



The Lion of St. Mark's

AUGUST 2009

Who me?

"I can't teach Sunday School. I don't know enough." If I had a nickel for every time I've heard that...heck, if I had a dime for every time *I've said* it, I'd treat everyone to pizza!!!

When I first joined St. Mark's and my children were small, I was asked to volunteer to teach Sunday School. The first few times, I declined: I was new to the faith, I didn't want to misspeak, I didn't want to look foolish. Then, the third time, I thought, *Well, I can teach pre-school. How hard can that be?*

A couple years later, I was asked to teach the drama rotation when we tried the round-robin method of instruction. Aha! Drama I knew!! Just tell the stories with hand puppets, or act it out, and let the other stations take care of the "rough" questions! I can do this!!

I was still extremely unsure of myself when it came to the Word and theology. You know what? I still am.

Nobody ever "knows enough." I'll be learning 'til the day I die—and then probably find out I had only a miniscule portion correct!! But, you know what? If you wait until you reach that unknown level of knowledge, you miss out on an incredible time with our children here in our church family.

To this day, when I walk into a catechetical meeting or the middle school classroom, I'm petrified that I will let the students down or disappoint Pastor and all of you. But the fact that I'm there, that I'm interested in all of them, that I care means a lot to these kids. And, yes, there are times that I have had to say, "I don't know," to our youth or mentors. But, I've discovered that that's okay. I go look it up or ask someone more knowledgeable...or, even more fun, we try to figure it out together. And that in itself is a lesson to our youth.



We never stop learning. We never know it all. Our Sunday School education doesn't magically end when we are confirmed. At that point, we assume the responsibility for our own path to Christ and part of that is sharing our journey with others.

Sunday School instruction 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 me or Michele today to volunteer.

COUNCIL UPDATE

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COUNCIL MEETING NOTES

The Congregation Council met in special session on Monday, July 20 in the Crossways Room. The purpose of the session was to review the *Mission at the Crossroads* goals that the council adopted two years ago, and reviewed a year ago.

In our review this time, the Council decided to sort the goals into three categories. The first category are those goals that are *Ongoing*. They are things that were either a single thing that was accomplished, or have become regular parts of our operation. Eleven goals fit this designation.

The second group is labeled *Set Aside*. They are twelve things that were tried and didn’t work as well as we hoped, or, because of changed circumstances, no longer seem appropriate.

The third group is titled *Further Development*. The fifteen items here are worthy of continued work. Many of them have to do with the area that could loosely be called “publicity”, a few are in the area of worship, and one involves the encouragement of marginal members.

The Council agreed to set aside some time at subsequent regular meetings to explore each of these areas in turn, beginning with the area of publicity. The members also noted that new goals can and should be added to our working list. Future work!

The next regular session of the Council is August 17.

Parish Register

Pastor Elkin officiated at the graveside service for Ruth Kohler in the Wildwood Cemetery on July 10.

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	
Michele Owen, Christian Education		mowen@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

Parish updates

This is St. Mark's calling...

It is time to check our records for accuracy. Two persons, and only these two persons, will be telephoning members of the parish in the coming months in order to correct or complete the information in our books. Helen Schramm and Kay Poliska are the two persons authorized to make these calls. They will read the dates and other information that we have and ask for any additions or corrections that need to be made. They will also be requesting email addresses from members and friends of the parish. More and more of our communication is using this format, but it is a difficult and exacting job to collect these addresses and keep them accurate and up to date. Please cooperate with these volunteers as fully as you can. When the information is entered into our computer, it will make our work of communication, birthday and anniversary remembrance, and other tasks so much easier. Thanks for your help!



Welcome to our newest staff member, Michele Owen!

An introduction from Michele:

I would like to first thank Pastor Elkin and Council for allowing me to fill the need for a part-time Christian Educator. I am honored and blessed to be able to serve the congregation of St. Mark's. I am also very much looking forward to working with Bernadette.

I have been attending St. Mark's since 1989. Kirk and I were married here in 1994. As most of you know we have two boys, Devin - 13 and Dawson - 9.

After graduation from high school I attended community college for Nuclear Medicine Technology but after two years of class-work I answered God's call to attend Youth With a Mission at the University of Hawaii and was a mission-builder. I then attended their Discipleship Training School and our mission outreach was in the Philippines, where our teams ministered to the people by building churches and preaching the Gospel of Jesus Christ. After completing my mission work I returned home and completed a business degree in computers and secretarial work.

Since having our children I have been substituting on the teacher's aide level in the South Williamsport School District and received my Para-professional training last summer. I pray my past experiences and time teaching and helping with Sunday School at St. Mark's will help me to serve St. Mark's family in this position.

In God's Love, Michele

Summer Forums for 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:

- August 2: Mission in the Dominican Republic with Linell Stabler of A.C.E.S North America (Advancing Communities: Educating and Serving.)
- August 9: Sandra Hill discusses the many services offered by Albright Life.
- August 16: Pastor Elkin -Video with the Director of the dig.
- August 23: Pastor Elkin—Benevolence: How far does our money travel?
- August 30: Vacation Day—Teacher Orientation



United Churches of Lycoming County

A 24 hour Devotion Line



is a way for every-
one in our commu-
nity to have "A
Closer Walk With
God". Devotions
are three minutes
or less and change

daily and at least once on the week-
end. 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

Sharing in the Caring

Recently the Newberry Branch of NGA donated two large boxes of new clothing and baby items to our Social Ministry Committee.

(Congregation members Debra Buckman, Becky Miller Pryor and Doris Brown are members of NGA.)

Thirty-five pieces of new clothing were donated to Daniel's Closet.

The remaining fifty baby items were donated on behalf of St. Mark's to The Pregnancy Care Center. Both organizations expressed joy in receiving so many new items.

Announcement Family Caregiver Training 1-570-322-5433

Are you caring for someone with Alzheimer's or dementia? Albright LIFE, in conjunction with the Alzheimer's Association, will be hosting a session for family caregivers on Friday, August 7th from 10 AM – 3 PM at the Albright LIFE Center, located at 901 Memorial Avenue in Williamsport.

This free training is open to anyone caring for a loved one with memory loss. Albright LIFE staff can provide care for your loved one if needed while you attend the training. A light lunch will be provided.

Please Reserve Your Spot by August 3rd

For more information contact Albright LIFE at 1-(570)-322-5433, toll free at 1-866-907-5433, or visit www.albrightlife.org.

J.V. Brown Library 2009 Kids First Friday Event

August 7th 5 pm—8 pm

Mural Parking lot next to the Bullfrog

ELCA Women...

MORE KITS! and Soap Bars, too!

Thank you for your cooperation and compassion by picking up the empty bags in the Narthex to fill with school items. In addition to the School Kits, also needed are Health Kits, Sewing Kits, Layettees, and any brand of new soap bars.

This year Lutheran World Relief has requested a special need for the Health Kits. (Please note that Lutheran World Relief will provide the toothpaste). You can share God's gifts of love and comfort by promoting hygiene and dignity.

Below is a list of all the kit items needed. All completed kits are due the end of August. Thank you again for "reaching out - God's way".



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

HEALTH KITS - help refugees maintain personal hygiene while in exile and after they 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

Mount Luther Back-to-Camp Day and Barbecue: August 8, 2009

Camp Mount Luther is holding a Back to Camp Day with a Chicken Barbecue on Saturday, August 8, 2009 from 11:00 a.m. to 2:00 p.m. Activities such as swimming, outdoor games and hiking will be available during that time period as well as the chicken dinner! The chicken, which is barbecued on the premises, cost \$7.50 for adults while meals for children are \$3.75. All proceeds go toward Mount Luther's operating budget. The menu includes barbecue chicken, side dishes, roll, dessert and beverage. Take outs are available. Tickets are available at the camp office or by calling (570) 922-1587. Deadline for ordering tickets is Monday, August 3, 2009. Some walk-ins will be available. Merchandise from the camp store will also be available for purchase during that day. The barbecue will be held in the Evergreen Center at Mount Luther, a dining and activities building.

Mount Luther Dandelion Trail Run: September 5, 2009

Camp Mount Luther in Mifflinburg will be holding a 5 and 10 Kilometer trail run race at the camp Labor Day Weekend. This is the eighth year for the event at the camp and will be an entry-level trail race on Mount Luther grounds. It is being organized by Joel and Shelley Heasley of Middleburg. The Dandelion Run was named in honor and memory of Rev. Glenn Heasley, former Assistant to the Bishop of the Upper Susquehanna Synod of the Evangelical Lutheran Church in America. Glenn's favorite "flower" was the dandelion. The date of the race is Saturday, September 5, 2009. The start time for the race is 9:00 a.m. Runners decide on race day if they want to do a 5k or 10K (a double loop of the 5K) run. Age group awards will be presented and pre-registered participants will receive a drawstring sports pack. (A limited number will also be available on race day.) Price for entry is \$12 if you pre-register before August 21st. Race day registration is \$15. Registration opens at 7:30 a.m. on race day. Spectators are welcome as well. A kid's fun run (registration for that is one dollar) and a one-mile fun walk will also be held. The same registration fees and amenities apply for the fun walk that will take place on a dirt road. Awards will be given for overall male and female race time, three awards for each age group and an overall master's for male and female in both the 5K and the 10K. The awards ceremony will be immediately following the race. All miles for the course will be marked and there is one water stop on the course. Timing will be electronically done. Registration forms are posted on the camp's website at www.campmountluther.org or you can contact Joel Heasley at (570) 837-1222. Shower facilities are available after the race. All proceeds from this event will benefit the camp's general operating fund.

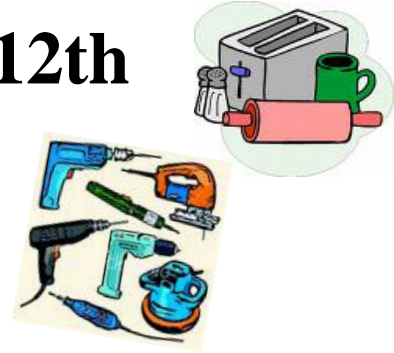
Congregational Heritage Workshops: September 19, 2009

The Lutheran Historical Society of the Mid-Atlantic, an ELCA Region 8-based historical organization dedicated to the preservation and promotion of Lutheran heritage and historical resources in the Mid-Atlantic region, will once again host a series of Congregational Heritage Workshops on the campus of the Lutheran Theological Seminary at Gettysburg on September 19, 2009, from 9 to 4 PM. Registration will be held from 8:30-9:00 AM with a continental breakfast in the Coffee Shop area of Valentine Hall, followed by welcoming remarks and opening devotions. Three general lecture tracks will be offered this year that focus on Organizing Church Archives, Writing Congregational Histories, and Planning and Celebrating Congregational Anniversaries. A tour of the Region 8 Archives will also be offered. Workshop leaders include professional historians, archivists, and ordained clergy. The cost of the workshop registration is \$40 for Historical Society members, or \$45 for non-members. Congregations sending multiple attendees may register the initial person at the full rate, then all subsequent attendees at a reduced rate (\$35 for each non-member, or \$30 for each Society member). Registration forms and payment are due by September 1, 2009, with checks made payable to the Lutheran Historical Society of the Mid-Atlantic. Further information, including workshop brochures and registration forms, may be obtained by contacting workshop co-chair John Deeben at (410) 257-9373 or jdeeben@aol.com.

Community Service Opportunities

Rummage Sale & Bazaar

Saturday, September 12th
9 am—2 pm



Please donate:

Attic Treasures Household Items China Small Appliances Books Suitcases
Kitchen items Chests Dishes Bric-A-Brac Sports Equipment Toys
Lamps Crystal Pictures Bedding Gardening Items Candles Games
Tools Camping Gear Pots N' Pans Baby Equipment Jewelry Seasonal Decorations

Set up will be September 9 —11th from 9am~1pm

Contact Shirley Hill (323-7546) or Jane Kline (326-9672) if you can help

"Daniel's Closet"



Mer Lutheran
Washington F
Williamsport, F
322-2333



**Free Clothing
For Children, Men and Women!**

Lunch N' Fellowship

August 19th

Picnic-style
Corn on the Cob
Hamburgers & Hot Dogs

Community Service Opportunities

July Fourth Celebration...Our Best One Yet!



Each year our July Fourth celebration is bigger and better than the previous year. This year was no different. The Social Ministry Committee wishes to thank the congregation for its generous support of our outreach to the community on this festive day. Your donations of drink mixes, soda, bottled water, candy, popcorn, popcorn supplies, trinkets and money coupled with generous donations from Weis Market on Lycoming Creek Road, Wegman's Store and Pharmacy, Friday's and Frito-Lay, Inc. provided hospitality to more than 450 people who passed our way.

In just a few short hours we served 250+ hot dogs, 300 bottles of water, 350+ bags of popcorn, 100 mini bags of candy, 200 bags of Fun Yums, 300+ cups of lemonade, ice tea or soda, and dozens of trinkets, lollipops, pencils, and many religious materials for adults and children. Eighty people enjoyed Dick Lakey's patriotic recital in our nave.

This fabulous night would not have happened without the above donations or without the many volunteers needed to set up our displays, make drinks, grill hot dogs, pop popcorn, run for supplies, serve the masses with a smile and clean up at the conclusion of the festivities.

A big thank you is extended to Pastor and Donna Elkin, Jim and Deb Buckman (We loved the radio broadcast.), Lou DeSeau, Bernadette, Bob, Declan, and Sara Jones, Roxie Larson, Kirk, Michele, Devin and Dawson Owen, Gary and Riley Weber, Todd Smith, Nicole and David Walz, Doug and Beverly Schmidt, Tim Maggs, Paul and Jane Zimmerer, Carl and Bev Hieber, Dave and Cheryl Williams, Dinah Labenburg, Carl Smollinger, Clint and Megan Eppleman, Bunny Ditchfield, Brenda Gair, Melvin, Melinda, Taylor and Sadie Wentzel. A special thanks is given to Larue Dieter for her behind-the-scene- help in putting stickers or labels on just about everything we gave away that evening and to John MacMinn for keeping his van lights on to assist with clean up.

A bonus to the evening was that St. Anthony's Center received \$190.00 in donations to continue its outreach to the needy in Williamsport.



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.

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.



YOUTH & FAMILY MINISTRY

Endings and Beginnings

The confirmation process—and it is a lifelong process—is formally marked by two years of study during the middle school years. At this point, we have students at three stages:



First, we have **Emily, Stephen, Corey, Devin and Riley**, who have reached the end their catechetical studies and are being confirmed on Sunday, September 13, when Bishop Driesen is here. Their lifelong journey continues as Corey moves on to the high school class, while Emily, Stephen, Devin and Riley assume more responsible roles in the middle school program.

Theoron, Max, Katelyn and Hannah end their first year of study and begin their second year of preparation for confirmation.

Our third group is of those entering or already in middle school who have been invited to end their time as children in their faith and to begin to assume the responsibility for their own faith journey. Letters have been sent to their parents (see pg. 14) and we will be calling them soon to discuss their decisions.

To all of these youth: those beginning their lives as responsible members of the church, those in the middle of their studies, and those beginning their catechetical lessons, we offer our time, our knowledge and our prayers in the coming years.



Our youth production of "You're a Good Man, Charlie Brown" was a success on many levels:

- The youth and adults involved developed a great fellowship during the process;
- Those participating/attending were reminded of some basic human truths regarding relationships and life in general;
- Those attending (around 200 total) shared the gift of laughter in abundance, many saying they had not laughed that hard or long in quite a while;
- Over \$800 was donated by the audience; that combined with matching funds arranged by the women of St. Mark's provided a total contribution toward the Thrivent Build for Habitat of over \$1,000!



Waitstaff Needed



Interested in learning an extra skill by serving for functions here at St. Mark's? We have a lot of events coming up this autumn for which we need servers.

If you are interested,
over the age of 12
& under the age of 100,
and want to sign up,
please talk to Bob Jones or email him at
bobjonessells@gmail.com

A training session will be held
in Fellowship Hall on August 2nd
during the Sunday School Hour.

YOUTH & FAMILY MINISTRY



THIS IS IT! IT'S AUGUST! CHOIR CAMP STARTS NOW!

Now, if you planned ahead during the last few months, you should have the second week of August free to participate. At the very least, we hope to see you at the pot-luck dinner and performance on August 15!

We look forward to you joining us for
“100% CHANCE OF RAIN”

We have to build an ARK! *And* a rainbow!!!
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 p.m. PERFORMANCE in Fellowship Hall

SUNDAY, AUGUST 16: **10:30 a.m. presentation at the service**

WE HOPE THAT YOU WILL BE A 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!!

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

YOUTH & FAMILY MINISTRY

Hunting for a good time?? Join us
for

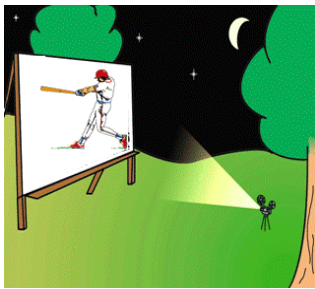
FUN NIGHT August 21st



"Apparently this is a good sign.
He says 'big game' is near"

Won't you please drop in at 6:30 p.m., in Fellowship

MOVIE IN THE COURTYARD



*A SPECIAL SHOWING OF
"THE SANDLOT"
IN HONOR OF LITTLE LEAGUE!*

Thursday, August 27
Movie begins at sundown

POPCORN & DRINKS PROVIDED
BRING A CHAIR OR BLANKET FOR YOUR COMFORT.

ST. MARK'S SUMMER PLAYGROUP!



Summer is upon us! Grab your calendar and pencil in the following date 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!!

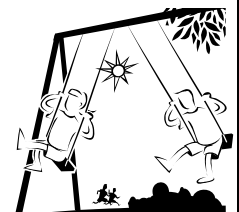
Wednesday, August 12 10:00 a.m.

Bruce Henry Park

Bring a lunch 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

COMMUNITY SERVICE, A THANK YOU, AND A GREAT TIME

All of you probably realize by now all the work that Carlos Saldivia, his wife, Melinda, and the crew at First Contact have done for us over the past few years: from the initial interviews with Pastor Elkin and beginning the massive project of exploring all the books of the Bible for YouTube, to providing the ads for the electronic billboard, to initiating and streaming the *Iron Chef Williamsport* fundraiser. They need our help now.

Carlos and crew have been working extensively in the Williamsport area for 4 years now: filming commercials, pro bono, for the Williamsport Symphony Orchestra; assisting students with senior projects, and, among myriad other things, filming the definitive documentary, Michael Pilato: Mural Canyon, about the Inspiration Lycoming Mural on West Fourth Street, across from the Community Arts Center.



The Williamsport-Lycoming Arts Council has taken the production of this enterprise under its wing as a not-for-profit organization. For two years, the film crew and friends have staffed the concession stand through several days at the Little League World Series, as a fundraiser for the documentary. Last year, several volunteers from St. Mark's assisted. It was hard work, but a good time was had by all.

This is a plea to anyone who can give four or more hours of their time to work the concession during the days noted below. There is a special need for during weekday "business hours."

What follows are excerpts from a recent e-mail from Carlos, asking for aid:

"Based on our performance, we (Williamsport-Lycoming Arts Council) earned our own spot...we were the first ones called to pick the days we wanted for this year's LLWS. I picked: all in August, Opening Saturday (22nd), Monday (24th), Tuesday (25th), and Championship Saturday (29th).

All of this good fortune happened because of you. I can never adequately enough express my gratitude for your service to me and the Arts Council. Long after our film, Mural Canyon, is over and done, the concession stand will be the Arts Council's biggest fundraiser--thanks to you. I would like to extend to you an invitation to participate again this year.

...The hardest days to staff are Monday & Tuesday...We are looking at 4-6 hour shifts: starting at 9am going through 11pm...if you can participate, peek at your calendar and let me know when you can help. Remember, make it even more fun and ask a friend to come along with you.

Khaki shorts, comfy shoes (absolutely no open toed (is toed a word??) shoes), white t-shirts. We feed you. Tell us if you need a ride: we will have drivers available ALL hours on the days we work the concession..."

All volunteers will be listed as donors to the film, credited as donating \$18 per hour worked. The donor list and more information are available at <http://muralcanyon.org>. Please call or e-mail Bernadette (bjones@stmarkswilliamsport.org) as soon as possible with your availability. Thanks in advance for your help!!!

Habitat Help



Unfortunately, only our team leader, Todd Smith, and Gary Weber showed up to work on July 18. Fortunately, not that many workers were required that day. You can still serve!!! On Tuesday--Thursday, August 4-6, the site leaders need primers/painters. Get forms from Todd or in the staff hallway TODAY and lend a hand.

Our date to provide lunch was changed. Please check with Becky Pryor if you would like to prepare food or help out as a host/hostess!



Special Thank You's!

**I know there must be many ways
for thanks to be expressed,
but the simple phrase, "God Bless You"
somehow seems to be the best!**

To the Angel at St. Mark's,

This is to thank the kind person at St. Mark's who gave me \$100. I cried for days to think a complete stranger would do that. I know and believe that God doesn't give us any more than we can handle. It's hard right now, but faith will get me through. Thank you again for opening your heart so wide. You are an angel and I am "blessed" to have Michele in my life.

God Bless you always,
Susan (*Michele Owen's Friend*)

Dear St. Mark's Lutheran Church,
Thank you for your very generous donation to the Pregnancy Care Center. Without the help of organizations and churches like yourselves we would not be able to meet the needs of the moms we minister to. Please be assured that everything will be put to good use.

May God bless you richly,
Polly (PCC Volunteer)

Pastor Elkin, Friends, & Staff of St. Mark's,

Phil and I would like to thank you all for your cards, notes, calls, visits, and especially your prayers during my recent surgery and hospitalizations. Your kindness was truly appreciated.

God bless you all, Barb Thomas

Dear St. Marks Lutheran Church,

As it is written in the Gospel of Mark, "The Son of Man came not to be served but to serve, and to give his life as a ransom for many." This is the theme verse for our summer curriculum, "Love to Serve," this year at Mount Luther. You have served God and this ministry through your financial giving recently. I would like to personally thank you for your recent Synod Benevolence (Annual) gift of \$100.03 recorded on 6/28/09. Your support enables us to continue a tradition of providing a place set apart by God for worship, study, environmental education and Christian fellowship. As we pray together for a brighter future shaped by the Good News of Jesus Christ, may we all find ways to serve one another!

Your fellow servant,
Chad W. Hershberger, Executive Director

Dear friends at St. Mark's Lutheran Church,

Thank you, most sincerely, for your two recent donations of \$90 and \$375 to the Shepherd of the Streets ministry. Your commitment to this ministry, and, it's many services to the poor in Lycoming County, is heartwarming and encouraging. May God continue to bless you and all of your mission outreach endeavors in the name of Jesus.

In His Service, Ruth Hague Administrator

Celebrating 10 years of *The Way*



The 10th Anniversary Celebration Dinner of *The Way* will take place on Saturday, August 29, 2009 at 5:30 p.m. in

St. Mark's Fellowship Hall. This dinner will also mark the retirement of Bob Schultz and the installation of

News from the Pews

As late summer and fall approach St. Mark's three sets of twins will be matriculating at area universities. How can the years have gone so quickly!

This column has already featured the **Campbell twins, Brett and Lauren**, who will be off to different colleges: Brett to New York University and Lauren to American University in Washington, D. C.

The **Zeigler twins, Andrew and Peter**, graduated from South Williamsport Area High School and will also attend different colleges. Peter is enrolling in the occupational therapy assistant program at the Pennsylvania College of Technology and Andrew will be a pre-physical therapy major at the Greensburg campus of the University of Pittsburgh.

Tali and Taigen Thorne have opted to enroll at the same university- Pace University in New York City- but each will have a new roommate.

Their older sister **Tait Thorne** completed a year at Cabrini College, attaining dean's list status, and will enroll at Dickinson this fall. Best of luck to all these students!

A senior member of the **Zeigler family, Ralph**, was named the winner of the 2009 PEER Award. PEER stands for Pennsylvania Empowered Expert Residents. Ralph is a resident of Rose View Court and has advised many of their residents and staff and has put together informational booklets. Congratulations Ralph.

Caught a glimpse of **Kara Hershey** at the unveiling of the first mosaic at Round Hills Elementary School. The mosaic is part of the public art garden at the school.

Don't forget to send your interesting tidbits to me and I will include you in the next piece.

- Joyce Anne Hershberger

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

Grand Slam Parade

We are entering a float in this year's parade on Thursday, August 20. A trailer & towing truck are graciously being loaned to us by Michele Fredericks & her fiancé. On Sunday, August 16, directly after the 10:30 service until we are done, we will be painting & constructing signs & things for the float. On Thursday, the 20th, we will attach everything to the float and be ready to go to the staging area to get in line. So, we need painters for the first Sunday, people to help attach things during the day on Thursday, and people to take everything off the trailer after the parade that night. All those interested, Please join us!!



NEW CATECHETICAL CLASS FORMING!



Letters inviting students to become a part of the confirmation process will be going out this first week of August. If you have a student in sixth or seventh grade and do not receive one of these letters, PLEASE LET US KNOW. Sometimes we miss things in the computer systems.

If you have an older child who has not been confirmed, please contact us. We can include anyone who wishes to become a part of the process. If a youth is a lot older than the other students, he or she is also welcome to participate in *The Way*. Please call Pastor Elkin or Bernadette at 323-4619 or e-mail (addresses in the front of the newsletter).

Nurses notes

Well Water

Approximately 1/6th of US households now get their drinking water from private wells. The American Academy of Pediatrics, and National Institute of Environmental Health Sciences have drafted a policy statement calling for the annual testing of well water, especially for nitrate and microorganisms, such as coliform bacteria, which can indicate that sewage has contaminated the well. Additional testing should be done whenever there is a newborn in the house or if the well has been subject to structural damage. Young children are especially vulnerable to water-borne illness. Nitrate can leach into the well water from sewage or fertilizers – especially dangers to infants under 3 months who cannot metabolize the nitrite. Get in touch with your local health experts to learn of additional contaminants that may be present in your specific geographical area.



6 Risk Factors for Melanoma

Dr. Darrell Rigel, clinical professor of dermatology at NYU Medical Center has identified the 6 risk factors that predict melanoma (skin cancer) development:



- A history of sunburns as a teenager.
- Red or blonde hair.
- Marked freckling of the upper back – sign of excessive sun exposure
- Family history of melanoma
- History of Actinic Keratoses (AKs) – the earliest stage in the development of skin cancer
- Outdoor summer jobs for three or more years as a teenager.

Recommendation? People with any of the risk factors should learn how to do a thorough self-examination, and consider seeing a dermatologist. For more information go to www.aad.org (American Academy of Dermatology).

How much do you know about men's health?

Take the quiz by circling T [True] or F [False].

- | | | |
|---|---|---|
| 1. A man's exposure to substances in the workplace can affect his ability to have healthy children. | T | F |
| 2. Adults should get at least one hour of physical activity a week. | T | F |
| 3. Males are more likely than women to die from injury in the workplace. | T | F |
| 4. People do not need to get vaccinations after age 21. | T | F |
| 5. Men are more likely than women to attempt suicide. | T | F |
| 6. Male high school students are more likely than female students to never wear seat belts. | T | F |
| 7. More men die from prostate cancer than from any other type of cancer. | T | F |
| 8. Having gonorrhea can increase your risk for getting HIV. | T | F |
| 9. Cancer is the leading cause of death in men. | T | F |
| 10. Males are more likely than females to sustain a traumatic brain injury. | T | F |

Check on page 16 for the correct answers!

Total ankle replacement system



The U.S. Food and Drug Administration has approved a total ankle replacement system for arthritic or deformed ankles that may preserve some range of motion in the joint - the Scandinavian Total Ankle Replacement (STAR) System. "This device offers another treatment alternative to fusion surgery, and more closely imitates the function of a natural ankle," said Daniel G. Schultz, M.D., director of the FDA's Center for Devices and Radiological Health. "For the first time in the United States, a patient may retain some ankle mobility with this non-constrained, mobile-bearing device." As a condition of FDA approval, the company will evaluate the safety and effectiveness of the device during the next eight years.


St. Mark's Celebrations!



Happy Birthday!

James Buckman	08/01	Ashley Winner	08/12
Larue Dieter	08/01	Ray Huff	08/14
Mariah Hallabuk	08/01	Carl Albright	08/15
Kara Hershey	08/01	Kathleen Dancho	08/15
Michele Ramsauer	08/02	Frank Doebler	08/15
Aric Larson	08/03	Beverly Hieber	08/15
Emily Satifka	08/03	Amie Larson	08/15
Matthew Welker	08/03	Robert Swartz	08/16
Alona Hopler	08/04	Tiffany Jarrett	08/17
Frank Ulman	08/04	Pamela Travis	08/17
Creighton MacGill	08/05	Stacie Bieber	08/18
Donna Miller	08/06	Sean Clouser	08/19
Dorothy Burd	08/07	Lawrence Lehman	08/20
Donna Clark	08/07	Gregg Dancho	08/21
Bret Foust	08/07	Renee Hinds	08/21
Louis Kolb	08/07	Steve Eyer	08/22
Charles Fortin	08/08	Andrew Kneeder	08/22
Christopher Lauer	08/08	Janelle Lukens	08/22
Zelma Vitolins	08/08	Prudence Poff	08/23
Audrey Wacker	08/08	Kay Poliska	08/23
Mary Kimble	08/09	Nathan Clouser	08/26
Susan Newcomer	08/10	Andrea Gregory	08/27
Lynna Robertson	08/10	Galen Davenport Jr.	08/28
Karen Staffini	08/10	Amanda Weaver	08/28
Leigh Travis	08/10	Evan Doebler	08/29
Gillian Buckman	08/11	Shirley Kinney	08/29
Charles Greevy	08/11	Ashton Ott	08/29
Richard Lakey	08/11	Lou Ann Zeigler	08/30
Marie Byerly	08/12	Carl Smollinger	08/31
Maxine Chubb	08/12	Melinda Wentzel	08/31
Louis DeSeau	08/12	Bobbie Yetsko	08/31
Meriah Doane	08/12		

Happy Anniversary!

Ernest & son			Nancy Larson	08/01
Ronald & Baker			Donna	08/02
Fred & Shirley Dieffenbach				08/03
David & Tracey Heaps				08/03
Theodore & Barbara Larson Jr.				08/06
Raymond & Mary Ann Stiller				08/06
Carl & Lucille Weaver				08/06
Bryan & Karen Pelleschi				08/07
Fred & Patricia Thayer				08/09
Robert & Rosemary Clokey				08/10
Timothy & Deborah Maggs				08/10
Douglas & Beverly Schmitt				08/12
Kenneth & Beth Shafranko				08/13
Neil & Kathy Eshelman				08/14
Edward & Brenda Gair				08/14
William & Shirley Hill				08/15
Carl & Beverly Hieber				08/18
Robert & Karen Burd				08/23
Paul & Jane Zimmerer				08/24
David & Carol Butters				08/25
Charles & Gloria Greevy				08/26
Leonard & Ruth Sherlinski				08/27
Philip & Barbara Thomas				08/28
James & Virginia Seelye				08/29
Thomas Waffenschmidt & Valerie Doebler				08/30

Answers to the quiz on page 15

- 1. True** Exposure to certain toxic substances can affect a man's ability to father healthy children.
- 2. False** Adults should get at least 2 ½ hours of physical activity per week.
- 3. True** Males accounted for 93% of all deaths and had a work-related fatality rate about 12 times the rate for females. Causes: highway incidents, falls, being struck by an object, and homicide.
- 4. False** Vaccinations aren't just for kids. Tetanus and flu shots are just two examples.
- 5. False** Women are three times more likely to report attempting suicide.
- 6. True** Male high schoolers are more likely than female students to rarely or never wear seat belts.
- 7. False** More men and women die of lung cancer than any other type of cancer.
- 8. True** People with gonorrhea can more easily contract HIV.
- 9. False** Heart disease is the leading cause of death for both men and women in the US.
- 10. True** Males are about twice as likely as females to sustain traumatic brain injury. Not wearing a seatbelt, not wearing a helmet when riding bike or motorcycle, and playing contact sports are just a few of the causes.

HEALTH, HEALING & WHOLENESS

Health, Healing and Wholeness Newsletter Article August 2009

Candles have been an integral part of worship for centuries, in Christian communities as well as in other faiths. For Christians, fire and its light have served as a reminder of God's presence and of Christ, "the light of the world" (*John 8:12 & 12:46*). In some denominations, two lighted candles on the altar are meant to represent that Christ was both human and God. In others, one represents the epistle, the other the gospel. In some traditions, the acolyte carries the light into worship as a symbol of Christ's coming among the people; carried out, as a reminder that we are to bear the light of Christ into the world. Initially, candles were probably used as illumination for reading the service, but we, as the centuries pass, have attached meaning to their presence today.

Several months ago, a curious congregation member (thanks, Kathy!) contacted me regarding the health affects of burning candles. While enjoying the aroma of scented candles in her home, she had noticed a residue of soot on her wall where the candle had been placed. Here is what I discovered. The smoke film that Kathy noticed is known as "ghosting", "carbon tracking", or "carbon tracing", and is produced primarily by the type of wick, but also minute particles of the scent and dye that have been added to the candle. But is it safe?

Yes – *but* only since February 2001 when the Consumer Product Safety Commission voted to ban all candles with lead containing wicks. Jerome Nriagu, Ph.D. of the University of Michigan, has studied the use of scented candles. He discovered that burning candles with metal wicks, "resulted in airborne lead concentrations that were dangerous to human health". (www.webmd.com/balance/features/sweet-smelling-danger?page=2&print=true). Lead poisoning can cause behavior changes, and damage to vital organs. In addition to "breathing the lead fumes, children can be exposed to even more lead that is deposited on the floor, furniture, because they often put their hands in their mouths".

The National Candle Association (NCA), working closely with the Consumer Product Safety Commission, the American Society for Testing & Materials, and a variety of safety organizations, has developed standards for candles produced in the US and wicks sold to candle-makers. According to NCA, "A well-made, properly burning candle produces harmless water vapor and carbon dioxide. The same is true for a scented candle, only fragrance is also released". "Although the oils found in certain fragrances may slightly increase the small amount of soot a candle can produce, a properly-made scented candle is not a significant source of soot. The primary factors affecting candle sooting are flame flicker and wick length, not fragrance" and.... candles made using essential oils are no safer than others. "The bottom line for consumers is that scented candles from reputable manufacturers are safe when used properly". According to Wikipedia.org/wiki/Candle, "the cleanest burning are unscented, un-dyed candles burning in a draft-free area." According to the National Institute of Health's National Library of Medicine, "candle wax is considered non-poisonous (beeswax, paraffin, synthetic wax and vegetable-oil based wax". (nlm.nih.gov/medlineplus/ency/article/002766.htm)

NCA offers the following advice for cleaner burning & safety:

- Trim the wick to ¼" before each use.
- Remove wick trimmings, matches and other debris from the wax pool.
- Keep lighted candles away from drafts and vents.
- Always burn candles in well-ventilated rooms; and do not use in room where air exchange is limited.
- Extinguish any candle that is smoking or noticeably flickering.
- Place burning candles at least 3 inches apart from one another

Dispose of the candle when it comes within 2" of its base

Should you be concerned with the candles your congregation uses for worship – no, however I would caution against the use of fragrance candles for the health & safety of those who have chronic lung disease and allergies. For a complete listing of candle suppliers who meet National Candle Association's standards, go to www.candles.org/nca_brands.htm. and for safety's sake, do not burn candles that were purchased before 2001.

*"Let your light so shine before others, so that all may see your good works and give glory to your Father in Heaven."
(Matt. 5:16, NRSV)*

Summer blessings!

Debbie Best, Program Coordinator

Diakon Family Life Services & Congregational Health Ministries

SPECIAL CONCERNS LIST

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Edith Anderson
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Nancy Bohartz
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Williamsport, PA 17701

Gail Hoffman
153 Hampton Way
Montoursville, PA 17754

**Please visit
one of these
dear friends !**

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Montoursville, PA 17754

Phyllis Holmes
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So. Williamsport, PA 17702

Charlotte Hughes
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Williamsport, PA 17701

Anne Miller
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Jane Oakes
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Mary Helen Scinicarello
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Eleanor Sobers
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Zelma Vitolins
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Beulah Wrede
Faxon Commons,
1804 Loyalsock Drive
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Williamsport, PA 17701

Ralph Zeigler, Sr.
Rose View Court
1251 Rural Ave.
Apt. 209
Williamsport, P A 17701

St. Mark's Calendar of August Events

Aug 01	Saturday	Aug 11	Tuesday	9:00 am—Morning Prayer 6:30 pm—Friday Fun Night	
Aug 02	Sunday	9:00 am—Morning Prayer 12:00 pm – Finance Committee 5:30 pm—Choir Camp Meal 6:00 pm—Choir Camp Rehearsal		Aug 22	Saturday
8:00 am—Holy Communion 9:15 am—Summer Forum— Linell Stabler Ministry @ Dominican Republic		Aug 12	Wednesday	Little League Concession Stand Help Needed (see pg. 12)	
9:15 am—Waitstaff Training 10:30 am—Holy Communion		9:00 am—Morning Prayer 9:15 am—Summer Playgroup 5:30 pm—Choir Camp Meal 6:00 pm—Choir Camp Rehearsal		9:00 am—11:00 am-Daniels Closet @ Redeemer Lutheran, Wash. Blvd.	
Aug 03	Monday	Aug 13	Thursday	Aug 23	Sunday
<i>Student Day with Pastor</i>		6:31 am—Men's Ministry 9:00 am—Morning Prayer 5:30 pm—Choir Camp Meal 6:00 pm—Choir Camp Rehearsal		8:00 am—Holy Communion 9:15 am—Summer Forum—Pastor Benevolence: How far does our money travel?	
9:00 am—Morning Prayer 6:00 pm – Property Comm. Picnic @ Doebler's Farm		Aug 14	Friday	10:30 am—Holy Communion	
Aug 04	Tuesday	9:00 am—Morning Prayer 5:30 pm—Choir Camp Meal 6:00 pm—Choir Camp Rehearsal		Aug 24	Monday
Habitat Help Needed (see pg. 12) 9:00 am—Morning Prayer 9:30 am – Stewardship Committee		Aug 15	Saturday	Little League Concession Stand Help Needed (see pg. 12)	
Aug 05	Wednesday	9:30 am—Final Rehearsal 6:00 pm—Pot Luck Dinner 7:00 pm— <i>100% Chance of Rain</i>		9:00 am—Morning Prayer 8:00 pm—Pastor at Penn College	
Habitat Help Needed (see pg. 12) <i>Student Day with Pastor</i>		Aug 16	Sunday	Aug 25	Tuesday
9:00 am—Morning Prayer 9:15 am—Staff Mtg. 5:00 pm – Executive Committee		8:00 am—Holy Communion 9:15 am—Summer Forum—Pastor Video with Director of the dig. 10:30 am—Holy Communion & <i>100% Chance of Rain</i> 11:40 am—Parade Float Construction		Little League Concession Stand Help Needed (see pg. 12)	
Aug 06	Thursday	Aug 17	Monday	9:00 am—Morning Prayer 9:30 am – Stewardship Committee	
Habitat Help Needed (see pg. 12) 6:31 am—Men's Ministry 9:00 am—Morning Prayer		9:00 am—Morning Prayer 6:30 pm – Council Meeting		Aug 26	Wednesday
Aug 07	Friday	Aug 18	Tuesday	9:00 am—Morning Prayer 9:15 am—Staff Mtg.	
9:00 am—Morning Prayer 10:00 am—3:00 pm—Albright Life Family Caregiver Training		<i>Student Day with Pastor</i> 9:00 am—Morning Prayer		Aug 27	Thursday
Aug 08	Saturday	Aug 19	Wednesday	6:31 am—Men's Ministry 9:00 am—Morning Prayer Sunset—Courtyard Movie Night	
11:00 am—2 :00 pm—CML <i>Back to Camp Day</i> & Chicken Barbecue		9:00 am—Morning Prayer 9:15 am—Staff Mtg. 12:00 pm—Lunch N' Fellowship		Aug 28	Friday
Aug 09	Sunday	Aug 20	Thursday	9:00 am—Morning Prayer	
8:00 am—Holy Communion 9:15 am—Summer Forum— Sandra Hill @ Albright Life		6:31 am—Men's Ministry 9:00 am—Morning Prayer 6:00 pm—Grand Slam Parade		Aug 29	Saturday
10:30 am—Holy Communion 5:30 pm—Choir Camp Meal 6:00 pm—Choir Camp Rehearsal		Aug 21	Friday	Little League Concession Stand Help Needed (see pg. 12)	
Aug 10	Monday			5:30 pm-10th Anniversary Dinner of <i>TheWay</i>	
9:00 am—Morning Prayer 5:30 pm—Choir Camp Meal 6:00 pm—Choir Camp Rehearsal				Aug 30	Sunday
				8:00 am—Holy Communion 9:15 am—S. S. Teacher Orientation 10:30 am—Holy Communion	
				Aug 31	Monday
				9:00 am—Morning Prayer 8:00 pm—Pastor at Penn College	

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A decorative border consisting of a grid of black umbrella icons. The top and bottom rows each contain 15 umbrellas. The left and right sides each contain 8 umbrellas, with the top and bottom umbrellas of these sides overlapping the top and bottom rows respectively.

“100% CHANCE OF RAIN”

Dinner Theatre Performance

Fellowship Hall - Saturday, August 9th
Pot-Luck Dinner 6:00 p.m.

followed by
the Choir Camp’s production