



The Lion of St. Mark's

JULY 2009

Annual July Fourth Celebration

In just a few days we will celebrate our nation's birthday. At St. Mark's we will celebrate on our front lawn with food, fun, and the best seats in town for the fireworks. It is a great *friend-raiser*.

The Social Ministry Committee is still in need of volunteers to set up, serve drinks, snacks and trinkets and then clean up in time for the fanfare of the fireworks. Donations of two liters of soda, drink mixes, popcorn, candy and money to offset other costs of entertaining more than 300 people are needed and greatly appreciated. Items may be placed in the tub in the Narthex or in the kitchen.

The committee needs you to:

volunteer to help, donate needed items, attend the celebration & bring a friend.

Contact Becky Miller Pryor @ 321-9523 to serve.



**YOU'RE A GOOD MAN,
CHARLIE BROWN**

BOOK BY JOHN BORDON, MUSIC + LYRICS BY CLARK BESNER
BASED UPON THE COMIC STRIP PEANUTS BY CHARLES M. SCHULZ

THURSDAY + FRIDAY, JULY 2 + 3, 2009
AT 7:00 PM.

SATURDAY, JULY 4, AT 2:00 PM.

IN FELLOWSHIP HALL
AT ST. MARK'S LUTHERAN CHURCH
142 MARKET STREET,
WILLIAMSPORT

ADMISSION IS FREE
DONATIONS BENEFIT HABITAT FOR HUMANITY
FOR MORE INFORMATION CALL 323-4619

**Patriotic
Organ
Recital**

July 4th 7 p.m.

Presented by
Dick Lakey

Plenty of
parking available!

COUNCIL UPDATE

Inside This Issue:

You're a Good Man, Charlie Brown 1
 Fourth of July Celebration..... 1
 Patriotic Organ Recital 1
 Parish Register 2
 Officer & Staff Contact Information 2
 Council Meeting Notes..... 2
 A Fond Farewell..... 3
 Summer Forums 3
 United Churches of Lycoming County..... 4
 Food Pantry 4
 Family Promise update..... 4
 Journey House update 4
 ELCA Women Kits, Quilts & Soap 5
 ELCA, Synod & West Branch News 5
 Synod Assembly Highlights..... 6
 Shepherd of the Streets Genetti Fundraiser 7
 Daniel's Closet 7
 Summer Food Drive 7
 Community Service Opportunities 8
 VBS & Picnic Recognition of Volunteers 9
 100% Chance of Rain..... 10
 St. Mark's Summer Playgroup 11
 Summer Confirmation Camp 11
 Friday Fun Night 12
 Why the Nursery 13
 News from the Pews..... 14
 Our Habitat Day to Build 14
 Lost and Found..... 15
 Nurse's Notes 15
 Birthdays and Anniversaries 16
 Our Apologies 16
 Health, Healing and Wholeness 17
 Special Concerns List..... 18
 July Calendar..... 19
 Fourth of July cover

COUNCIL MEETING NOTES

The Congregation Council met in regular session on June 15 in the Crossways Room. The Council:

- received the reports of the Pastor, officers, and committees.
- received information about the continuing sexuality controversy in synod and nation.
- granted letter of transfer for the Erick Fortin family to St. Luke Church.
- noted the appointment of Deb Maggs and Bob Schultz to three-year terms on Mutual Ministry Committee by the Pastor and president.
- elected Declan Jones to a final year as a student representative to the Council.
- approved an expenditure to help send three persons to a food safety course at Penn College in July.
- noted that Ray and Cindy Huff will head the Stewardship Committee this year.
- noted that Clint Epplemann will head the Archives, upon the retirement of Dot Berndt.
- remembered that the next meeting on July 20 will be devoted solely to reviewing Mission at the Crossroads and rewriting its goals.
- concluded with Prayer at the Close of the Day, in the chapel.

Parish Register

Wedding: Aaron Fisher and Jeannine Shipman, Nave, June 27, 2009

Graveside funeral: Phyllis Holmes, Montoursville, June 27, 2009

Graveside funeral: Lucille Lewis, Wildwood, June 27, 2009

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	Website: stmarkswilliamsport.org	
_____ Christian Education			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

A Fond Farewell



It's hard to believe that we have been living here for almost 6 years and that I have been working with the youth at St. Mark's for over four years. When I first moved here, I just assumed I would find a teaching job and work for a school district. But the Lord had other plans for me.

No teaching jobs were available and I was content to be a stay at home mom for the kids. They were young, and they needed me. After being here for nine months and with no job prospect in sight, I remember praying, "Lord, if this is what I am supposed to be doing, it's ok with me, but financially, things are a little tough." About two weeks after that, Pastor Elkin called me out of the blue and asked if I was interested in working part time for the church. It was an answer to prayer.

Working here at St. Mark's has been a blessing. It gave me the financial resources our family needed and the flexibility to still be home when the kids got out of school. My teaching background came in handy in ordering Sunday School curriculum and getting everything ready for the teachers on Sunday morning and my art background was helpful for VBS and the Milestone ministry. I have enjoyed working with all of you through Sunday School, VBS, and other activities with the youth.

Now that the kids are older, heading off to middle school and high school, I feel the need to get back to doing what I really love...teaching. I miss the students' enthusiasm and their creativity in the Art room. While I am sad to be leaving the staff at St. Mark's, I am looking forward to the challenge of getting back in the classroom, because deep down, I think once you are a teacher, you are always a teacher and it is important to do what you love.

Thanks to all of you for your support over the past four years. Thank you for volunteering every time I needed a Sunday School teacher, or someone to help with VBS. Your willingness to step in and volunteer has made my job so much easier.

God's blessings to all of you, **Sharon**

Summer Forums for July and August

Please join Pastor Elkin and Becky Miller Pryor in the Crossway Room during the Sunday School hour to hear of missions locally and globally. Light refreshments will be served. The dates and presenters are as follows:

- July _____ 5: Video presentation of Israel
- July _____ 12: Sojourner's Truth with Pastor David Marcello
- July _____ 19: American Rescue Workers with Lt. Linda Tokay
- July _____ 26: Albright Life with Sandra Hill.
- August 2: Mission in the Dominican Republic with Linell Stabler of A.C.E.S North America (Advancing Communities: Educating and Serving.)



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 Women...

...are now collecting Kits, Quilts & Soap!

WORLDWIDE REQUESTS FOR AID CONTINUE TO INCREASE

Will you help meet the needs?



As the intensity of humanitarian needs increase worldwide, relief requests to Lutheran World Relief have been on the rise. Current inventories are unable to meet all the appeals. Please consider providing any of the following over the summer.



SOAP - A brand new bar of soap signals dignity and cleanliness. Any brand of soap in its original wrapping is welcome.

HEALTH KITS - help maintain personal hygiene to refugees while in exile and when they can return home.

SEWING KITS - provide an opportunity to make clothes to wear or sell.

LAYETTES - furnish the means for mothers to care for their newborns.

SCHOOL KITS - supply children with materials to learn.

School Kit

- 3 spiral bound notebooks (8"x10 1/2" ruled, 70 pgs.)
- 1 pair blunt metal scissors
- 1 12" or 30 cm ruler
- 1 pencil sharpener
- 6 new pencils w/ erasers
- 1 2 1/2" eraser
- 1 box of 16 or 24 crayons
- **Pack in cloth bag and secure with cord or rubber bands**

Layette Kit

- 2 shirts or Onesies
- 2 gowns or sleepers
- 2 receiving blankets
- 4 cloth diapers
- 1 sweater or sweatshirt
- 2 washcloths
- 1 bath size baby soap
- 2 diaper pins
- **Wrap in one receiving and secure with diaper pins**

Health Kit

- 1 hand towel (dark color)
- 1 washcloth (dark color)
- 1 bar of soap (bath size)
- 1 toothbrush*
- NO toothpaste
- 1 wide-tooth comb
- 1 metal nail file or clippers
- 6 band-aids
- **Wrap in towel and tie with ribbon or yarn**

Sewing Kit

- 3 yards 45" cotton fabric or cotton-blend fabric (no knit fabrics)
- 1 pack of hand needles
- 1 spool matching thread
- 6 1/2" buttons on a card or
- 6 1/2" buttons tied on string
- **Wrap inside of fabric and secure with yarn or ribbon**



Any size, any brand bars of soap in their original wrappers may also be donated.

ELCA, Synod & West Branch News

Synod Assembly highlights

The Upper Susquehanna Synod met in annual Assembly on June 19-20, 2009 at Susquehanna University in Selinsgrove. William Hill, Harold Hershberger and Joyce Hershberger joined Pastor Elkin in attendance this year.

- +++ This year's gathering was the second under the leadership of Bishop Driesen, and proceeded with good organization and scheduling.
- +++ Sandy Grier had many items for folks to browse and select in her Walk Along the Way bookstore. Augsburg Fortress no longer comes to Synod assemblies, and so Sandy had the field to herself!
- +++ There were the usual elections to a variety of posts including Synod Secretary and Treasurer as well as various committees and boards.
- +++ Minor amendments were made in constitutional matters, as is frequently done.
- +++ Installed as an Assistant to the Bishop was Beth Yenchko, whom we remember as assisting us several years ago in the Mission at the Crossroads process..
- +++ There were a number of workshops available on Friday.
- +++ More than 20 lay worship leaders, catechists, and evangelists (accompanied by their pastors/mentors) were installed.
- +++ The representative of the ELCA was the Secretary of the ELCA.
- +++ Our discussion about human sexuality which has been going on for more than a decade, was not able to reach any resolution this year either. The one motion that we forwarded to the national assembly that will be held in August was that we felt that any policy changes should be made only with a 2/3 vote in favor.
- +++ A Ministry Fair was held on Saturday, giving everyone a chance to browse 20 different tables of ministry ideas and projects that are in operation around the Synod's congregations. Participants were then able to choose one area that they could investigate more closely in a workshop that followed immediately. Jane Larson presented information about Stephen Ministry, and Pastor Elkin presented information about our successful joining of old and new technologies, especially in our website, our Iron Chef publicity process, our invitation to college students, our You Tube channel, our Twitter account, and our hospitality efforts.
- +++ The book of reports is available for anyone to read and see what has gone on during these two very busy days. Members of the congregation are invited to approach any of the representatives for reactions and impressions, for more details and information, and for thoughtful encouragement

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



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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. 2970 or visit our website at www.elca.org/fo

There Is No Vacation From Hunger



Recent data published in the United Churches Newsletter revealed that 40% of school-age children in Lycoming County qualify for free or reduced lunch. During the school year we can be assured these children are nourished. But with summer comes the added stress on a family's budget to provide those extra meals. As a mom and educator it is troubling to think children are going hungry. We can help respond to this economic crisis. Please continue to donate non-perishable food items to the United Churches Food Pantry. Recently several bags of groceries were donated to the Food Pantry in support of the Tour de Revs visit in June.

Your continued support during the summer months will enable the Food Pantry to provide a three-day supply of food to children and families who are experiencing difficult times on shrinking budgets.

"Daniel's Closet"

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

Free Clothing
For Children, Men and Women!

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



Community Service Opportunities

HEALTH KITS Critically needed!

Lutheran World Relief has informed us that HEALTH KITS are particularly needed at the present time. Health Kits are used in refugee camps to help contain the spread of disease, or in schools to teach children about good hygiene, or in other emergency situations to provide personal care items.

You are already using the school bags in the Narthex to make School Kits. Our Quilters have been busy all winter making quilts. Now it is time to work on Health Kits, Sewing Kits, Layette Kits, and to bring in soap bars.

Countless Lutheran groups join in making quilts and kits for people in need. Together they turn ordinary items into tangible symbols of extraordinary love for people who may feel they have been forgotten by the world.

Please bring in any of the requested kits or any brand of new soap bars during the summer.

Listen to God's call to put your faith into action! See page 5 for specifics!

CHRISTIAN EDUCATOR POSITION AVAILABLE

Part-time position 6-8 hrs/wk ~ Sunday 2 hrs, other hours flexible
Duties include curriculum planning and classroom preparation for teachers.

Staff-rate salary after probationary period.

Position available immediately.

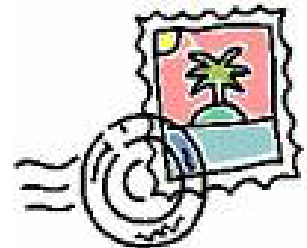
For job descriptions and information emailpastor@stmarkswilliamsport.org



We need volunteers to provide hospitality after morning worship services and to deliver the altar flowers to our shut-ins and those who are ill or in distress. Please sign the scheduling books in the narthex.

Attention Stamp Collectors!

Bill Hibschan has numerous cancelled stamps left over from his personal collection that he is willing to share.



If you collect stamps or just want to begin collecting stamps give him a call at 323-0184

YOUTH & FAMILY MINISTRY



THANK YOU, THANK YOU, THANK YOU!!!

HOW MANY TIMES CAN WE SAY IT?

THANK YOU!!!

The following people were just amazing and we couldn't have had such a successful VBS without them:

Shirley Kinney	Jackie Kinney	Lois Smith
Jane Kline	Dinah Labenberg	Deb Buckman
Matt Wellen	Catherine Lundy	Bonnie Mahoney
Hannah Ramsauer	Sara Jones	Rick Robertson
Shelby Weber	Mindy Wentzel	Christina Comini
Stephen Boone	Jenn Robertson	Kay Poliska
Vicki Haussmann	Michele Owen	Kirk Owen
Beverly Schmidt	Katie Schmidt	Eric Comini
Lou DeSeau	Codi Zanella	Gary Weber
Ashley Butters	Tracie Elliott	Katelyn Lauer
Chris Lauer	Becky Harding	Max Hospes
Mel Wentzel	Brenda Gair	Declan Jones
Bob Jones	Kiana Thomas	Dick Lakey
Karen Boone	Riley Weber	Devin Owen
Corey Hospes		THANK YOU!!!

...AND WHILE WE'RE THANKING FOLKS...

All those who assisted with the annual picnic contributed to one of the most enjoyable events this year!! Any of you who weren't able to attend missed out on a great time!!

We gratefully thank the following people:



Michele Owen	Devin Owen	Trish Hershey
Theoron Hershey	Kara Hershey	Bev Schmitt
Kirk Owen	Bob Jones	Declan Jones
Sara Jones	Lou DeSeau	Katie Schmitt
Pastor Elkin	Bernadette Jones	Gary Weber

FOR PICTURES AND INFO OF THESE AND OTHER EVENTS, CHECK OUT OUR WEBSITE AT www.stmarkswilliamsport.org

YOUTH & FAMILY MINISTRY

HAVE YOU DONE IT? HAVE YOU MARKED YOUR CALENDAR YET??

You know, you're really not giving yourself enough time to plan for this.

It's NEXT MONTH from August 9 through August 16, and we need you to participate in
St. Mark's Summer Choir Camp!

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

We have to fill (and build) an ARK! *And* fit it in Fellowship Hall!!! Is there a Noah out there waiting to be discovered? Hmmm.....let us know of your interest!

Each of the following evenings, there will be a 5:30 p.m. meal in Fellowship Hall, followed by 6:00 to 7:30 p.m. rehearsal for choir and cast members:

Sunday, August 9

Monday, August 10

Tuesday, August 11

Wednesday, August 12

Thursday, August 13

Friday, August 14

SATURDAY, AUGUST 15:

9:30 a.m. FINAL REHEARSAL

6:00 p.m. TUREEN MEAL (meat will be provided)

7:00 PERFORMANCE in Fellowship Hall

SUNDAY, AUGUST 16:

10:30 presentation at the service

A cassette tape is being prepared so that each family may have a copy. We are sure that playing the tape every day will help with the learning of the music and words!

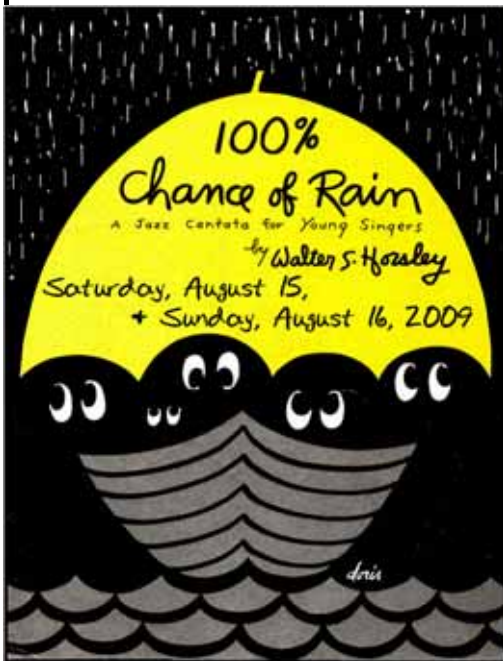
**WE HOPE THAT YOU WILL MAKE PLANS
TO BE PART OF THIS SPECIAL SUMMER
EVENT!!**

It will surely be an exciting, intergenerational event, with the music being sung by all ages, kids through adults!!

WE NEED HELP!!

In a nutshell, we need everyone!!! Sewers, carpenters, painters, phone callers... you name it, we need it!! Stay tuned for more information!!!

Please contact Bernadette or Dick to let them know of your interest.



YOUTH & FAMILY MINISTRY

Summer Confirmation Camp

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 (alternate session will be July 27, 28 & 29).

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.

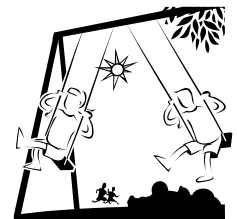


ST. MARK'S SUMMER PLAYGROUP!

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!!

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!

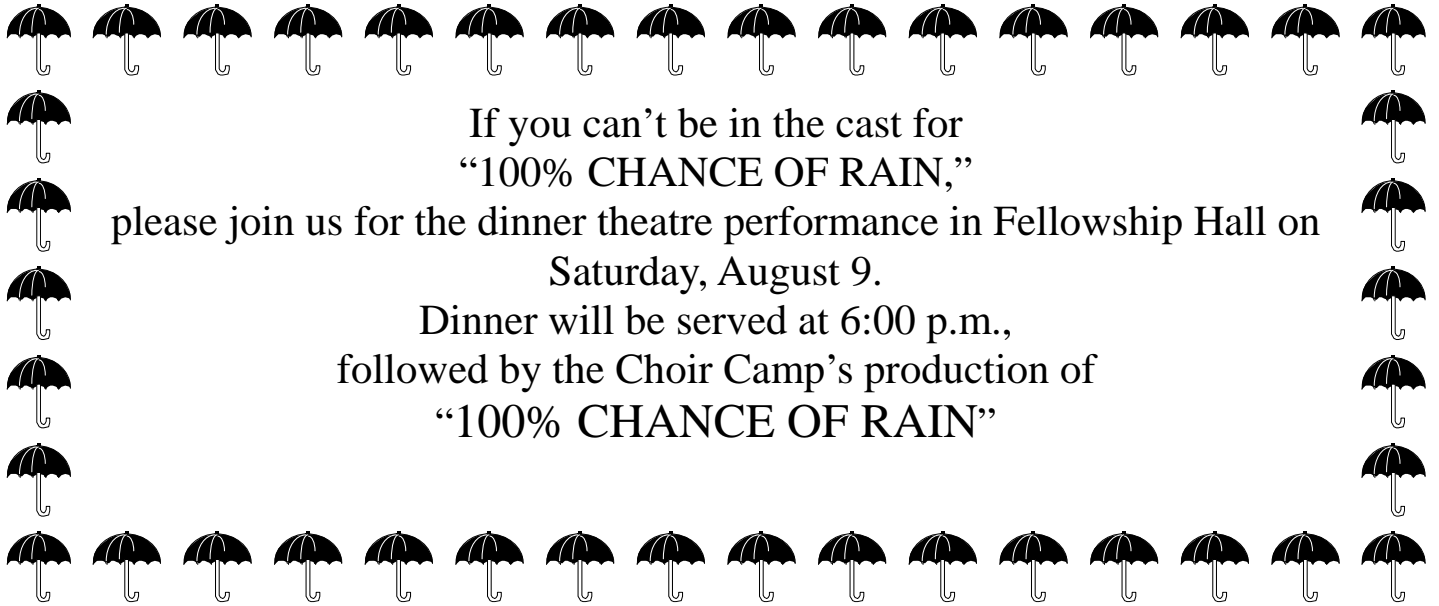
YOUTH & FAMILY MINISTRY



FRIDAY FUN NIGHT

July 24

Okay...we don't play with our food or eat our games. But, we do bring yummy treats and have a great time!! Won't you please join us 6:30 p.m., Friday, July 24, in Fellowship Hall?



If you can't be in the cast for "100% CHANCE OF RAIN," please join us for the dinner theatre performance in Fellowship Hall on Saturday, August 9.

Dinner will be served at 6:00 p.m., followed by the Choir Camp's production of "100% CHANCE OF RAIN"

PASTORAL VISITS



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.

Sunday School Teachers



Yes, we realize it just seems like yesterday that the school year ended. But, we are asking you now to look at your schedule for the coming year to find a month or two (or three? or more?) that you can assist our children by teaching Sunday School.

This is one of the most valuable and rewarding ministries of St. Mark's: creating the foundation on which the church can grow in years to come. Please search your hearts, talk to those who are already involved and call the office today to volunteer.

YOUTH & FAMILY MINISTRY

WHY THE NURSERY??

from *Managing Your Church Nursery Volunteers* by Tony Kummer



Too often, serving in the church nursery can seem like a thankless job. One of the key tasks for children's ministry leaders is to help volunteers understand their importance. With that in mind, I offer these following seven reasons why serving in the church nursery is important.

Reason #1

God is in the church nursery. This may come as a shock, but the Bible has specific promises about God's presence when children are welcomed and loved in Jesus' name.

Reason #2

Service in the church nursery allows churchgoers to focus on worship, rather than worrying about their children. In a very real sense, the nursery ministry makes it possible for the pastor to fulfill his ministry.

Reason #3

The first (and sometimes lasting) feelings a child will have toward church are formed in the nursery department. While not everyone may agree, I believe that a positive experience in the church nursery is essential.

Reason #4

When you serve in the nursery, you are being entrusted with the most important (and vulnerable) members of the church family. There is no greater treasure on this side of Heaven than the little ones God has given us. You must be someone special to have a job that is so important.

Reason #5

Your service is essential for your own spiritual growth. You may have never looked at it this way, but a growing Christian is always a serving Christian. Jesus was known for putting others first. When you serve in the church nursery, you are walking in this example.

Reason #6

The church nursery is the first contact young families will have with your church. Your friendly greeting and exceptional care for their children can make a great first impression for your church. If they don't feel like their children are safe, they will not return—and rightly so.

Reason #7

Your service in the church nursery is a powerful opportunity for prayer. If every nursery worker would spend several minutes praying over the children in their care, imagine how God might begin to change this coming generation. There is no better way to create an environment of spiritual nurture than to pray while you serve in the nursery.

Please call Vicki Hospes today and volunteer for 4-6 Sundays a year.

News from the Pews

June is the month of high school graduations and our young people from St. Mark's were featured as award winners at several of our local high schools.

The **Campbell twins, Brett and Lauren**, were graduates of Montoursville High School and were honored with several awards. Brett was the winner of the French foreign language award, the Phyllis M. Briel Memorial award and the Eleanor M. Wolfson Memorial award and was one of the featured senior speakers. Not to be outdone Lauren received the Lottie M. and Edith M. Artley Memorial award, the crown American/Lycoming Mall altruism award, the Phyllis M. Briel Memorial award and the Deborah Ann Dickey Memorial award..

At Loyalsock High School another set of twins, **Tait and Taigen Thorne** were graduated. Taigen was the winner of the 2009 Loyalsock Township Lions college scholarship. Taigen will pursue her college degree at Pace University in New York.

Sara Larson, a graduate of South Williamsport High School, was inducted into the National Honor Society.

Congratulations to all these young people and their parents and best of luck in the coming year!

Brittany Dewar graduated summa cum laude from Lock Haven University in May. She was a dean's list recipient each semester.

In middle school **Emily Newcomer** and **Riley Weber** were on the honor roll at Curtin Middle School.

Some of our other members were recognized for community service, **Ruth Ditchfield** at the museum and **Dot Bingaman** for 38 years of service to the senior center.

In the heroine department our own **Tracie Elliott** was honored for her assistance with **Dick Welteroth** in an emergency situation. Her quick thinking and CPR experience were instrumental in his recovery.

- Joyce Anne Hershberger

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

Our Habitat Day!!

We all know that this is the year for the Thrivent Build for Habitat for Humanity, currently underway near Memorial Pool. It is our turn to help. We have chosen Saturday, July 18, for our first time to work. One needs to be age 14 and above and breathing. There is some way that many of us can be of service. We're looking for a crew of 15 persons. **Our team leader, Todd Smith, will be available in the narthex with registrations forms.**

Our lunch that day will be furnished by Church of the Savior. St. Mark's is responsible for lunch on October 3. So, anyone who feels they don't have the skills necessary for labor on the site, please help prepare, serve, or both on that day in the autumn!

How can you help?

1. Pray for the success of the whole project and for the safety and camaraderie of our crew on July 18.
2. Help in the preparation and serving of food on October 3.
3. Come with willing hands and learn what the supervisor wants us to do.
4. Give a financial contribution for the project.
5. Pray for all of the work crews participating on the build.



Need tools, building supplies or appliances? Purchase gently used (or unused) items from Habitat's ReStore on Lycoming Street for up to 75% off retail prices. Donate clean, good condition items of your own for a tax write-off.

LOST AND FOUND

- Girls ivory hooded Old Navy jacket, size large, found after VBS
- Boys navy Superman knit hat
- Pocket Etch-A-Sketch toy
- Splash & Swim ball
- One Pearl silver-tone screw back earring
- One gold-tone clip on earring with 3 strands of gold-tone teardrop beads
- One gold-tone hoop earring for pierced ears
- One gold-tone necklace medallion & one silver-tone necklace medallion
- 2 small toy cars
- 2 super balls

Stop by or call the office (323-4619) to claim.

Nurses notes

It's picnic and family reunion time, which can be a real challenge for folks with diabetes. But you can do it! Look for high fiber, low-fat dishes, such as beans, peas, broccoli, spinach, or a pasta salad that contains lots of fresh vegetables. If necessary, offer to bring the rolls – whole grain rolls! Watch out for dishes with a lot of dressings/mayonnaise, sour cream or butter. Stick with lean meats, fish or chicken (skinned) – to fit approximately ¼ your plate. Top it all off with dessert of fresh fruit – peaches, watermelon, cantaloupe or fruit salad. We can all benefit from eating like this! Add a tall cold glass of water with a twist of lemon. Does life get much better than this?!

First Drug to Treat Cancer in Dogs Approved! The U.S. Food and Drug Administration recently announced the approval of Palladia (toceranib phosphate), the first drug developed specifically for the treatment of cancer in dogs. Palladia is approved to treat canine cutaneous (skin-based) mast cell tumors, a type of cancer responsible for about 1 out of 5 cases of canine skin tumors. All cancer drugs now used in veterinary medicine originally were developed for use in humans and are not approved for use in animals. Cancer treatments used in animals are used in an “extra-label” or “off-label” manner as allowed by the Animal Medicinal Drug Use Clarification Act of 1994. The most common side effects associated with Palladia are diarrhea, decrease or loss of appetite, lameness, weight loss, and blood in the stool. <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm164118.htm>

Women—this message is for you! Did you know that women play an important role in the health care of men through education and awareness? Men often learn about health from wives, girlfriends, and/or mothers, while women tend to get health information from doctors, the television, the Internet, and printed materials. Although men need to take charge of their own health, you can help the men in your life get started by raising awareness about men's health. <http://www.womenshealth.gov/mens/?from=newsletter6>

Men – this message is for you! Real Men Wear Gowns! Yes, you read this correctly! Whether it's time for you to get a blood test or that test that you'd rather not talk about, you're not just doing it for yourself. You're doing it for your family and loved ones, because Real Men Know the Facts:

- One in 5 American men has heart disease.
- One in 3 American adults has high blood pressure.
- Three in 4 American men are overweight.
- Nine in 10 lung cancer deaths are caused by cigarette smoking.

The single most important way you can take care of yourself and those you love is to actively take part in your health care. Educate yourself on health care and participate in decisions with your doctor—even if it means wearing an examination gown. <http://www.ahrq.gov/realmen/>

St. Mark's Celebrations!

Happy Birthday!

Kristine Wacker	07/02	Doris Brown	07/12	Eleanor Sobers	07/20
Maxwell Hospes	07/03	Annika Waffenschmidt	07/12	Tracie Elliott	07/21
Theodore Larson Jr.	07/03	Bonita Crossley	07/13	Pamela Jensen	07/21
Charles Ditchfield	07/04	Luther Doebler	07/13	Mary Schultz	07/21
Philip Thomas	07/04	Levi Gair	07/13	Constance Shaible	07/22
Ardath Houser	07/05	Declan Jones	07/14	Reba Jacobs	07/23
Dierah Williams	07/05	Nancy Larson	07/14	David Weaver	07/23
Corey Hospes	07/06	William Confer Jr.	07/15	Bryce Young	07/23
Erma Super	07/06	Vicki Haussmann	07/15	Edward Gair	07/24
Andrea Hinds	07/07	Ashley Butters	07/16	Carol Confer	07/25
Sarah Little	07/08	Stephanie Confer	07/16	Shirley Hill	07/25
Robert Lynn Jr.	07/08	Kay Plankenhorn	07/16	Kristi Maggs	07/25
Hugh Byerly	07/09	Eugene Jacobs	07/17	Gail Greninger	07/26
Dylan Ott	07/09	Russell Smith	07/17	Ann Kuntz	07/27
Nicholas Buckman	07/10	Brenda Bower	07/18	Jonathon Phillips	07/28
Bethany McCullough	07/10	Patricia Alexander	07/20	Matthew Fortin	07/29
Edgar Miller III	07/10	Dorothy Berndt	07/20	Carol McMorris	07/30
Mary Martin	07/11	Katelyn Lauer	07/20	Stephen Dewar	07/31

Happy Anniversary!

Ralph & Holly Thorne	07/01		Sean & Maria Elkin	07/24
Ray & Cynthia Huff	07/03		Robert & Susan Curry	07/29
Robert & Kristin Lynn	07/06		Scott & Brenda Bittner	07/30
Peter & Norma Prato	07/07			

Please accept our sincere apologies

Due to circumstances beyond our control we have been unable to receive or send e-mail since Monday, June 22nd.

This means if you missed the Friday deadline for newsletter articles we did not receive your material for inclusion in this issue.

We apologize for any inconvenience this may have caused.

~ Office Staff

HEALTH, HEALING & WHOLENESS

"Soon afterwards he went to a town called Nain, and his disciples and a large crowd went with him. As he approached the gate of the town, a man who had died was being carried out. He was his mother's only son, and she was a widow; and with her was a large crowd from the town. When the Lord saw her, he had compassion for her and said to her, "Do not weep." Then he came forward and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, rise!" The dead man sat up and began to speak, and Jesus gave him to his mother." (Luke 7:11-15, NRSV).

If I were to ask you, "Who was healed in this story?", the logical answer would be, "Of course, the man!" That would be true, however a closer look at the gospel text would reveal that indeed two people were healed on that day. The son ... and his mother.

Those involved with health ministry have come to understand that the abundant/whole life that Jesus was sent to usher in, includes a variety of facets of our lives, both as individuals, and as congregations. There are many different models for health and wholeness. Probably the most familiar model is when we talk about a balance in mind, body and spirit. Indeed Moses is to have proposed this paradigm when he shared the commandment "You shall love the Lord your God with all your heart, and with all your soul, and with all your might." (Deuteronomy 6:5, NRSV). We hear it again, when a young lawyer asks Jesus, "Teacher, which commandment in the law is greatest?", and Jesus replies, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment" (Matt. 22: 36-38).

Beyond the obvious physical healing, this story – from the perspective of the widow of Nain – demonstrates other facets of wholeness as well. To be a widow and childless in Jesus time meant the possibility of a rather dire existence. With no husband, and now no son to support her, life would be pretty bleak. She was most likely past the age for bearing children which would rule out remarriage, and unless a close relative were to step in, it is likely that she would have been reduced to begging for food and money. Though many turned out to mourn her son's death, once the funeral had ended and the mourners gone back to their lives as usual, her newly acquired social standing would place her on the fringes of society.

Through the son's resurrection, the widow attains wholeness of mind (easing the emotional worries that loomed in her future & the pain of grief), body (having a son to provide support her physical needs), spirit (as a recipient of Jesus power to resurrect from the dead), but also in relationships (to the son, family, friends and society in general), and in financial security. The story pulls us into a deeper understanding of how we as the church, foster wholeness in our individual as well as our corporate lives.

You may ask, "Will we ever attain this wholeness – the perfect balance?" To that my response must be, "Probably not." We are human, so health and wholeness are on a continuum, but we are charged/challenged with the responsibility of being stewards of the life which God has given us. As with the widow of Nain and her son, only on the day of our resurrection through Christ will we attain and understand complete health and wholeness. That being said, I leave you with a few questions to ponder as you re-read the gospel text:

- In what aspects of mind, body, spirit, relationship to others, or finance, do you feel you are most strong? What are your weaknesses – where do you need to grow?
- How is the wholistic health/balance of your congregation, and its leaders?
- How can you personally contribute to a climate of support and growth for all members of Christ's body – the church?
- Are there additional factors that contribute to health and wholeness? and,

How do we individually support one another when life-as-we-know is turned upside-down? Who is left standing to help after the initial dust settles?

Summer blessings!
Debbie Best, Program Coordinator
Diakon Family Life Services & Congregational Health Ministries

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St. Mark's Calendar of July Events

<p>July 1 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Meeting 2:30 pm – Charlie Brown Rehear.</p>	<p>July 10 Friday Agenda deadline 9:00 am—Morning Prayer</p>	<p>July 20 Monday 9:00 am—Morning Prayer 6:30 pm—Council Meeting</p>
<p>July 2 Thursday 6:31 am—Men's Ministry 8:00 am—Stephen Ministry I 9:00 am—Morning Prayer 7:00 pm – <i>You're a Good Man</i> <i>Charlie Brown</i> Presentation & Habitat for Humanity Fundraiser</p>	<p>July 11 Saturday</p>	<p>July 21 Tuesday 9:00 am—Morning Prayer</p>
<p>July 3 Friday ***Office Closed*** 7:00 pm – <i>You're a Good Man</i> <i>Charlie Brown</i> Presentation & Habitat for Humanity Fundraiser</p>	<p>July 12 Sunday 8:00 am—Holy Communion 9:15 am—Summer Forum – Sojourner's Truth by Pastor David Marcello 10:30 am—Holy Communion</p>	<p>July 22 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg. 7:00 pm—Mutual Ministry</p>
<p>July 4 Saturday Independence Day 2:00 pm – <i>You're a Good Man</i> <i>Charlie Brown</i> Presentation & Habitat for Humanity Fundraiser 7:00 pm—Lawn Party begins 7:30 pm – Patriotic Organ Recital 9:30 pm – Fireworks at bridge</p>	<p>July 13 Monday 9:00 am—Morning Prayer</p>	<p>July 23 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer</p>
<p>July 5 Sunday 8:00 am—Holy Communion* 9:15 am—Israel Trip & Pictures 10:30 am—Holy Communion*</p>	<p>July 14 Tuesday 9:00 am—Morning Prayer</p>	<p>July 24 Friday 9:00 am—Morning Prayer 9:15 am—<i>Lion</i> Crew 6:30 pm—Friday Fun Night</p>
<p>July 6 Monday 9:00 am—Morning Prayer</p>	<p>July 15 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg. 12:00 pm—UCLC Ecumenical Lunch Pine Street United Methodist</p>	<p>July 25 Saturday 9:00 am—11:00 —Daniel's Closet @ Redeemer Lutheran, Washington Blvd.</p>
<p>July 7 Tuesday 9:00 am—Morning Prayer 6:30 pm—Property Meeting</p>	<p>July 16 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer</p>	<p>July 26 Sunday 8:00 am—Holy Communion 9:15 am—Summer Forum— Albright Life with Sandra Hill 10:30 am—Holy Communion</p>
<p>July 8 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg. 10:00 am—Summer Playgroup at Bruce Henry Park</p>	<p>July 17 Friday Newsletter deadline 9:00 am—Morning Prayer</p>	<p>July 27 Monday 9:00 am—Morning Prayer</p>
<p>July 9 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer</p>	<p>July 18 Saturday St. Mark's Habitat Build Day</p>	<p>July 28 Tuesday 9:00 am—Morning Prayer</p>
		<p>July 29 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg.</p>
	<p>July 19 Sunday 8:00 am—Holy Communion 9:15 am—Summer Forum— American Rescue Workers with Lt. Linda Tokay 10:30 am—Holy Communion</p>	<p>July 30 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer</p>
		<p>July 31 Friday 9:00 am—Morning Prayer</p>

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4th of July Fun

July 2

7:00 p.m.

You're a Good Man, Charlie Brown

July 3

7:00 p.m.

You're a Good Man, Charlie Brown

July 4

2:00 p.m.

You're a Good Man, Charlie Brown

7:00 p.m.

Community Lawn Party

