



The Lion of St. Mark's

JUNE 2009

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



Participate in fun-filled activities
& learn you are loved by Jesus!
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!



**Sunday - Thursday, June 7 - 11
5:30 - 8:30 P.M.**

The children's mission offerings will go toward helping other youngsters
via Family Promise of Lycoming County and
Camp Mount Luther.



**If
you**



Wise up!

**haven't already
registered, call now!
323 - 4619**



COUNCIL UPDATE

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COUNCIL MEETING NOTES

In its reorganizational meeting of May 19, 2009, the Congregation Council of St. Mark's:

- elected officers: Gary Weber, president; Todd Smith, vice-president; Jane Zimmerer, secretary; Beth Shafranko, assistant secretary; Jackie Kinney, treasurer; Brenda Bittner, assistant treasurer.
- received the regular reports of the pastor, officers, and committees.
- elected Bill Hill to represent the congregation at the Synod Assembly in June.
- reviewed the work of committees toward making committee assignments in the next month.
- took a photo of the new council for inclusion on our website.
- agreed to the next meeting dates of June 15 and July 20.

Parish Register

- May 16, 2009 Wedding: Pamela Tipler and Peter Meyers , in the Nave.

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		
Sharon Comini, Christian Education		scomini@stmarkswilliamsport.org	Gary Weber, President	322-7149
Bernadette Jones, Christian Education		bjones@stmarkswilliamsport.org	Todd Smith, Vice-President	220-1350
Susan M-Smith, Parish Secretary		smsmith@stmarkswilliamsport.org	Jane Zimmerer, Secretary	433-3324
Richard Wagner, Financial Secretary		rwagner@stmarkswilliamsport.org	Jackie Kinney, Treasurer	323-5980
Lou DeSeau, Environmental Services		ldeseau@stmarkswilliamsport.org	Jane Larson, Stephen Ministry	433-3380
Gary Weber, Website Administrator		gweber@stmarkswilliamsport.org	Bob Schultz, Adult Catechumenate	326-3929

Social Ministry & Women of St. Mark's

Fourth of July Celebration

It is time to begin planning for our annual July Fourth celebration on our front lawn. Last year we welcomed more than 300 people to St. Mark's. To be ready for a big crowd again this year the Social Ministry Committee needs donations of

- bags of popcorn
- containers of lemonade and ice tea mix
- two-liter bottles of soda in all flavors, both regular and diet
- bottled water in 8 oz. and 16 oz. bottles
- snack size bags of chips, pretzels, and fruit snacks
- bags of Tootsie Rolls, Dum-Dum suckers, Smarties, and bubble gum
- boxes of snack size plastic bags
- bottles of ketchup, mustard and jars of sweet pickle relish,
- small prizes and trinkets
- money to offset the cost of hotdogs, rolls, popcorn oil, ice and other trinkets.

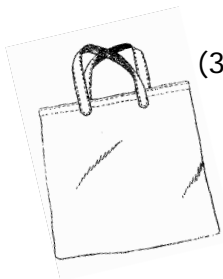


Donations of these items can be placed in the Narthex. Checks may be made payable to St. Mark's earmarked for July Fourth.

Volunteers are also needed to set up, serve, and clean up this event. Please speak with

School Kits, School Kits, it's time to fill our School Kits!

Check out the school bags that will be available in the Narthex during June. Take one (or more) and fill them with the items requested. During the summer return them to the box in the coat room. Many stores run sales on some of these items. There will be free construction paper in the coat room. These school kits may provide the only supplies for children returning after the disruption of natural disasters, or a war, or while living in a refugee camp. Many children in the world do not have the privilege of automatic education as the children in our country. Kits can also be used in adult literacy classes. Each school kit will need:



Notebooks approx. 8" x 10" totaling 150-200 sheets
(3 of the 70-sheet notebooks are preferred) (no loose-leaf sheets)

1 blunt scissors (metal blades)

1 ruler (12" or 30 cm)

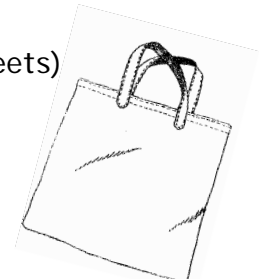
1 pencil sharpener

6 unsharpened pencils w/erasers

1 - 2 1/2" eraser

12 sheets construction paper

1 box crayons (16 Or 24)



There is no greater way of serving God than by helping neighbors in need.

This is Christian love!

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
pasta
teabags
coffee
ketchup

powdered drink mix
oodles-of-noodles
oatmeal
canned veggies
macaroni & cheese
mustard

saltine crackers
hamburger helper
clean plastic bags
bagged cereal
chunky soups

Your donations are best brought Monday mornings from 9:30 - Noon. Persons needing food should call and leave their name & number on the answering machine. Gail Burkhart is the UCLC Food Pantry Coordinator & may be reached at 322-1657

Family Promise Needs:

The development of the network is moving right along! We have received our 501c3 non-profit/tax exempt status letter from the IRS! We received a generous donation of office furniture from Penn College for our Network Day Center Currently they have the following needs for the day center:

- one single bed with mattress
- children's table and chairs
- copier & fax machine
- 3 computers & 3 printers
- refrigerator, washer & dryer
- TV with VCR/DVD
- microwave
- answering machine
- ironing board & iron
- I5 passenger van

Day room furniture:
2 sofas, 2 chairs,
4 end tables, 1 coffee table

Journey House Needs:

While you're shopping at garage and yard sales this season~ please keep Journey House in mind. They are always in need of:

working small kitchen appliances	pots and pans
silverware	kitchen utensils
plastic and glass glasses	dish towels
bath towels & wash cloths	pot holders
small dining table w/ 3-4 chairs	sofa and chair
tabletop television sets	microwaves
lamps for living & bedroom areas	
twin and double bed size:	
blankets, pillowcases, sheets,	
comforters & bedspreads	

Please call Joan Howard at (570) 220-7373~ Carol Phillips at (570) 322-3331, or the New Covenant UCC office at (570) 326-3308 and they will make arrangements to pick up your finds.

Thank you for your continuing support of the families moving into the Journey House.

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.

July 15 ~ *Mr. Lou Hunsinger*, Local Historian, "Wildwood Cemetery, A Beautiful, Historic Place"

ELCA, Synod & West Branch News

New Dean Elected

Pr. Maurice (Chip) Frontz of Messiah, South Williamsport, was elected Dean of the West Branch Conference at its annual assembly May 17 at United, Lock Haven. A total of 37 pastors and voting members from our congregations were present and voting. Pr. Frontz will serve a two-year term. Also at the assembly, James Girven of Messiah, Clarkstown, was nominated as our representative to the Upper Susquehanna Synod Council. Dora Van Dine of Trinity, Hughesville, was selected for a spot on the synod Committee on Discipline, and Pr. Detlef Huckfeldt of St. Michael, Quiggleville, will serve on the synod Nominating Committee for 2010.

Remember the Tour de Revs

It's almost here! 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 a 3:00 departure with arrival at the synod office about 4:00, and an evening program at St. Luke, Williamsport, at 7:00 P.M.

To show our support for this tour, we are collecting non-perishable food items, which will be donated, to our United Churches Food Pantry. Donations may be placed in the tubs in the Narthex.



News from Camp Mt. Luther

Come and celebrate our 2009 Camping Season on Sunday, June 14, 2009. We'll have a Chicken Barbecue and camp activities from 2:45- 5:45 p.m. Price is \$7.50 for adults and \$3.75 for children under 12. Menu includes chicken, side dishes, roll, dessert and beverage. To order tickets, contact the camp office by Friday, June 5th. A limited number of walk-ins will be available. During the afternoon, you'll be able to participate in camp activities, such as camp tour, volleyball, swimming, Frisbee golf, field games, challenge course and camel hunt! Also, you can come meet this year's summer ministry team. If you are a camper, you'll get to meet the staff before you arrive for your time at camp!



A worship service celebrating the ministry of Mount Luther, with Upper Susquehanna Lutheran Synod **Bishop Robert L. Driesen** presiding, will begin at 6:00 p.m. Location will be Amphitheater of the Living Christ or the Evergreen Center if the weather is inclement.

For the first time in six years, the summer staff was all hired before the end of April. A few volunteer nurses are still needed. For more info: call **922-1587**, visit www.campmountluther.org. or email cml@campmountluther.org

Community Service Opportunities

Help support Shepherd of the Streets

By using one of these coupons when you enjoy dinner out at the Genetti 's 4th Street Grille & Ale House you will be donating 20% of your food bill to the Shepherd of the Streets.

This is a great way to enjoy a good meal and donate to a worthy cause at the same time!

Valid Tuesdays after 4:30pm

Present this coupon to the cashier or server with your bill. The 4th Street Grille will then donate 20% of your check (excluding alcohol) to Shepherd of the Streets

GENETTI

Hotel & Conference Center

(Expires Sept 1, 2009)



Valid Tuesdays after 4:30pm

Present this coupon to the cashier or server with your bill. The 4th Street Grille will then donate 20% of your check (excluding alcohol) to Shepherd of the Streets

GENETTI

Hotel & Conference Center

(Expires Sept 1, 2009)



Leave a Legacy for Ministry and Mission:



We all want to do our part to leave a legacy for family and ministry. Life insurance proceeds can establish our legacy by providing for the various ministries that are important to us. Consider designating some or all of an insurance policy for your favorite ministries. Call your life insurance agent and request a beneficiary form. With one easy change you can Leave a Legacy for Ministry. For more information call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the ELCA Foundation, 800/638-3522, ext.

love is a gift 2970 or visit our website at www.elca.org/fo

"Daniel's Closet"

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



Free Clothing
For Children, Men and Women!

Saturday, June 27, 2009
(4th Saturday of the month)
9-11 a.m.



Lunch n' fellowship

June 17th at Noon

Picnic style

Hot Dogs & Buns



YOUTH & FAMILY MINISTRY



*Gather the people together,
men and women and little ones,
and the stranger who is within your gates,
that they may hear and that they may learn
to fear the Lord your God
and carefully observe all the words of this law.
Deuteronomy 31:12*

Karen Boone
Deb Buckman
Nick Buckman
Eric Comini
Kathy Dancho
Lou DeSeau
Pastor Elkin
Bonnie Eyer
Steve Eyer
Stephanie Fortin
Vicki Haussmann
Joyce Hershberger
Bill Hill
Bernadette Jones
Bob Jones
Becky Miller Pryor
Kirk Owen
Michele Owen
Jenn Robertson
Bob Schultz
Beth Shafranko
Gary Weber
Shelby Weber
Mel Wentzel
Mindy Wentzel

**Thanks to all of our
Sunday School
Teachers for all you
have done to teach
our students, young
and old alike,
about the
love of Jesus.**

WE APPRECIATE YOU!

YOUTH & FAMILY MINISTRY



St. Mark's Summer Choir Camp

**Sunday, August 9, thru
Sunday August 16, 2009**

presenting a musical
retelling of Noah's Ark

**NEEDED: lots of young animals
and adult singers**

**Please set this week aside
now so you and your family**

can participate!

This year, we are putting together
"100% CHANCE OF RAIN"

The music is a little more challenging than last year and we have to fill (and build) an ARK! And fit it all in to Fellowship Hall!!! Is there a Noah out there waiting to be discovered? Hmmm.....let us know of your interest!

We'll begin at 6:00 p.m. on Sunday, August 9, right after a light supper beginning promptly at 5:30. We will then meet every evening through that week, following the same schedule: meal at 5:30, rehearse at 6:00.

Saturday's rehearsal is scheduled for 9:00 a.m.

We'll perform after a pot-luck supper on Saturday evening (the 15th) and again at the 10:30 service on August 16th.

WE NEED HELP!!

Yes, in a nutshell, we need everyone!!! Sewers, carpenters, painters, phone callers...you name it, we need it!!

YOUTH & FAMILY MINISTRY

Habitat for Humanity Youth Fundraiser

Brett Campbell, Declan Jones, Seth Spohnhouse, Rebecca Frazier, Colleen Mahoney and Kyle Wilson portray the beloved characters from the "Peanuts" comic strip.

They have been squeezing in rehearsals with Dick and Bernadette around end-of-school activities (proms, graduation events, banquets, tournaments, etc.) in order to get things ready before the flurry of summer events begins!

They are really looking forward to performing for all of you!

Please remember, while admission is free, donations are gratefully welcomed and will benefit our local Thrivent build for Habitat for Humanity.

YOU'RE A GOOD MAN, CHARLIE BROWN



*BOOK BY JOHN GORDON, MUSIC + LYRICS BY CLARK GESNER
BASED UPON THE COMIC STRIP PEANUTS BY CHARLES M SCHULZ*

THURSDAY + FRIDAY, JULY 2 + 3, 2009

AT 7:00 P.M.

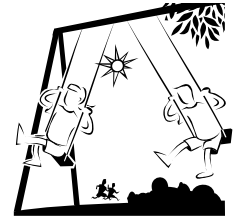
SATURDAY, JULY 4, AT 2:00 P.M.



ST. MARK'S SUMMER PLAYGROUP!

Summer is upon us! Grab your calendar and pencil in the following dates for some Summer Fun with the kids. If time permits, we'd love for you to join us in socializing, snacking and tiring out the kids!!

Sun.-Thurs., June 7-11	5:30-8:15 p.m.	SONROCK KIDS' CAMP
Wednesday, July 8	10:00 a.m.	Bruce Henry Park
Wednesday, August 12	10:00 a.m.	Bruce Henry Park



Bring a lunch in both July and August and we'll enjoy a picnic together!



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

Hope to see you there!

YOUTH & FAMILY MINISTRY



"Hi. My name is J₈I₁M₃,
and I think I'm addicted to Scrabble."

FRIDAY FUN NIGHT
June 19th
NO EXCUSES!
COME JOIN THE FUN!!!
6:30 p.m.
in Fellowship Hall!

Annual Church Picnic:

Sunday, June 14, 2009!! 1 p.m.

Indian Park, Montoursville, PA

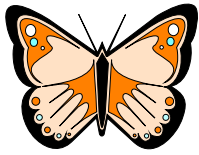
Bring a dish, your appetite and a chair to Indian Park!
 Meat, drinks and paper products will be provided.

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!



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

YOUTH & FAMILY MINISTRY



Children's Church

The last children's service of this school year was held on Sunday, May 12. Thank you to all those who helped make all the services this year so wonderful: readers, acolytes, ushers, greeters, those who volunteered during the sermon, Mrs. Boone and Mrs. Elkin for the music, Mr. De-Seau for setting up for us, Pastor Elkin for his knowledge, the adult ushers who "cued" us for when it was time to go to the Nave, and all those who attended.

Thank you, thank you!! We couldn't have done it without you!!!



Having finished their course of study for this school year, our confirmands—Corey, Riley, Devin, Emily, Stephen, Theoron, Max, Katelyn and Hannah—are ready to go with confirmation camp on July 13-15 (yes we are giving them a break before then!).

These nine have met with their families and mentors (Declan, Clint, Nick, Jane, Bob, Steve, Lou, Vicki & Cindy) the third Sunday of every month since September, studying the gospel according to Luke and exploring different aspects of worship, prayer and service, as well as doing some service projects with their mentors.

When you see any of these young people, please thank them for their services and encourage them in their further studies.

Congratulations Becky Miller Pryor!

On May 7th Becky Miller Pryor was awarded the Marion Bettle Award by the National Headquarters of NGA (New Garment Association). You can learn more about NGA through their website www.nga-ing.org.

The Marion S. Bettle Award honors an active NGA member of National Leadership, Branch, Volunteer, or Distributing Agency who:



- Furthers the Mission of NGA through active participation and involvement in programs over an extended period of time.
- Exhibits awareness of needs and is currently taking action to meet those needs.
- Shows dedication through outreach by recruiting more people, donating goods for distribution or by volunteering that furthers the work of NGA.

She was selected unanimously from over 20 applications. Congratulations Becky on a well-deserved recognition!!

Congratulations, Graduates!!



"What we are is God's gift to us. What we become is our gift to God."
-Eleanor Powell

High school: Brett Campbell, Lauren Campbell, Derek Gilbert, Sara Larson

If we overlooked anyone, it was unintentional and we apologize. Please provide us with that information and we will print it next month.

Again, we are sorry for any omissions.

News from the Pews

As school winds down, our young people are making plans to enter or continue in higher education this fall. **Sara Larson** will be graduating from South Williamsport HS on 6/5/09. She is a member of the National Honor Society and was recognized at their ceremony and banquet in April. She will be joining her sister at Bloomsburg University in the fall and will be majoring in accounting. Following a trip to Ocean City, MD., she will be working part-time at Blaise Alexander Dealership in Montoursville.

Jamie Larson has completed her sophomore year at Bloomsburg and has achieved deans list for all four semesters. She has been a recipient of the Mitrani Academic Scholarship each semester. She has declared Business Marketing as her major. She also was in the cast of "Batboy the Musical" last October. Following finals week she went to Canada with the choir and sang at St. James Cathedral in Toronto. Keep an eye out for her this summer as she will be working with PennDot on the road crew!

More news to come on the college front – please send me the accomplishments of your graduates so that my information can be complete. We are really proud of our young people and want to be sure to tell the whole story!

New babies to report – **Kim and John Hufnagle**, daughter and son-in-law of **Ray and Cindy Huff**, welcomed a new baby boy, Benjamin Ray, and another grandson for Ray and Cindy and great-grandson for **Larry and Luella Bair** on Mother's Day. **Ted and Amie Lawson**, daughter and son-in-law of **Barbara and Ted Larson**, and granddaughter of **Ted and Jane Larson** welcomed a baby girl named **Lucy**. This is the first great grandchild for Ted and Jane and a further blessing – Lucy was born May 15 – Jane's birthday!

Congratulations to **Irma Logan** for 5500 hours of service at Susquehanna Health System. Irma has pushed the cart carrying snacks, newspapers and the like over the eight floors of the hospital for three days a week for 15 years. That is quite a record – good for you, Irma!

And lastly, **Katy Elkin** and her ensemble Le Tendre Amour received a glowing review from a critic for their recent performances at the Saint Pölten Baroque festival in Austria. In part, the critic said: "What an enchanting promenade through a musical garden - full of colour - a splendid sound - lively and high-spirited dances - not to mention the tender rendition of gentle love songs. The historical instruments were magnificent.... The result...glorious!" **Pastor and Donna** are justifiably proud parents!

- Joyce Anne Hershberger

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



The Job Path is a project of the James V. Brown Library which will connect people with the resources they need to search for the job they want. Library resources include books, databases, and the people who can help you find and use them. The Job Path will also provide presentations on the skills needed to find and get jobs, and to keep them.



June 2 Resume Writing/Refreshing for Blue-Collar Employees - Jerry Falco
Your resume might be the single most important document you ever put your name on.
Learn how to build a resume that gets you in the door and to the front of the line.
6:30 PM in the Lowry Room

June 9 Resume Writing/Refreshing for White-Collar Employees - Jerry Falco
Resumes styles have changed dramatically over the years.
If you haven't updated your resume in the last 5 years, your resume has expired!
Learn how to sharpen your resume so you beat your competition to the interview room.
6:30 PM in the Lowry Room

All programs are free and open to the public. Please register by calling 326-0536.

Special Thank You's

Dear friends at St. Mark's,

Thank you so very much for all the get-well-wishes I received by your cards and phone calls, prior to and after my surgery. I truly believe they were instrumental in my rapid recovery. Your prayers strengthened me spiritually and your words of encouragement strengthened me mentally and physically. Also, thank you for the beautiful pale pink azalea plant. It is truly gorgeous. May God continue to hold each of you in His loving arms!

God's love & mine, Susan Mahserjian-Smith

Nurses notes

June 7 Here is some great advice from a friend who uses her Wii (pronounced We) for some fun exercise, titled "*Who Do You Chose To Exercise With?*" Wii Fit uses the Wii's system of people icons called Miis (pronounced Me). You can create a Mii to represent yourself in the games. Some activities show other Miis, including the other ones you created. You can also download Miis from the Mii channel and your friends can bring their Miis over in their Wii remote controller. So, I downloaded Abe Lincoln and Barack Obama to exercise with! What a hoot to see Abe jogging along side me! I saw JC the Mii channel, so I add-ed him. It is great to see a Jesus character smiling and waving at me during excercise, throwing me hula hoops and such! Then I added my Mother as a Mii, even though she lives 10 miles from here. She wants me to lose weight in real life, so now her little graphic representation encourages me on the TV screen, too. Then, I made a Mii to represent my Dad, who's been dead for over 10 years. It's great to see him encouraging me along, too! Who do you choose to exercise with?" Kathy Kolb, Williamsport, PA

June 14 Childhood Safety - In and Around Cars

- Walk completely around your vehicle before getting in it.
- Know where children are. Have children stand in a place where they are in full view.
- Be aware of young children. Young children are small and hard to see.
- Parents, caregivers and all adults need to be vigilant in supervising children, especially when children are in the yard, driveway or parking lot playing near parked cars.
- Roll down your window so you will be able to hear what is happening outside your vehicle.
- Owners of SUVs, trucks, and vans need to take extra care to avoid hitting or running over a child.
- Teach children to move away from a vehicle whenever it is started – especially important with quiet running hybrid vehicles!

(Source: *Gig Harbor Fire & Medic One, Gig Harbor, WA*) as reported by (Gensemer, SJ, (May 2009) Violence and Injury Prevention Program, Monthly Digest, Division of Health Risk Reduction, PA Department of Health).

June 21 Dog Safety tips for children:

To help prevent children from being bitten by dogs, teach the following basic safety tips and review them regularly:

- Do not approach an unfamiliar dog.
- Do not run from a dog or scream.
- Remain motionless (e.g., "be still like a tree") when approached by an unfamiliar dog.
- If knocked over by a dog, roll into a ball and lie still (e.g., "be still like a log").
- Do not play with a dog unless supervised by an adult.
- Immediately report stray dogs or dogs displaying unusual behavior to an adult.
- Avoid direct eye contact with a dog.
- Do not disturb a dog that is sleeping, eating, or caring for puppies.
- Do not pet a dog without allowing it to see and sniff you first.
- If bitten, immediately report the bite to an adult

(Gensemer, SJ, (May 2009) Violence and Injury Prevention Program, Monthly Digest, Division of Health Risk Reduction, PA Department of Health).

June 28 Soap that harbors bacteria?? "One recent study found that about 25% of liquid soap dispensers in public restrooms were contaminated by fecal bacteria. Most of these containers are never cleaned, so bacteria grows as the soap scum builds up, and the bottoms are touched by dirty hands, so there's a continuous culture going on feeding millions of bacteria. **Keep it clean:** Be sure to scrub hands thoroughly for 15-20 seconds with plenty of hot water—and if you have an alcohol gel disinfectant, use that too." (Shaffer, A. April 2009. Wipe Out the 10 Worst Germ Hot Spots. *Prevention*. pg. 42)

St. Mark's Celebrations!

Happy Birthday!

Andrew Sims	06/01	Alex Clokey	06/12	Barbara Rechel	06/22
Evelyn Bastian	06/02	Stephanie Fortin	06/12	Cheryl Williams	06/22
Kathryn Elkin	06/02	Doris Fortin	06/13	Lillian Miller	06/23
Grace Arner	06/03	Robert McCullough	06/14	Taigen Thorne	06/23
Sean Jensen	06/03	Julie Patrick	06/14	Tali Thorne	06/23
Heidi Arner	06/07	Ruth Sherlinski	06/15	Liam Elkin	06/24
Gail Hoffman	06/07	Wanda Fortin	06/16	Robert Helm	06/24
Jeffrey Kneeder	06/08	Nathan Edler	06/17	Ernestine Doane	06/25
Ryan Goertz	06/09	Norma Lehman	06/17	Megan Eppleman	06/27
Douglas Schmitt	06/09	Carl Knowlden	06/18	Kristin Lynn	06/27
Kenneth Elkin	06/10	Kelli Travis	06/18	George Poliska	06/28
Jennifer Robertson	06/10	Christina Ciesielski	06/19	June Decker	06/29
Heather Snyder	06/10	Barbara Larson	06/19	Kenneth Shafranko	06/29
Robert Clokey	06/11	Brandon Fortin	06/20	April Clark	06/30
Adam Clokey	06/12	Sharon Comini	06/23	Emily Welker	06/30

Happy Anniversary!

Robert & Anne Miller	06/01		Charles & Ann Kuntz	06/18
Shane & Amy Stugart	06/08		Gary & Shelby Weber	06/18
Randy & Sandra Edler	06/09		John & Ruth Burkholder	06/19
David & Carol McMorris	06/10		John & Brenda Bower	06/21
Donald & Barbara Switzer	06/13		Kenneth & Donna Elkin	06/23
James & Kristine Wacker	06/13		James & Susan Newcomer Sr.	06/23
Steven & Randa Bieber III	06/14		Edgar & Donna Miller Jr.	06/25
William & Carol Confer	06/14		Andrew & Vicki Hausmann	06/28
Bonnie & Steve Eyer	06/18		Harold & Joyce Hershberger	06/30

Summer Forums Return

Please join Pastor Elkin and Becky Miller Pryor in the Crossways Room during the Sunday School hour to learn of missions locally and globally.

Light refreshments will be served. We hope you can join us.

The schedule is as follows.

June 7: No Forum

June 14: Update on Family Promise with Becky Miller Pryor

June 21: Israel Trip with Pastor Elkin

June 28: Israel Trip with Pastor Elkin

HEALTH, HEALING & WHOLENESS

*Let the favor of the Lord our God be upon us, and prosper for us the work of our hands—
O prosper the work of our hands. (Psalm 90:17, NRSV)*

In the psalm, the writer is basically asking God for a blessing on the work of his hands so that it may reflect the goodness of God and further His kingdom while still on this earth. It takes on a much more plaintive quality if serving as a prayer for the person who has lost his/her employment as the result of the current economic situation. On May 8, 2009, ABC News reported on the toll that job loss is taking on the physical health of our friends and neighbors who find themselves out of work. The reporter cited a study, published that same day in the journal of Demography. The researcher noted that job loss leads to an "increased risk of high blood pressure, heart disease, heart attack, diabetes, or depression – even after finding a new job" and went on to note that, "Losing a job through no fault of one's own, led to a 54% increase in that person reporting poor health." (<http://abcnews.go.com/print?id=7530730>). Ironically, these data were gathered [1991, 2001, 2003] during times when our economic situation was not as dire as it appears in 2009.

A trauma, such as the loss of one's job, can put us at higher risk for depression, substance abuse, anxiety and compulsive behaviors such as: over-eating, excessive gambling, and over spending. Our self-image takes a beating if it has been dependent upon vocation as the measure of our worth. Spiritually, we are also affected by job loss. We may be left with questions such as, "Why me?" or think, "Why has God allowed this to happen to me?" or "How will I be able to keep up my financial contribution since I no longer have a job?" or "How can I walk into church on Sunday and face those people who know that I'm out of work?" Following are some tips gathered from a variety of sources, that may help you get through this rough period in your life.

During this time, it is more important than ever to take care of yourself physically: get enough rest, eat a balanced diet, get plenty of exercise [itself a great stress-buster], learn what you can do to keep your stress level under control. In addition:

- recognize that you are not the only person this is happening to; that you have not been singled out because of something you did or did not do.
- keep to a schedule; plan tasks such as: working around the house, visiting the library, updating your resume – do not sit on the couch and vegetate the day away.
- ask for help – network with people you know for job leads; take part in a support group for tips on re-entry into the job market, or for venting frustration.
- write about your feelings – it can help reduce the sometimes tense emotions associated with the loss.
- keep connected to supportive friends, family, and above all, congregation – they provide valuable support throughout this tough time.
- take this time to learn new job skills – visit your local library, community college, or your state unemployment office [who often can provide financial support for job retraining].
- if hearing about the economic crisis stresses you out, take a "fast" from news media.
- look outside yourself by practicing empathy for others; do some volunteer work
- Pray! Remind yourself that God is walking beside you during this time; lean on Him.

This list is by no means exhaustive, nor is it meant to provide clichéd answers to your problems. If life seems overwhelming, get some outside help: speak to your pastor, your healthcare provider, your parish nurse, or find a mental health counselor to assist you in making some sense of what has happened to you, and to help you get back on track.

*Debbie Best, Program Coordinator
Congregational Health Ministries & Family Lift Services
Diakon Lutheran Social Ministries*

SPECIAL CONCERNS LIST

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St. Mark's Calendar of June Events

<p>June 1 Monday 9:00 am—Morning Prayer 6:30 pm—Handbell Dinner</p> <p>June 2 Tuesday 9:00 am—Morning Prayer 6:30 pm—J.V. Brown Job Path</p> <p>June 3 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Meeting 6:30 pm—Flower Planting 6:30 pm—Worship & Music</p> <p>June 4 Thursday 6:31 am—Men's Ministry 8:00 am—Stephen Ministry I 9:00 am—Morning Prayer 7:00 pm—Tour de Rev's @ St. Luke's Lutheran</p> <p>June 5 Friday Council Agenda Deadline 9:00 am—Morning Prayer</p> <p>June 6 Saturday 10:00 am—Setup VBS</p> <p>June 7 Sunday <i>*Installation of VBS Volunteers</i> 8:00 am—Holy Communion* 9:15 am—No Summer Forum 9:15 am—Parish Life Comm. 10:30 am—Holy Communion* 5:30 pm—VBS Meal 6:00 pm—VBS Opening 8:15 pm—VBS Closing</p> <p>June 8 Monday 9:00 am—Morning Prayer 5:30 pm—VBS Meal 6:00 pm—VBS Opening 8:15 pm—VBS Closing</p> <p>June 9 Tuesday 9:00 am—Morning Prayer 5:30 pm—VBS Meal 6:00 pm—VBS Opening 6:30 pm—Finance Committee 6:30 pm—J.V. Brown Job Path 8:15 pm—VBS Closing</p> <p>June 10 Wednes-</p>	<p>day 9:00 am—Morning Prayer 9:15 am—Staff Mtg. 4:30 pm—Executive Committee 5:30 pm—VBS Meal 6:00 pm—VBS Opening 8:15 pm—VBS Closing</p> <p>June 11 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer 5:30 pm—Stephen Ministry II 5:30 pm—VBS Meal 6:00 pm—VBS Opening 8:15 pm—VBS Closing</p> <p>June 12 Friday 9:00 am—Morning Prayer</p> <p>June 13 Saturday 1:30 pm—Jim Sheaffer Memorial @ Clark Chapel, Lyc. Coll.</p> <p>June 14 Sunday 8:00 am—Holy Communion 9:15 am—Summer Forum – Becky Pryor presents Family Promise 10:30 am—Holy Communion 1:00 pm—All-Church Picnic 2:45 pm—CML Chicken BBQ 6:00 pm—CML Worship</p> <p>June 15 Monday 9:00 am—Morning Prayer 6:30 pm—Council Meeting</p> <p>June 16 Tuesday 9:00 am—Morning Prayer</p> <p>June 17 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg. 12:00 pm—Lunch' N' Fellowship</p> <p>June 18 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer</p> <p>June 19 Friday Newsletter deadline 8:00 am—5:00—Synod Assembly</p>	<p>9:00 am—Morning Prayer 3:30 pm—YAGMCB rehearsal 6:30 pm—Friday Fun Night</p> <p>June 20 Saturday 8:00 am—3:00 Synod Assembly</p> <p>June 21 Sunday Father's Day 8:00 am—Holy Communion 9:15 am—Summer Forum— Pastor's Trip to Israel 10:30 am—Holy Communion</p> <p>June 22 Monday 9:00 am—Morning Prayer 11:00 am—Little Lambs Liaison</p> <p>June 23 Tuesday 9:00 am—Morning Prayer 7:00 pm—Family Promise</p> <p>June 24 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg.</p> <p>June 25 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer</p> <p>June 26 Friday 9:00 am—Morning Prayer 9:15 am—<i>Lion</i> Crew 5:30 pm—Wedding Rehearsal</p> <p>June 27 Saturday 9:00 am—11:00 —Daniel's Closet @ Redeemer Lutheran, Washington Blvd. 3:30 pm—Wedding</p> <p>June 28 Sunday 8:00 am—Holy Communion 9:15 am—Summer Forum— Pastor's Trip to Israel 10:30 am—Holy Communion</p> <p>June 29 Monday 9:00 am—Morning Prayer</p> <p>June 30 Tuesday 9:00 am—Morning Prayer</p>
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CHURCH

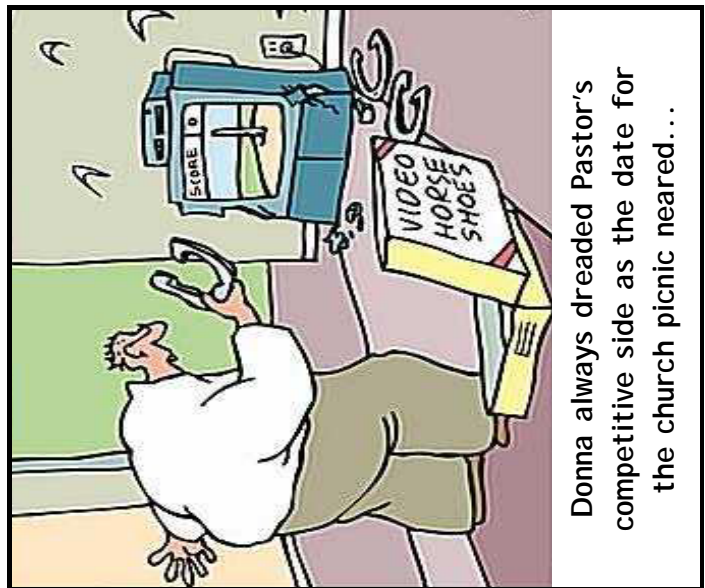


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St. Mark's Church Picnic:

Sunday, June 14,
1 pm



Donna always dreaded Pastor's competitive side as the date for the church picnic neared...