St. Mark's Lutheran Church † 142 Market St. † Williamsport, PA 17701 † 323-4619

The Lion of St. Mark's

APRIL 2009

Thought-filled worship this Lent

The series of gatherings at noon and evening continue each Wednesday in Lent. We gather at 11:30 for Mid-Day Prayers followed by lunch in Fellowship Hall. Prayers use the form of the ancient office of prayers at the sixth hour of the day. We are focusing this year on the Wounds of Christ during his Passion, and discover that we participate in those hurts. In the evening, we share supper at 6:15 and then sing Evening Prayer at 7:00 in the chapel.

Passion-filled worship this Holy Week

Holy Week is filled with events. We begin this year with the visit of the Lycoming College Chamber Choir on Palm Sunday's 10:30 service. Several powerful works are planned. Wednesday in Holy Week is our time to mark the Seder, the meal of the Exodus. On Holy Thursday we gather at noon in the chapel and at 7 in the nave for the Holy Communion and stripping of the altar We leave in silence until we gather on the next day for the Community service at noon in the nave or the Service of Shadows at 7:00 P.M.

Joy-filled worship this Easter Vigil

The highlight of the year is the Easter Vigil on Saturday evening at 8:00 P.M.. This year we will welcome two men in the Sacrament of Holy Baptism as well as five other persons as affirmers. All have been participants of The Way since last September. This is the most important, the most dramatic, the most colorful, the most...everything...service of the year. Do not miss it!

Prayer-filled worship Each Day

In addition to all this, our regular round of gatherings for Morning Prayer continue five days each week at 9:00 A.M. Stop in and join the pastor, staff members, quilters, Stephen ministers, and others in prayer when you are close by.

COUNCIL UPDATE

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COUNCIL MEETING NOTES

The Congregation Council met in regular session on March 16 in the Crossways Room. The Council:

- received the regular reports of the pastor, officers, and committees.
- moved to receive Emily Bellows-Shaffer as a new member by Letter of transfer from Trinity Lutheran Church of Towanda.
- nominated the following slate of persons for presentation to the Congregation at the Annual Assembly: Jane Zimmerer 2nd 3-year term; Michele Ramsauer, 3-year term; Clinton Eppleman, 3-year term; Dinah Labenberg, 3-year term; Bonnie Eyer, 2-year term; Bill Hill 1-year term.
- approved the possibility of an entry from St. Mark's in the downtown Little League parade in August 2009.
- approved the use of \$4,000 from the Ethel Chambers memorial fund for Family Promise.
- authorized the officers of the parish to have an appraisal made of the city-owned property at Mulberry and Via Bella Streets, and to enter into negotiations leading toward possible purchase of the plot.
 - authorized the selection of a task-force to develop strategies for the use of the property if we are able to secure it. Nominations for the Task Force were made and additional volunteers will be solicited.
 - called the Annual Assembly for May 17, following the 10:30 service.
 - set the next regular council gatherings as Monday, April 20 and Tuesday May 19.

Parish Register

Pastor Elkin presided at the memorial service for Arthur Kline on March 12, 2009.

Pastor Elkin presided at the memorial service for Henry Fornwalt on March 22, 2009.

Staff & Officers Contact Information

Church Office 323-4619 The Reverend Kenneth Elkin, Pastor Dick Lakey, Director of Music Sharon Comini, Christian Education Bernadette Jones, Christian Education Susan M-Smith, Parish Secretary Richard Wagner, Financial Secretary Lou DeSeau, Environmental Services Gary Weber, Website Administrator stmarks@stmarkswilliamsport.org pastor@stmarkswilliamsport.org rlakey@stmarkswilliamsport.org scomini@stmarkswilliamsport.org bjones@stmarkswilliamsport.org smsmith@stmarkswilliamsport.org ldeseau@stmarkswilliamsport.org gweber@stmarkswilliamsport.org

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Pastor's Home Phone	323-2452 323-7367
Harold Hershberger, President	322-0410
Gary Weber, Vice-President	322-7149
Donna Clark, Council Secretary	998-2290
Jackie Kinney, Treasurer	323-5980
Jane Larson, Stephen Ministry	433-3380
Bob Schultz, Adult Catechumenate	326-3929

222 2452

For Sale

Christian Community Service Opportunities

Land

The old line is "The one thing about land is that they aren't making any more of it." We have been neighbors to the bridge project for so long now, and for more than a year have looked out at the corner of Mul-

berry and Via Bella to see mostly weeds. The land is now reverting to the City as the bridge project finally ends, and the question has arisen as to how that land should be used. It is clear that for us to have a say in what that use might be, we need to have ownership of the land.

At the regular Council meeting of March 16, 2009, the Council authorized the Executive Committee to enter into negotiations with the city government leading toward possible purchase of the plot. To this end, the Council also authorized the securing of an appraisal of the land, and the formation of a task force to formulate the possible uses of the property.

There will be many twists and turns in this quest, and success is of course not assured, but it is the consensus of the Council that we should make every effort to explore this matter promptly and thoroughly. If we are able to reach an agreement with the city, the matter must come before the Congregation for approval as well.

Initial nominations to the Land Task Force were made, but the Council wants it to be clearly understood that additional members from the congregation may volunteer to be a part of the Task Force and bring their ideas to the table. The President will call the next meeting, and it is to take place very soon. To volunteer, email the president at <u>deermountain2@comcast.net</u>.

Emergency Response Team Training



Striving to stay prepared, Community Emergency Response Team trainers are offering a course intended to bring communities together during disaster.

Designed by the federal government, the 16-hour course includes information about what type of disasters could affect the local neighborhood, first aid, CPR, rescuer safety and triage.

Everyone completing the course receives an emergency kit filled with emergency tools.

The response team was established to enable immediate aide prior to emergency responder arrival, ac-

cording to a news release from the Lycoming Citizen Corps Council.

Applicants are asked to register by April 27. For more information or to register call 433-4461 or go to http://www.lyco.org.

Instruction is scheduled from 8 a.m. to 4 p.m. May 9; from 6:30 p.m. to 9:30 p.m. May 12 and from 8 a.m. to 4 p.m. May 16 at the Lycoming County Department of Public Safety, 542 County Farm Road, Montoursville.

FLS Life-Enriching Opportunity

FLS is a program which sponsors hosts, transportation, activities and more for foreign students during the summer. To their pleasure, the **Shafrankos** have hosted students for FLS in the past. Beth had this to say about it:

"This is what Ken and I did two years ago and thoroughly enjoyed it. The kids go to LHU each weekday, leaving from and returning to Wegmans, with a bus taking them to Lock Haven and back. They are to eat what we eat and do at least one weekend away field trip with their entire group, so aren't with the host family then. The host family earns \$200.00 towards expenses. Each student comes with his/her own spending money. We had the Chinese kids and managed to not break total diplomatic ties with China. One of the boys emails us usually monthly. He'd like to come to PSU to college some day."



Groups

FLS has several groups coming again this summer.

Spanish students are expected for the month of July.

Chinese students are here for one and two week spans between mid-June to mid-August.

If you are interested in hosting, please contact Wendy Donovan at her office 570-893-8474 or email wdonovan@fls.net.

Spread the News

So you enjoy being in the program! Great, let your friends and family know about your wonderful experiences. When they sign up and take a student you will receive a \$50.00 for each referral.

Groups, clubs, organizations, schools, churches:

Want to help your group, club or organization earn some extra money? If someone from your organization signs up to be a host family, FLS will pay the organization \$50.00 for each family when they take a student.

Multicultural Website

To learn more about a students' culture, check out this great website for more information on the culture of just about any country you can think of: <u>www.countryreport.org</u>. This is a great way to help you better understand and communicate with your students. They will also be impressed with your knowledge of their country!

Caffeine Nation Culture Club

FLS students are going to be at Caffeine Nation, 223 E. Main Street, Lock Haven. Wendy will be there with students from different countries to teach local children about other cultures. Dates scheduled:

Learn about South America March 14 1-3pm

Learn about Korea April 4 1-3pm.

Mark your calendar. Bring your children, grandchildren, nieces, nephews or the neighbors' kids. They are guaranteed to have fun. They are going to try and have different foods as well.

Drivers/Guides

As summer draws near FLS becomes very busy, so they will be in need of additional drivers and guides. They are looking for young people who are fun-loving, patient, responsible and interested in working with people from other cultures. If you know of anyone over the age of 18 who will be looking for a summer job, and has some experience working in people-oriented services, please refer them to FLS. Drivers must have a clean driving record for at least three years. Please contact Wendy Donovan at her office 570-893-8474 or email wdonovan@fls.net.

Teachers

We are also looking for teachers who can work 8:30-12:00 M-F teaching middle and high school international students. Candidates must have a four-year degree and some teaching experience. To learn more please contact Bob Jenkins at <u>rjen-kins@fls.net</u>.

Social Ministry & Women of St. Mark's



Habitat for Humanity

Recently the 39th and 40th Habitat homes were dedicated in the Newberry section of Williamsport. You may recall that members of St. Mark's have been involved with these homes since groundbreaking last summer. We have provided labor, brunches, and lunches over the past several months. Our own **Elsie Sechler** and **Ernestine Doane** represented St. Mark's at the dedication. They joined **Larry and**

Norma Lehman in congratulating the new first-time homeowners. It should be noted that Norma volunteers with Habitat for Humanity in screening prospective families. It was reported that a good time was had by all.

Daniel's Closet

The Social Ministry Committee wishes to thank the congregation for the 65 pairs of socks that were donated to Daniel's Closet. These items were distributed March 21, 2009 as part of Redeemer Lutheran's outreach to the needy in our community.





Spring Clothing Sale Saturday, April 25, 2009



The Women of Saint Mark's need your family's no-longer-wanted clothing for our upcoming sale. We continue to accept good, clean clothing in all sizes from infant to adult. We are also accepting shoes, coats, and clothing accessories. If you don't want it, we can use it!



We are also accepting monetary donations to offset our expenses that include advertising and snack bar items. Checks may be made payable to St. Mark's.

We will begin setting up on Wednesday, April 22, 2009 after Morning Prayer. Please speak with Shirley Hill or Becky Miller Pryor if you can volunteer for this event. We need people to set up, work the day of the sale and clean up afterwards. Any amount of time that can be given will be greatly appreciated.



This event qualifies for matching funds from Thrivent. Any unsold clothing will be donated to Daniel's Closet, Newberry Branch of NGA, and the American Rescue Workers.

News from the Pews

March 1 marked the 67th wedding anniversary of **Ralph and Elda Zeigler**- Ralph and Elda were married in Altoona and have been long time members of St. Mark's. Ralph was a dynamo on the property committee making sure our building was in good shape, do-ing much of the work himself. Congratulations to the Zeiglers!

Aric Larson was pictured in the newspaper as a member of the Lycoming County Special Olympics Floor Hockey – the team competed in the floor hockey tournament at Bald Eagle Area High School on March 14 and 15 and were awarded a gold medal.

The Williamsport Home residents, under the direction of our own **Dot Berndt**, have formed a singing group. The group is composed of singers from the three apartment buildings and gave a concert in February.

With sadness we marked the death and funeral of **Art Kline**, husband of Jane and father of Alice and Karen. Art was a tireless volunteer at the Chamber of Commerce and at the Brown Library. Our love and sympathy to his entire family.

- J oyce Anne H ershberger

Please submit news items to Joyce Hershberger via her email deermountain2@comcast.net or by phoning her at 322-0410.

Office Help Needed



Susan will be having surgery on April 6th and will be out of the office for an extended amount of time. If you are available to help with answering the phone, typing, filing, copying, etc. please contact the church office. Your help will be greatly appreciated! Thank you!

The Pastor Is Digging Again!

Pastor Elkin will be on vacation beginning Thursday, April 23rd through Tuesday, May 12th. He will be joining an archeological dig in Wadi Hamam, Israel.

If you would like Pastor to visit with you in your home, at church, or another suitable meeting place before his trip, please call the office at 323-4619 or email the Pastor at pastor@stmarkswilliamsport.org to schedule a time.



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United Churches of Lycoming County

A 24 hour Devotion Line



is a way for everyone in our community to have "A Closer Walk With God". Devotions are three minutes or less and

change daily and at least once on the weekend. Devotionalists change weekly. The phone number is **570-322-5762**.

Food Pantry Needs

These are the items that are currently needed:

tuna fish canned fruits egg noodles teabags

cakes mixes & icing oodles-of-noodles sugar canned veggies saltine crackers hamburger helper clean plastic bags

Your donations are best brought Monday mornings from 9:30 - Noon. Persons needing food should call and leave their name and number on the answering machine. Appointments may be made to receive food on Tuesdays and Thursdays from 10 am - 3 pm and when necessary at other times as well. Gail Burkhart is the UCLC Food Pantry Coordinator and may be reached at 322-1657

Ecumenical Luncheons

Join us from 12 to 1 p.m. for the Wednesday Noon Ecumenical Lunch Program. You're always assured of a tasty \$4 lunch, warm, ecumenical fellowship and a thoughtful program designed to enrich your life mentally, physically, spiritually and socially. The parking is free in the Pine Street lot north of the church from 11 to 1:30 p.m.

No reservations are necessary.

4/01	~	"Emerging Faith: Life or Death" ~ John 11:1-45
		Rev. Gwen Bernstine, 1st Baptist Church, Williamsport.
4/08	~	"The Cross"
		J. Morris Smith, Shepherd of the Street, Perm. Deacon Annunciation, Williamsport
4/15	~	Spiritual Formation-Music of our Souls"
		Rev Harlan Showers, Church of the Savior & St. Matthew's Lutheran, Williamsport.
4/22	~ "	' New Insights Into the Dunkards"
		Rev. Larry Waltz, Blooming Grove Hist. Society &1st Baptist Church, Williamsport.
4/29	~	"How Newspaper Impacts Community
		Mr. Bernard Oravek, Publisher, Sun Gazette

Free Income Tax Help Available!



The Salvation Army has volunteers that are willing to help file your taxes. Free tax filing started February 2, 2009 at three locations: The Salvation Army, Penn College & Muncy Public Library. They will prepare your taxes, electronically file your tax return for free, and make sure that you receive all your credits; earned income credit, child tax credit, etc. For an appointment call (570) 326-9187.

Elca, Synod & West Branch News



<u>Early Registration Deadline Reminders:</u> The first early registration deadline, which entitles campers to pay last year's fees, is April 1, 2009. The second early registration deadline, to be eligible for this year's discounted rate, is May 1, 2009. For more summer camp information, check out the website at *www.campmountluther.org*

<u>Summer Program Notes</u>: Summer Brochures have been mailed to all campers and churches. If you are on our Go Green! List or didn't receive one, you can download it on our website at *http://www.campmountluther.org.*

<u>Wanted: A Few Good Men!</u> Make a difference in someone's life this summer. Camp Mount Luther is in need of men to serve as counselors this summer. In addition, volunteer nurses are needed to serve as the weekly health officer. If you or someone you know is interested, contact Chad Hershberger, Executive Director, at the camp office at (570) 922-1587.

<u>Spring Brunch Fundraiser and Open House</u>: Tickets are now available from the camp office for our second Spring Brunch Fundraiser on April 26, 2009 from 11 a.m. to 2:00 p.m. Come to Mount Luther for our popular brunch featuring Ham, Sausage, Home Fried Potatoes, Scrambled Eggs, Cheese Strata, Fruit Salad, Orange and Apple Juice, Bagels with Cream Cheese, Toast, Donuts, Coffee Cake, Cold Cereal, Chicken Noodle Soup, Coffee, and Tea. 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 (570-922-1587) or via e-mail at cml@campmountluther.org; deadline for ordering is April 18. We are also having our annual open house that day from 1-4 p.m. First time campers who come to the open house will receive a coupon for a discount off their registration fee for Summer Camp 2009!

<u>Bishop's Open Golf Tournament</u>: The fourth annual Bishop Open's Golf Tournament is set for May 11, 2009 beginning at 11:30 a.m. at the Susquehanna Valley Country Club in Shamokin Dam. Sponsors and teams for the four person scramble are needed. Registration forms were sent to all congregations, and more info is found on our website. We are also looking for congregations to become hole sponsors this year.

<u>Quilters/Crafters Invited to Donate I tems for Benefit Auction</u>: Mount Luther will be holding a Benefit Auction on Saturday, October 31, 2009, and is inviting quilters and crafters from around the area (individuals or groups) to donate quilts of all sizes and all varieties and other handcrafted items. If you are interested in supporting this wonderful cause, please call the camp office at 570-922-1587 by May 31st to give us an idea as to how many donations we will have. Thank you for your support!





Three Lutheran pastors riding a bamboo bicycle built for three will be in our synod June 4, supporting the ELCA World Hunger Appeal. Cyclists wishing to ride along should meet at Christ's United (Four Bells) at 2:30 to 3:00 p.m., for at 3:00 departure with arrival at the synod office about 4:00. There will be an evening program at St. Luke, Williamsport, at 7:00 p.m. Bring food items for a local food pantry; refreshments will be served. Our synod's World Hunger Committee is challenging the Upper Susquehanna Synod to raise \$55,000. We are asking each congregation to sponsor at least a mile. Check out <u>www.tourderevs.org</u> or contact Pr. Carla Volland for more information. Email <u>parish05@micro-link.net</u> or call her at 570-546-6381.

Elca, Synod & West Branch News

U.S.S. ARK

Lent/Easter 2009

God's Work, Our Hands in the Upper Susquehanna Synod + Evangelical Lutheran Church in America

God's Work, Our Hands in the U.S.S. News of God's People in Action

Oldest U.S.S. Work Team Member Returns to Liberia

Zion, Sunbury member "Mother" Ruth Koble may be in her 70's, but she's got more enthusiasm and drive than many people half her age! In preparation for her return to Liberia this January with the U.S.S. Work Team, Koble intentionally gained five pounds to offset her usual weight loss of 5-10 pounds over the six week trip. "Thank God, it worked!" she reports. "I was strong, as Liberians say."

Koble spent most of her time in Liberia at the Lutheran Training Institute in Lofa County, which offers vocational education to ex-combatants from Liberia's civil war, and to women and others seeking to develop job skills. While waiting four weeks for delivery of supplies from the U.S.S.-sent shipping container, Koble served as "chief cook" for herself, Esther Thomas (LTI school administrator), and any guests who visited LTI. She also offered a pastoral "listening ear" to many in the community, hearing their stories and learning news of former students and leaders in the Lutheran Church in Liberia (LCL). One visitor was LCL Bishop Harris himself, returning from the rededication of St. John's Lutheran Church in ZorZor (see story on reverse).

When the container contents finally arrived at LTI, Koble used her "brain and brawn" to organize and unpack the many boxes...more than 40 hours of work. She also visited with a group of women at their Community Sustainable Development Organization office. The women's work is based on food preservation, and employs the many canning jars sent previously in U.S.S. containers.

Koble hopes to return to LTI with the next U.S.S. work team in January 2010 to continue her work with teacher and literacy training.



Liberian teachers receive attend a ceremony marking the completion of a teacher-training program in the justrenovated sanctuary of St. John, ZorZor, Liberia.

Teaching the Teachers

Could you teach 100 six-year-olds...with no textbooks...no pencils or paper...and only 30 chairs in a classroom? More than three dozen Liberian teachers recently honed their skills in classroom management thanks to classes offered by U.S.S. Work Team members Deb Winters, Sandra Nelson, and Barbara Dierksheide.

The classes were offered to three different groups on Mondays, Wednesdays and Fridays in a room at Current Lutheran Hospital. Private and public school teachers attended the morning sessions; church school teachers came in the afternoon. The teachers reported that classroom management had become their primary concern since the Liberian government--under President Ellen Sirleaf-Johnson--had mandated **free** education for children Kindergarten thru Grade 6. The resulting influx of children into the school system makes teaching an even greater challenge in Liberia.

The three American women began each session with singing. During one session they (continued on reverse)

Elca, Synod & West Branch News

Could You Build A Church In A Week?

This was the challenge facing the U.S.S. Work Team in Liberia...to complete the renovation of St. John Lutheran Church in Zorzor in a week's time. Why just a week? To finish in time for LCL Bishop Sumoward Harris to rededicate the building at a service scheduled for February 15.

Liberian workers had already raised walls and completed the cement floor when the U.S.S. team began the weeklong push to finish. Gary Winters and Joe Kanagy designed vaulted wooden trusses for the roof. Working with Liberians, the team built, raised, and installed the trusses and roof. The youth of the church whitewashed the walls and the women cleaned. The contractor delivered the new pews--not the tied-together log sit-upons that are the usual primitive seating--but colonial-style wooden benchseats with backs. Two days to go, and the paint crews spent 48 hours non-stop to finish the painting. Saturday night - 10 o'clock: Gary, Joe, and Carl Dierksheide added the three crosses to the altar frontispiece, hammering them in place...the workspace lit by a flashlight.



LCL Bishop Harris leads the procession to St. John Lutheran Church for the rededication service on February 15.

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Congregation awaits Bishop Harris's ribbon-cutting before entering the renovated St. John Lutheran Church in ZorZor.

Rededication Day: Excited parishioners, church choirs from as far away as Guinea, and local dignitaries lined up behind Bishop Harris and Pastor Francis Weedor to process--singing and dancing from the center of town to the church. Bishop Harris read the Proclamation and cut the ribbon crossing the sanctuary doors. Then the crowd surged forward for more singing and dancing in the church. U.S.S. Work Team member Pastor Deb (Spinks) Winters was honored to deliver the dedicatory sermon, challenging church members to be "lights" to "help others do what has been done here."

("Teaching the Teachers", continued") showed the teachers how to make blackboards. And they stressed that discipline need not begin with the "switch", as was so often the case.

Six of the teachers had perfect attendance despite walking an hour each way to travel between Curran Hospital and their homes. Teachers in Liberia are to be commended for their dedication. They are underpaid. Some are not paid at all, but are teaching because they know that education is the key to Liberia's future.

Please contact 2009 U.S.S. Liberia Work Team member Joe Kanagy (719-935-9916), Sandy Nelson (570-995-9327) or Ruth Koble (570-286-2340) to arrange for them to speak at your next Sunday School class or church event about their experiences in Liberia.

United Campus Ministry "Mission Possible"

Our mission trip to Pittsburgh was a very worthwhile experience for everyone who attended. It was four days of service, personal growth and reflection. We worked in a number of different areas.

On Sunday, our first assignment was to work at WQED TV and take pledges for their telethon. Being in the studio where Mr. Roger's neighborhood was taped and seeing the props from it brought back many memories as a child. Monday's work was at the Greater Pittsburgh Food Bank. It was an enormous facility that provided food for thousands of people in the Pittsburgh area. We sorted, packed, and shipped over a hundred boxes of food. On Tuesday, we worked at the East End Cooperative Ministry at East Liberty Presbyterian Church. We worked preparing and delivering meals for Meals on Wheels. What an enormous amount of work that goes into Meals on Wheels everyday. Volunteers come every day to help with that. Mary, one of the volunteers came and helped every Tuesday. She was amazing. She was also 86 years old.

Our biggest challenge on the trip came on Tuesday evening when we were asked not to serve the homeless, but to eat with them and worship with them. The entire group was out of their comfort zone. We discussed the experience with the director of Light of Life Mission afterward, and the students weren't the only ones who grew out of that experience. The adults gained a lot from it as well.

April is here already and believe it or not, May is right around the corner. We will be hosting our <u>Feed your Finals</u> event on May 4. We will be providing study bags for the students again and would appreciate as much congregational support as possible. If anyone is interested in providing snack items for the study bags, please drop them off in Sharon's office.

Please continue to keep all the college students, especially graduating seniors in your prayers.

Your servant in Christ,

"Daniel's Closet"

At Redeemer Lutheran Church 1101 Washington Blvd. Williamsport, PA 322-2333

Free Clothing For Children, Men and Women!

Saturday, April 25, 2009 (4th Saturday of the month) 9-11 a.m. 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!





Journey to the Past

On Saturday, March 21, at 6:30 a.m., 19 intrepid travelers gathered at St. Mark's, ready to depart on an ambitious journey. Their number included eight catechetical students, one mentor, eight parents, one instructor and one pastor, all loaded into three vehicles. After a quick stop for breakfast along the turnpike, they arrived at Old Augustus Church a little after 9:30, where they received a brief tutorial by Pr. Elkin and a docent of the church. They quickly piled back into the three vans (it was really chilly) and wended their way to the Daniel Boone Homestead in Birdsboro.

After touring the grounds there, they shared lunch. Yes, they truly shared the meal—it was at that point they realized a cooler was left at the church! Appetites sated, they drove on to Hopewell Furnace, where many of the youth received Junior Ranger badges for completing a sheet of information about the site. From there, they traveled to Ephrata Cloister, where they learned about a genuinely different way of life. As has become tradition for these trips, on the way home, they stopped for dinner at The Old Country Buffet. They arrived back at church with a well-earned sense of accomplishment about 9:15 p.m.

Some of the students reported in with their thoughts of the day and messages to the congregation:

The Ephrata Cloister meant the most to me. It taught me how much faith some people have. I really enjoyed the whole
trip. I learned a lot.~ Katelyn Lauer

The most important thing to me was the Hopewell Furnace. This is important to me because the people that worked there not only made things for the community but helped to win the Revolutionary War. I was also impressed by the time the people put into making that stuff for the people in the community and in the war. Finally, the people at Hopewell did good things for the town, like make it grow rapidly, and also helped win the war because they supplied the army with cannon balls and slugs for the guns.

For me, the most memorable part of the trip was the Ephrata Cloister. The way those people dedicated their lives to God and disciplined themselves was amazing. I think it's neat the way they were always looking ahead to a better life. Mom and I had fun. ~ Emily Newcomer

My favorite part of our trip was the Hopewell Furnace because there was so much to see and so much history wrapped up in the whole thing. I learned a bunch of stuff that I didn't know. I liked the giant bellows and water wheel the most. It was cool to be able to stand so close to it. Thank you for paying for us to go see all the attractions at all the places that we went. And thank you for paying for dinner. I really like the dinner buffet. ~ Theoron Hershey

I liked our history trip we went on. I think the Hopewell Furnace was the best. This is because I like to learn about war, and cannon balls were made there for the Revolutionary War. The St. Augustus church and Ephrata Cloister were both used as hospitals during the Revolutionary War. Mom and I would like to thank Mrs. Jones, Pastor Elkin, all the drivers, and everyone who shared their lunch with us! ~ Stephen Boone

What I thought was interesting was that at Ephrata, the people who lived there were really devoted to their religion, because they wanted to be just like God. But I think that since it was a step up from their previous life, it's not really giving up anything like a real devoted person would have to. ~ Corey Hospes

What I thought was fun was switching cars each time we stopped; because it was fun to see who I would be sitting next to. ~ Max Hospes

The part that I enjoyed the most and that meant the most to me was the Daniel Boone homestead. It was very fascinating to see how the people lived, what they did in their spare time, and the hardships they faced. It was amazing how these people lived and what they did. It made me feel that I was very lucky to have what I have. ~ Riley Weber

I would like to thank all the parents who went with us. This is a first in that every student had a parent of their own with them. This means a lot to our young people and is a great way to show involvement and support for their participation in church activities. As always, it was great to spend time with the kids, as well as their parents, and get to know them better.

~ Bernadette Jones

ATTENTION HIGH SCHOOL SENIORS & COLLEGE STUDENTS !!! The St. Paul Lutheran Church Scholarship

The Scholarship Program:

The St. Paul Lutheran Church Scholarship Program was founded by the congregation of the former St. Paul Lutheran Church in Williamsport, Pennsylvania. St. Paul Lutheran Church, prior to its closing, established this special scholarship program to benefit Lutheran students in Lycoming County, Pennsylvania, in perpetuity.

Eligibility:

Eligible candidates will be graduating seniors of a high school, or a high school graduate equivalent, located in Lycoming County, Pennsylvania. Candidates must be members of a Lutheran church, and eligible candidates also include those individuals who were members of St. Paul Lutheran Church in Williamsport, Pennsylvania, at the time of its closing. Candidates must be attending, or plan to attend in the 2009-2010 academic year, an institution of higher education (academic, technical, or vocational). Eligible candidates must also have a minimum grade point average (GPA) of 2.5 on a 4.0 scale and demonstrate involvement in church and community. Candidates may reapply in successive years for scholarships available from this program.



Scholarship Awards:

Scholarships awarded in 2009 will be available only for the 2009-20010 academic year. Scholarship awards may be used only for educational expenses, including tuition, books, laboratory expenses, or other education-related expenditures that are approved by the Foundation.

Selection of Recipients:

The number of scholarships awarded, the amount of the scholarship awards, and the selection of scholarship recipients will be determined by the Foundation.

Application Process and Deadline

Students who wish to apply to the scholarship program must complete an application and required letters of recommendation and submit materials postmarked no later than **April 15, 2009**. The application and required attachments will be available in the staff hallway or online at http://www.thelcf.org/grants/ scholarship_applications/the_st_paul_lutheran_church_scholarship



Pysanky

Learn how to dye these beautiful eggs! Bernadette will be having a workshop on the art of Ukrainian egg-dying from 6:00-8:00 pm, Friday evening, April 3rd. Learn this or the American form of egg decoration in which the eggs are "dyed" by cooking them in onion skins or cabbage

leaves, then scratching out a design. If you are interested, call or e-mail her at the office. Due to some of the tools being used, attendance is limited to adults or older youth.

Breakfast with the Pastor & St. Mark's Annual Easter Egg Hunt

Saturday, April 11, beginning at 9:45 a.m. at church!



Please join us as we have fun with our youth, ages ranging from toddlers up to grade 5, here at the church during the morning of Saturday, April 11, starting at 9:45 a.m.! We will begin by having breakfast with the Pastor and then we will have our Easter Egg Hunt.

It is very important to call the church office to let us know if you will be attending and how many will be in your party.

Last year we almost didn't have enough food for everyone who came. We always plan for more, but last year the planned-for number almost doubled. It

was great that that many were able to attend and it was wonderful to see everyone—we hope to see you all again this year!

Donations of small erasers or egg-sized Easter toys would be appreciated and accepted! We look forward to seeing you all there!

Nursery



If you've never considered helping out in the nursery, please give it some thought and volunteer for this worthwhile service. 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!

Please see if you can find it in yourselves to help out with our little ones and give Vicki Hospes a call to sign up as a volunteer.

Thank you!

Milestone Ministry

Blessing of the Keys: New Junior or Senior Drivers

On March 15, Katie Schmitt received this blessing from the congregation at the 10:30 service. Are there more youth out there ready for this important step?

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 of those youth who are reaching these important milestones in their lives—unless you tell us!! Please let the church know if you or 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!!*

Come to SonRock Kids Camp--An Adventure Camp like No Other!



We're excited about this year's Vacation Bible School to be held Sunday thru Thursday, June 7 -11, 2009. The program this year is <u>Son-Rock Kids Camp</u>, a week of fun and adventure!

As they participate in fun-filled activities, children will learn how each one of them is loved by Jesus! We will have a great time with lively songs, hilarious skits, creative crafts, exciting games, Bible stories and tasty snacks—all of the things that make Vacation Bible School so much fun for children.

SonRock Kids Camp can be an inspirational and educational ad-

venture for your entire family. Parents are invited to join in as volunteers or come on the final evening to find out what's been going on all week!

For registration information, call us today at 323-4619 or e-mail Sharon or Bernadette or to find out how <u>YOU</u> can help! Plan now to join us for a great time at SonRock Kids Camp!



It worked so well last year that Sharon and Bernadette are again planning workdays for the construction and painting of theme pieces for "SonRock." On Sunday, April 26, after the 10:30 service until about 2-2:30; and Saturday, May 9, at 10:00 a.m. until noon or 1:00, 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."

Annual Church Picnic: June 14, 2009!!

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 Trish Hershey or Michele Owen.

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!



ANNUAL WINTER 6TH-12TH GRADE RETREAT AT CAMP MOUNT LUTHER

Sara Jones, Christina Comini, Stephen Boone, Corey & Max Hospes and Declan Jones attended this annual retreat on February 20th & 21st, along with Sharon, Bernadette, Lou and Bob. They met a lot of new friends, enjoyed wonderful weather, and participated in several small groups and worship services. The theme of the weekend was PPT: Prayer, Praise & Thanksgiving. There was a bonfire on Friday night after the evening service, where s'mores were made and songs were sung. Sharon & Bernadette led one of the small discussion groups which met three times over the weekend. In addition to the evening service, there was a service Saturday morning, singing, and a final service with Communion before we left. A great weekend! We look forward to getting a group together again next year!

FRIDAY FUN **NIGHT** GAME HUNTING WE'RE HUNTING FOR FOLKS Time: WHO WANT TO HAVE FUN!! **Dates:** April 24 6:30 pm **Fellowship Hall**

New Sunday School Study All are Welcome! Come and learn about the letter that was written to the Ephesians. (In the 1st century) By: Paul

The following has been planned;

- Read a chapter per week together
- Open discussions your thoughts about what was read.
- Watch "Drive thru History on Ephesus."
- Look at educational posters.
- Listen to Christian music.
- Discovering learning can be fun, with good fellowship and a real challenge.

Time:9:30 -10:10Location:Fellowship Hall
(After the Sunday School opening)Dates:May 3rd – June 7th

No special material just you and your favorite Bible.

"God loves you, and so do we."

Youth and Family Ministry

6

Special Thank You's

St. Mark's Lutheran Church,

On behalf of United Campus Ministry, we kindly thank you for your gracious support with our Lasagna Dinner. It was greatly appreciated!

Our mission trip was very successful. Thanks again for helping us get there!

Sharon Comini, Michael, Kevin, Kelly, Kasey, Chris, Michelle, C.J. and Gene

Pastor Elkin & St. Mark's Church Family,	Dear Friends of the St. Mark's Lutheran Church,	
Thank you very much for all your help dur- ing our time of loss. Your visits with dad were very much appreciated as was the nice memorial service you prepared.	Greetings from the YWC A of North-central PA! We wholeheartedly thank you and we are very grateful for your generous gift of stuffed bears to the YWCA Wise Options and Liberty House programs.	
All the time I put into the luncheon is so small compared to the enjoyment I got seeing everyone enjoying it! The kitchen helpers were "THE BEST." Lois Smith and the rest would make mom proud! They all totally outdid themselves and our family got to enjoy the meal together without the worry. I would like to thank those I know	<i>Wise Options</i> provides numerous services to vic- tims of domestic violence, sexual assault and other violent crimes. Some of these services are a 24/7 hotline, emergency shelter; help with protection or- ders, accompaniment and advocacy with the legal system and counseling.	
were helping Lois; her husband Russ, Shirley Kinney, Lou DeSeau, Bob Jones & his son & daughter, Bev Hieber and Mary & Bob Schultz, and of course, your wife Donna. I hope I didn't miss anyone.	<i>Liberty House</i> offer affordable housing for single women and women with children. The Liberty House program offers housing and much more. Through a series of well-defined goals and objec- tives, the program offers women an opportunity to develop and achieve personal goals.	
Thank you Dick Lakey for the beautiful mu- sic you played for the memorial service. Thank you also for the nice Internment at the cemetery.	As a charitable agency providing more than 90% of our services for free, we rely heavily on donations such as yours. Some of our additional services in- clude crime prevention efforts, programs that teach	
My parents thought so much of their church family! They would have been so pleased!	children life skills, the warm water therapeutic poo and so much more. Because of your gift and the gifts of others like you, we are able to provide thes vital services.	
Thank You!! Carol Harvey & the entire Fornwalt family	Sincerely, Diane Glenwright, Executive Director Deborah Shivetts, Director of Wise Options Vanessa Hunter, Liberty House Director	

St. Mark's Celebrations!

Happy Birthday!

Happy Anniversary!

Matthew & Wanda Fortin04/03Robert & Bernadette Jones04/08Louis & Kathy Kolb04/08Joe & Annette Peluso Jr.04/16

Theodore & Jane Larson04/21Carl & Audrey Albright04/23Randy & Jeannette Lukens04/23Kirk & Ashley Hallabuk04/24

Special Services at a Glance

Palm Sunday, April 5

8:00 AM Holy Communion 10:30 AM Lycoming College Chamber Choir

Wednesday, April 8

6:15 PM Passover Seder, the meal of Exodus

Holy Thursday, April 9

Noon ~ Holy Communion in the Chapel 7:00 PM Holy Communion & Stripping of the Altar



Good Friday, April 10

Noon ~ 3:00 PM Community Service 7:00 PM Service of Shadows

Saturday, April 11 8:00 PM Easter Vigil & Holy Baptism

Easter Sunday, April 12 8:00 AM Holy Communion 9:15 AM All Student Gathering in Fellowship Hall

HEALTH, HEALING & WHOLENESS

"The sun rose upon him as he passed Penuel, limping because of his hip." (Gen. 32:31)

Jacob has just spent the night wrestling with God, searching for a blessing. He literally comes away from the experience, a changed man, for he is no longer Jacob, but from that point on, he is called "Israel".

For those who suffer from the syndrome known as fibromyalgia, some mornings may feel like they too have spent the night wrestling with a stranger. Once thought to be a disorder that was "all in the sufferer's head", fibromyalgia, like arthritis, is now classified as a rheumatic condition. Its symptoms include pain and tenderness in muscles, ligaments and tendons throughout the body. The difference between the two is that, unlike arthritis, fibromyalgia is not a progressive disease, and does not involve inflammation or damage to the joints or soft tissue. It is classified as a syndrome because it is *"a collection of signs, symptoms and medical problems that tend to occur together, but are not related to a specific identifiable cause"* (National Institute of Arthritis and Musculoskeletal and Skin Diseases at niams.nih.gov/Health_Info/Fibromyalgia_qa.pdf.). So ... if there is no identifiable cause ... no blood tests, x-rays or MRIs to prove it exists ...why does the doctor order all kinds of lab work? To rule out other causes of similar symptoms, such as lupus, rheumatoid arthritis, Lyme disease or an underactive thyroid.

To be classified as fibromyalgia, the American College of Rheumatology has determined two criteria must be met: (1) The patient has a history of wide-spread pain in all four quadrants of the body (right side, left side, above and below the waist), lasting for more than three months; and (2) There is a demonstrated pain reaction when pressure is applied to at least 11 of 18 defined pressure points. Other symptoms that sometimes accompany fibromyalgia include: fatigue; irritable bowel syndrome; headache; TMJ (jaw ache); oversensitivity to smells, noises, touch, and light; depression; and difficulty in concentrating (sometimes termed 'fibro-fog'). The cause of fibromyalgia is still not clear. Two theories include a disruption in sleep during which the body does not have sufficient time to rejuvenate from its daily wear-and-tear, or a disruption in the normal bio-chemical (serotonin and norepinephrine) function of the brain. It appears that stress my impact the disorder as well.

Treatment for fibromyalgia may include: anti-depressants; over-the-counter pain relievers or muscle relaxants; heat and message; physical therapy; or the recently FDA approved medication Lyrica. Ironically, regular low-impact aerobic exercise (such as walking) also appears to decrease symptoms (perhaps due to the release of brain chemicals). Because on-going fatigue (tiredness) is very common in individuals with fibromyalgia, sufficient sleep is important for the management of symptoms. The doctor may check for sleep-apnea (often accompanied by snoring), allergies, or other respiratory problems, that can disrupt a normal sleep cycle. Sleep-promoting lifestyle changes might include: a warm bath, limiting noise and light during bedtime, and avoiding caffeine after 4 p.m.

Finally, because fibromyalgia often has no obvious, outward symptoms, and cannot be diagnosed by a simple blood test or x-ray, it is important that open communication occurs between the sufferer and his/her loved ones and co-workers. They need to be reassured that though it is a chronic disorder, fibromyalgia is not progressive (though there will be episodes more painful than others), it does not cause damage to the body, and is not fatal. The key to its management lies in adequate rest, treatment of symptoms, and in life-style adaptations.

Easter blessings! Christ is risen! He is risen indeed! Debbie Best, Program Coordinator Diakon Congregational & Community Services

SPECIAL CONCERNS LIST

Patricia Alexander 505 Center St., Apt. #61 Williamsport, PA 17701

Edith Anderson Williamsport Home 1900 Ravine Rd., Rm. #201 Williamsport, PA 17701

Nancy Bohartz 624 Sixth Ave. Williamsport, PA 17701

William Confer 241 Country Club Lane R.R. #3, Box 518 Williamsport, PA 17702

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

Charles Ditchfield Valley View, Room 308 Montoursville, PA 17754

Doris Fortin Rose View Center 1201 Rural Ave., Room 223B Williamsport, PA 17701

Lois Graybill Williamsport Home, Nursing Unit, Rm. #306 1900 Ravine Rd., Williamsport, PA 17701 Jean Gulliver Rose View Center 1201 Rural Ave. Williamsport, PA 17701

Gail Hoffman 153 Hampton Way Montoursville, PA 17754

Charles Homan 2215 Warrensville Rd. Montoursville, PA 17754



Phyllis Holmes 582 East Mountain Ave. So. Williamsport, PA 17702

Charlotte Hughes 140 Blueberry Lane Williamsport, PA 17701

Anne Miller 947 Hepburn St. Williamsport, PA 17701

Jane Oakes Presbyterian Home 810 Louisa St., Apt. 204 Williamsport, PA 17701 Anne Rhodes c/o Carole Finn 20308 Cabana Drive Germantown, MD 20876

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

James Sheaffer Rose View Center, Room 306B 1201 Rural Ave. Williamsport, PA 17701

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

Anna Stiadle Williamsport Home 1900 Ravine Rd., Apt. A 112 Williamsport, PA 17701

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 _____

St. Mark's Calendar of april Events

		6.20 nm Council Mosting
April 1 Wednesday		6:30 pm—Council Meeting
9:00 am—Morning Prayer	– Community Service	7:00 pm—Civic Chorus
9:15 am—Staff Mtg. & Quilting	7:00 pm – Service of Shadows	7:00 pm—Wmspt. Dog Club
11:30 am—Mid-Day Prayer	Annil 11 Cotundou	Annil 91 Tuesday
12:00 pm—Lenten Lunch	April 11 Saturday	April 21 Tuesday
6:15 pm—Lenten Supper	8:00 am—Decorating the Nave	9:00 am—Morning Prayer
7:00 pm—Evening Prayer Chapel	9:45 am—Easter Breakfast &	6:00 pm—Conference Pastors
	Egg Hunt with Pastor	
April 2 Thursday	8:00 pm – Great Vigil of Easter	April 22 Wednesday
6:31 am—Men's Ministry		9:00 am—Morning Prayer
8:00 am—Stephen Ministry I	April 12 Easter Sunday	9:15 am—Clothing Sale Set-Up
9:00 am—Morning Prayer	8:00 am—Holy Communion	
12:00 pm—Property Task Force	9:15 am—All student gathering in	April 23 Thursday
	Fellowship Hall	Pastor leaves for Israel
7:30 pm—Senior Choir	10:30 am—Holy Communion	9:00 am—Morning Prayer
April 3 Friday	10.00 and 11019 communion	9:15 am—Clothing Sale Set-Up
	April 13 Monday	7:30 pm—Senior Choir
9:00 am—Morning Prayer	9:00 am—Morning Prayer	the prime section of the
6:00 pm– Pysanky & Egg Dying	7:00 pm – Civic Chorus	April 24 Friday
Annil A Saturday	7.00 pm – civic chorus	9:00 am—Morning Prayer
April 4 Saturday		9:15 am—Lion Crew
9:00 am Palm Crosses	April 14 Tuesday	9:15 am—Clothing Sale Set-Up
April 5 Palm Sunday		
	9:00 am—Morning Prayer	6:30 pm—Friday Fun Night
8:00 am—Holy Communion	6:00 pm—Brownies	April 25 Saturday
9:15 am—Sunday School	6:30 pm—Property Committee	8:00 am—Mulch Day
10:30 am—Holy Communion &	April 15 Wednesday	
the Lycoming College		9:00 am—Spring Clothing Sale
Chamber Choir	9:00 am—Morning Prayer	9:00 am—Daniel's Closet open
12:15 pm – <i>The Way</i>	9:15 am—Staff Mtg. & Quilting	April 26 Third Sunday of Easter
5:00 pm – Family Handbells	12:00 pm—Lunch N' Fellowship	
0.00 pm	4:30 pm—Executive Committee	8:00 am—Holy Communion
April 6 Monday		9:15 am—Sunday School
9:00 am—Morning Prayer	April 16 Thursday	10:30 am—Holy Communion
6:30 pm—Adult Handbells	6:31 am—Men's Ministry	11:45 am—Contemporary Choir
7:00 pm – Civic Chorus	9:00 am—Morning Prayer	11:45 am—VBS Workday
noo pin orvie onorus	5:30 pm – Stephen Ministry II	5:00 pm—Family Handbell
April 7 Tuesday	7:30 pm—Senior Choir	
8:00 am—Center City Pastors	•	April 27 Monday
9:00 am—Morning Prayer	April 17 Friday	9:00 am—Morning Prayer
o.oo uni morning i ruyer	Newsletter deadline	6:30 pm—Adult Handbells
April 8 Wednesday	9:00 am—Morning Prayer	7:00 pm—Civic Chorus
9:00 am—Morning Prayer	0 0	•
9:15 am—Staff Mtg. & Quilting	April 18 Saturday	April 28 Tuesday
		9:00 am—Morning Prayer
6:15 pm – Passover Seder Meal	April19 Second Sunday of Easter	6:00 pm—Brownies
April 9 Maundy Thursday	8:00 am—Holy Communion	6:30 pm—Wmspt. Music Club
6:31 am—Men's Ministry	9:15 am—Sunday School	1 1
	10:30 am—Holy Čommunion	7:00 pm—Family Promise Board
9:00 am—Morning Prayer	11:45 am—Kantorei	April 29 Wednesday
12:00 pm – Holy Communion Chapel	12:15 pm— <i>The Way</i>	9:00 am—Morning Prayer
7:00 pm – Holy Communion Nave	1 0	9:15 am—Quilting
8:00 pm—Choir Practice	5:00 pm—Iron Chef	o.ro ani—yunting
	April 20 Monday	April 30 Thursday
April 10 Good Friday	9:00 am—Morning Prayer	9:00 am—Morning Prayer
9:00 am—Morning Prayer		
	6:30 pm—Adult Handbells	7:30 pm—Senior Choir

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



Return Service Requested

Non-Profit Organization U.S. POSTAGE **PAID Permit No. 257** Williamsport, PA 17701



VIP Servers: Gabe Compana, Ernie Larson, Jeff Wheeland, Trey Phillips & Rick Mirabito

Master of Ceremonies during the cook-off:

Gary Chrisman

Bidding for the limited number of seats (70) will begin at 12:01 a.m. on Sunday, March 29, and end at midnight on Easter Sunday, April 12.

bid is via e-mail to *familypromiselycom-ing@hotmail.com*. or in the event of no internet access by call-ing 433-3453 Bidding begins at \$15 per seat.