostered leaders.

Rostered leaders may register for any or all of the classes at a cost of \$75 for all five, or \$25 per class. Institute classes will be held 8:30 am - 3:30 pm at the Washingtonville Lutheran Church, Washingtonville on the following Saturdays:

**May 10, 2008**

Beth Yenchko - State College, PA

Looking at evangelism in the congregation & community

**June 14, 2008**

Rev. J. Elise Brown, Manhattan, NY

Biblical insights on evangelism

**September 13, 2008**

Rev. Ernie Hinojosa, San Antonio, TX

The big picture - evangelism and the world

**October 11, 2008**

Rev. U. Fred Landsberg, Omaha, NE

Planning for congregational evangelism

**November 8, 2008**

Rev. Mary Anne Nelson-Loefke, Niagara Falls, NY

The future of evangelism

For further information or to register for the classes contact the Lay Ministry Institute at the synod office or Pastor Melody Sell (pmsell@chilitech.net).

### “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. The event will include visits with area congregations and their pastors, service projects, crafts and much more. Please speak with the Pastor to express your interest.

### Synod Staff New E-mail Addresses

Synod staff e-mail addresses recently changed as the synod acquired its own server. All addresses now end with “@USS-ELCA.org” Please make the following changes in your address books:

**Website:** [www.uss-elca.org](http://www.uss-elca.org);

**Bishop Robert L. Driesen**

bishop@USS-ELCA.org;

**Assistant to the Bishop Beth Ann L. Stone**

bethann@USS-ELCA.org;

**Assistant to the Bishop Karl-John N. Stone**

karljohn@USS-ELCA.org;

**Administrative Assistant to the Bishop Virginia Frantz**

Virginia@USS-ELCA.org;

**Secretary Brenda Jeirles**

Secretary@USS-ELCA.org.

### Redesigned ELCA Website Launched!

The ELCA website, [www.elca.org](http://www.elca.org), is being redesigned for easier navigation and improved resource availability. The redesigned site is scheduled to launch on April 28. Check it out!

### Sex In Milton

The 2001 Church-wide Assembly mandated that a social statement on human sexuality be prepared. After study, the Task Force issued a Draft Social Statement for consideration on March 13, 2008. The Upper Susquehanna Synod will host a hearing on the Statement on Sunday April 27, 2:30 P.M. at Christ Church, Milton. The Rev. Carol Hendrix, a representative of the Task Force, will be present, and comments by participants will be summarized and sent along with the representative to join with the comments from around the country in shaping the next draft of the Statement. The matter is to come to the 2009 Church-wide Assembly. Any members are welcome to attend and comment on the document, which is available both online and in paper copy at the church office.

## YOUTH & FAMILY MINISTRY



Give kids the ticket to adventure!  
**June 8-12**

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!

Make **SonWorld Adventure Park** your destination:  
 where fun and faith combine to make memories that last a lifetime!

### ADULTS & TEENS YOU CAN HELP!

Eight of us had a great day and got a lot accomplished the morning of April 12:  
 castles, carousel horses, roller coasters and signs appeared as if by magic!!  
 Well, maybe not that easily—but we had a really fun time!!!

**Please join us on Saturday, May 10, at 10:00 a.m.,**

when we again 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 team up with us to help prepare for the opening of VBS!

### ACTORS NEEDED!

Five actors needed to portray the pirate, Captain Blackbird; Princess Flora Rose; astronaut, Skip Trueheart; cowboy, Dusty Chaps; and the voice of an enchanted frog, William. These volunteers will be performing in the opening assembly each evening of VBS. We want to cast them now so they can start on their scripts!

Call or e-mail Bernadette.

**Volunteers needed for behind-the-scenes work, kitchen help, teachers and more.  
 Please call or e-mail Sharon!!**



## YOUTH & FAMILY MINISTRY

### 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 & supplies for the picnic, envelopes are available in the narthex for your contribution. Thank you!

### Narnia Lock-In May 16th 6pm

Come with us to Narnia!  
We'll meet at the church for dinner, head to the movies and then get 'locked in' to spend the night here at church. We'll have snacks, games, a Narnia Bible Study, breakfast in the morning and lots of fun in between! Contact Sharon or Bernie for all the great details!

### MARK YOUR CALENDAR, NOW!!!!

Go on—go get it...I'll wait...

Do you have it?... Good.

Have a pen?...

Yes, I'll wait again...

Okay. Now, from **August 3** through **August 10**, we need you to participate in

### *St. Mark's Summer Choir Camp!*

We'll begin right after church on August 3, and then meet every evening through that week. We'll perform at a pot-luck supper on Saturday evening (the 9<sup>th</sup>) and again at the 10:30 service on August 10<sup>th</sup>.

**So if you can make a 'joyful noise' we want you!**

**Check out the June Lion for more details and MARK THAT CALENDAR NOW!!!**



## Friday Fun Night ~May 23



HOW COME YOU NEVER GET A CRAMP  
WHEN YOU'RE WINNING?

**NO EXCUSES!  
COME JOIN THE FUN!!!**

Check it out at 6:30 p.m.  
in Fellowship Hall!

It's a fun time for all!

## 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 :

<b>James &amp; Ernestine Doane</b>	<b>55 years</b>
<b>Cecil &amp; Kathryn Calvert</b>	<b>54 years</b>
<b>Charles &amp; Ann Kuntz</b>	<b>54 years</b>
<b>Lawrence &amp; Catherine Lundy</b>	<b>54 years</b>
<b>Frank &amp; Phyllis Ulman</b>	<b>54 years</b>
<b>William &amp; Marion Waldeisen</b>	<b>53 years</b>
<b>Charles &amp; Ruth Ditchfield</b>	<b>52 years</b>
<b>Theodore &amp; Jane Larson</b>	<b>51 years</b>
<b>Arthur &amp; Jane Kline</b>	<b>50 years</b>

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 pertinent information.



## CHILDREN'S CHURCH

**Sunday, May 11, 2008 at  
10:30 a.m. in the  
Chapel.**

**The children's special offering this month is small lollipops (ex. Dum-Dums) or the small Tootsie Rolls (regular or fruit) to be handed out at St. Mark's 4<sup>th</sup> of July celebration! We look forward to seeing you and**

### 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!

**Senior High Adventure Day May 3rd!  
in Bloomsburg for grades 9-12**



**Bishop's Open Golf Classic  
May 12 11:30 am**

**Spring Work Overnight  
May 16-17, 2008**

Registration begins at 6:30 pm  
Join us for an overnight of fun, laughter, & good hard work!  
Let Bernadette know by May 7th!

## BIRTHDAYS

Robert Clokey	05/02	Stephen Boone	05/18	Catherine Drake	05/24
Ruth Homan	05/02	Arthur Decker	05/18	James Kreider	05/24
Alex Larson	05/07	Candace Dewar	05/19	Dawson Owen	05/24
Carl Weaver	05/10			Dustin Pelleschi	05/24
Kirk Hallabuk	05/11			Kenneth Goldy	05/25
Catherine Lundy	05/13			Joe Peluso Jr.	05/25
Lori Ann Zimmerer	05/13			Jane Angle	05/26
Karen Boone	05/14			Norma Prato	05/26
Elizabeth Kreider	05/14			Audrey Albright	05/27
Jane Larson	05/15	Amy Stugart	05/19	Joyce Hershberger	05/27
Heather Merrill	05/15	Michael Fillnow	05/20	Kathleen Gilbert	05/29
Frank Vognet	05/15	James Seelye	05/21	Randa Bieber	05/31
Robert Schultz	05/16	Owen Lukens	05/23	Steven Bieber III	05/31



## ANNIVERSARIES

Jeffrey & Patricia Hershey	05/01		Erick & Stephanie Fortin	05/16
Hugh & Marie Byerly	05/02		James & Debra Buckman	05/25
James & Elizabeth Kreider	05/08		Creighton & Christina MacGill	05/28
James & Ernestine Doane	05/09		Michael & Pamela Jensen	05/30



## Getting to Know Your Council Candidates

**Brenda Bittner** and her husband Scott and their son Jeremiah (currently attending college in the Pittsburgh area) live in Old Lycoming Township and have been members of St. Mark's since 1991. Prior to joining St. Mark's they were members of Ascension Lutheran Church in Ogden, Utah. Brenda currently serves as chairman of the nominating committee, and is assistant treasurer. She is a Training Officer for Omega Bank a division of First National Bank of Pennsylvania.

**Beth Shafranko** Beth Shafranko has been a member of St. Mark's since 1978 at which time she and her husband Ken moved here from the Harrisburg area where they were members of Trinity Lutheran in Lemoyne. She was raised in Beech Creek, PA and was a member of the United Methodist Church there. Beth and her husband have 3 children; a son in Florida, a daughter in York and a son in this area. They also have 5 grandchildren. She has been active in our church since arriving here more than 19 years ago. Currently she is a council member, serves on Mutual Ministry and Altar Guild and is the chairman of Music & Worship. She works as a Certified Massage Therapist at the Center for Body Balance.

**Todd Smith** is one of the newer members of St. Mark's. He has been enthusiastically involved in The Way this year, as well as in the Crossways Sunday morning group, Wednesdays in Lent, and any of our projects that need a strong arm. He has served in the Army National Guard and has seen active duty. He serves now as a high school teacher of history in Blossburg. He also has the distinction of being the first member to come to us because of discovering our interesting website.

**Gary Weber** will be standing for a second 3 year term on Council. He has been a member of St. Mark's since 1993. Gary serves the congregation as a communion server, lector and as Webmaster of the church's Web site. He is employed as an attorney with the Williamsport law firm of Mitchell, Mitchell, Gallagher, Weber & Southard. Gary is married to Shelby Weber and has 2 sons, Riley and Stefan.

## Special Thank You's

***The family of Glenn Lunger thanks you for your kind expression of sympathy***

Dear members of St. Mark's ~

My family and I want to thank you for your prayers and for the cards that were sent. I have felt a great outpouring of love during this most difficult time in our lives, losing a loving husband, father, papa & also me losing a loving father-in-law and the kids losing a Grandpa and Great-Granddad. The boys called him their "buddy." We know that God has and will continue to be by our side during this time.

Thank you again & God bless you.

~ Sandy Lunger & family

Dear Friend,

There is a list of folks I know, all written in a book.  
And every year I sit down and I take a look.

And that is when I realize, those names are all a part,  
not of the book they're written in, but deep inside my heart.

For each name stands for someone who has touched my life sometime.  
And in that meeting they've become, a special friend of mine.

I really feel that I'm composed of each remembered name,  
And my life is so much better than it was before they came.

Once you've known that "someone" all the years cannot erase,  
The memory of a pleasant word, or of seeing a friendly face.

So never think my cards are just a mere routine,  
or names upon a list that are forgotten in between.

For when I send a card that is addressed to you,  
It is because you're on that list of folks I'm indebted to.

And whether I've known you for many years, or maybe just a few,  
The greatest gift that God can give is having friends like you.

God bless you and thank you for your donation!

Gratefully, Sister Henry

Pastor Elkin,

What a great program you shared with the members of Roseview Court!

The young musicians were quite a hit with everyone and we thank Emily Newcomer, Sara Jones and Riley Weber.

Bernadette Jones reading was enjoyed very much ~ she is great.

Vicki Haussmann and her children were like a ray of sunshine to the group!

Shirley Kinney, Jackie Kinney, Becky Pryor and Gary Weber were so kind to everyone and did an outstanding job of serving the delicious refreshments and sharing with the group.

Thanks for the 'birthday song' when you mentioned my birthday ~ thank you so much.

You brought much joy for an evening of fun.

Thank you so very much.

Elda Ziegler

***The family of Earl Foulkrod acknowledges with deep appreciation your kind expression of sympathy***

Dear Ladies of St. Mark's,

You did such a wonderful job yesterday for the reception. Your precious servant hearts was a blessing to us.

Enclosed is a little gift for the kitchen. We love you,

Love,

Nita Foulkrod Peck & Jim, too

### Directory Changes:

**Mrs. Vanessa Morgan**, 2238 Newberry St., Williamsport, PA 17701-1353

**Mrs. Kenneth Goldy**, 2888 Euclid Ave., Williamsport, PA 17702-6721

**Mr. Merritt Hunt**, Rm. 246, Bridges at Bent Creek,  
2100 Bent Creek Blvd. Mechanicsburg, PA 17050

## HEALTH, HEALING & WHOLENESS

*O Lord, you have searched me and know me. You know when I sit down and when I rise up; you discern my thoughts from far away...it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made." (Psalm 139:1&2; 13)*

There is no doubt that technology in medicine has developed at a whirlwind pace! Fetal imaging by the use of ultrasound is no exception. Though it has been utilized for the past thirty years, new, more powerful equipment can now allow us to see the developing fetus in three-, even four- dimensional detail! In fact, it has become common practice for the attending physician/obstetrician to order at least one, sometimes two ultrasounds during a woman's pregnancy. Fetal imaging has many beneficial uses; it can help determine fetal age, detect defects, check for the presence of more than one fetus, or determine position of the placenta, umbilical cord and fetus – just to name a few. In large medical centers, it is not that uncommon for surgery to be performed while the fetus is still inside the womb. What God makes possible through our healers is truly amazing!

Sometimes, important technological breakthroughs can produce unwelcome consequences as well. As a result of the amazing detail made evident through the use of the latest multidimensional imaging, store-front franchises have sprung up throughout the country, offering "keepsake" or "entertainment" photos and videos of the developing fetus. **But ultrasound is safe – correct?** According to Robert Phillips, Ph.D., a physicist with the FDA's Center for Devices and Radiological Health, "Although there are no known risks of ultrasound imaging and heartbeat monitors, the radiation associated with them can produce effects on the body ... when ultrasound enters the body, it heats the tissues [including bone] slightly." ([www.fda.gov/consumer/updates/keepsakevideo032408.html](http://www.fda.gov/consumer/updates/keepsakevideo032408.html)). What is **not** known are the effects of ultrasound performed too frequently (some franchises encourage several sessions), for prolonged periods of time (keeping the transducer in one spot in order to get the best possible photo), or in concentrated areas. The paradox of performing the extensive, intense human testing to prove or dis-prove ultrasound's effects would simply be unethical.

Additional concerns include: poorly trained technicians, poorly calibrated equipment, skipping pre-natal care (because everything looked fine), technicians encountering developmental problems and lacking the skills to counsel the parent(s), or mis-reading a false-positive of defect leading to unwarranted anxiety. The FDA has the power to regulate the sale of medical devices. Jurisdiction over the franchises, technicians, and physicians who may be promoting non-medical use of the equipment is the responsibility of each state. In March of 2008, the FDA released a consumer advisory stating, "The use of ultrasound imaging devices for producing fetal keepsake videos is viewed as an unapproved use by the Food and Drug Administration", and "Doppler ultrasound heartbeat monitors are not intended for over-the-counter" – "both products are approved for use only with a prescription" – things that they **can** enforce.

It is only natural to want to do everything possible to develop the bonds between the unborn child and parent. And it is natural to want to share the news with friends and family. But at some point, should we ask the questions, "Just because we can ... should we?" "Does the desire to know the baby's sex for purposes of appropriate décor or shower gifts outweigh the risk that may be taken to accomplish it", and "is it appropriate to share such an intimate aspect of our lives with strangers on websites such as *You Tube* and *My Space*?" These questions are not for me to decide. What I **can** advise is simply this, "Do everything you can possibly do to give your baby a healthy start in life. Get appropriate pre-natal care, discuss all your concerns with your physician, and explore this spiritual adventure that God is leading you through!" Blessings!

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

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## St. Mark's Calendar of Events

<p><b>May 1</b> <span style="float: right;"><b>Thursday</b></span>  <b>Day of Ascension of Our Lord</b>  <b>National Day of Prayer</b>            6:31 am—Men's Ministry            8:00 am—Stephen Ministry            9:00 am—Morning Prayer            7:00 pm—Conference Service at            Messiah Lutheran</p>	<p><b>May 11</b> <span style="float: right;"><b>Sunday</b></span>  <b>Day of Pentecost</b>  <b>Mother's Day</b>            8:00 am—Holy Communion            9:15 am—Sunday School            10:30 am—Holy Communion            10:30 am—Children's Church</p>	<p><b>May 21</b> <span style="float: right;"><b>Wednesday</b></span>            9:00 am—Morning Prayer            9:15 am—Staff Mtg. &amp; Quilting            12:00 pm—Lunch N' Fellowship            7:00 pm—Mutual Ministry</p>
<p><b>May 2</b> <span style="float: right;"><b>Friday</b></span>            9:00 am—Morning Prayer</p>	<p><b>May 12</b> <span style="float: right;"><b>Monday</b></span>            9:00 am—Morning Prayer</p>	<p><b>May 22</b> <span style="float: right;"><b>Thursday</b></span>            6:31 am—Men's Ministry            9:00 am—Morning Prayer            5:00 pm—Stephen Ministry II</p>
<p><b>May 3</b> <span style="float: right;"><b>Saturday</b></span></p>	<p><b>May 13</b> <span style="float: right;"><b>Tuesday</b></span>            9:00 am—Morning Prayer            12:00 pm—Staff Luncheon            6:30 pm—Property Committee</p>	<p><b>May 23</b> <span style="float: right;"><b>Friday</b></span>            9:00 am—Morning Prayer            9:15 am—Lion Crew            6:30 pm—Friday Fun Night</p>
<p><b>May 4</b> <span style="float: right;"><b>Sunday</b></span>  <b>7th Sunday of Easter</b>            8:00 am—Holy Communion            9:15 am—Sunday School            10:30 am—Holy Communion            10:30 am—Anniversary Milestone            12:00 pm—Milestone Dinner            3:00 pm—Conference Assembly</p>	<p><b>May 14</b> <span style="float: right;"><b>Wednesday</b></span>            9:00 am—Morning Prayer            9:15 am—Staff Mtg. &amp; Quilting            12:00 pm—Bible Study</p>	<p><b>May 24</b> <span style="float: right;"><b>Saturday</b></span></p>
<p><b>May 5</b> <span style="float: right;"><b>Monday</b></span>            9:00 am—Morning Prayer            12:00 pm—Pastor at Society for            Holy Trinity</p>	<p><b>May 15</b> <span style="float: right;"><b>Thursday</b></span>            6:31 am—Men's Ministry            9:00 am—Morning Prayer</p>	<p><b>May 25</b> <span style="float: right;"><b>Sunday</b></span>  <b>Second Sunday of Pentecost</b>            8:00 am—Holy Communion            9:15 am—Sunday School            10:30 am—Holy Communion            11:40 pm—Memorial Service for            Harriet Fornwalt</p>
<p><b>May 6</b> <span style="float: right;"><b>Tuesday</b></span>            8:00 am—City Pastors Meeting            9:00 am—Morning Prayer            7:00 pm—Music &amp; Worship Com.</p>	<p><b>May 16</b> <span style="float: right;"><b>Friday</b></span>  <b>Newsletter deadline</b>            9:00 am—Morning Prayer            6:00 pm—Narnia Youth Lock-In</p>	<p><b>May 26</b> <span style="float: right;"><b>Monday</b></span>  <b>Memorial Day</b>  <b>**Office Closed**</b></p>
<p><b>May 7</b> <span style="float: right;"><b>Wednesday</b></span>            9:00 am—Morning Prayer            9:15 am—Staff Mtg. &amp; Quilting            6:00 pm—Women's Dinner</p>	<p><b>May 17</b> <span style="float: right;"><b>Saturday</b></span></p>	<p><b>May 27</b> <span style="float: right;"><b>Tuesday</b></span>            9:00 am—Morning Prayer</p>
<p><b>May 8</b> <span style="float: right;"><b>Thursday</b></span>            6:31 am—Men's Ministry            9:00 am—Morning Prayer            5:00 pm—Stephen Ministry II</p>	<p><b>May 18</b> <span style="float: right;"><b>Sunday</b></span>  <b>Sunday of the Holy Trinity</b>            8:00 am—Holy Communion            9:15 am—Sunday School            10:30 am—Holy Communion            11:45 am—Annual Assembly            6:00 pm—Confirmands Dinner</p>	<p><b>May 28</b> <span style="float: right;"><b>Wednesday</b></span>            9:00 am—Morning Prayer            9:15 am—Staff Mtg. &amp; Quilting            12:00 pm—Bible Study</p>
<p><b>May 9</b> <span style="float: right;"><b>Friday</b></span>            9:00 am—Morning Prayer</p>	<p><b>May 19</b> <span style="float: right;"><b>Monday</b></span>            9:00 am—Morning Prayer            6:00 pm—Adult Handbell Meal            6:30 pm—Council Meeting</p>	<p><b>May 29</b> <span style="float: right;"><b>Thursday</b></span>            6:31 am—Men's Ministry            9:00 am—Morning Prayer            6:00 pm—Senior Choir Dinner</p>
<p><b>May 10</b> <span style="float: right;"><b>Saturday</b></span>            10:00 am—noon VBS Work Day</p>	<p><b>May 20</b> <span style="float: right;"><b>Tuesday</b></span>            9:00 am—Morning Prayer            12:00 pm—Luth. Shared Min.</p>	<p><b>May 30</b> <span style="float: right;"><b>Friday</b></span>            9:00 am—Morning Prayer</p>
		<p><b>May 31</b> <span style="float: right;"><b>Saturday</b></span>            10:00 am—12:00 pm—Mission at            the Crossroads Review</p>

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## ANNUAL CONGREGATION ASSEMBLY

SUNDAY, May 18, 2008 11:45 a.m.

The Annual Congregation Assembly has been called by the Congregation Council for Sunday, May 18, 2008, following the 10:30 service. The booklet of reports will be available on the Sundays prior to the meeting. Any questions about the reports should be directed to the appropriate officers or chairs, so that they can give good answers. If there are other matters to be raised at the meeting, for the sake of good order, please direct them in advance to the President. Elections for new Council members will be held. Biographical notes on candidates are included in this newsletter.