



# The Lion of St. Mark's

OCTOBER 2009



## We're Getting Ready to Host!

*Family Promise of Lycoming County* now has **thirteen** congregations committed to hosting homeless families! St. Mark's has led that list and it is time to acquire the supplies and equipment we will need when it is our time to host.

If you are able to provide a needed item, take a star from the display in the Narthex. Donations may be returned to the tub in the Narthex. **Please note that items may be new or gently used.** Family Promise will provide the beds. They will be queen size Aero beds.

Needs include:

- 15 sets of queen size sheets with pillowcases
- Washable blankets (full/queen size)
- Hand Towels and Washcloths
- Infant Bathtub
- Alarm Clocks (Battery Operated if possible)
- Baby Pack & Play
- Facial Tissues
- Pump containers of Hand Soap
- Bedroom Lamps
- Small Stands (To be used as a nightstand)



As we get closer to hosting, other consumable items and hygiene items will be requested. Contact Jane Zimmerer (433-3324) or Becky Miller Pryor (321-9523) with questions.

# INDEX & UPDATES

## Inside This Issue:

Family Promise .....	1
Parish Register .....	2
Officer & Staff Contact Information .....	2
Council Meeting Notes.....	2
Operation Christmas Child.....	3
School of Religion.....	4
Crop Walk 2009 .....	4
ELCA, Synod & West Branch News .....	5
Blanket Sunday .....	6
Thankoffering Sunday.....	6
Daniel's Closet.....	6
Nursery Policy.....	7
18th Annual Life-Chain.....	8
John Bowers Basketball League.....	8
Friday Fun Night.....	9
Catechetics .....	9
First Communion Classes.....	9
The Christmas Story.....	10
Hayride at Styer's Pumpkin Patch.....	10
Teacher's Needed.....	10
Looking Ahead to November .....	10
Lunch N' Fellowship.....	10
Teen Movie Night .....	11
See You at the Pole Update.....	11
Children's Church .....	11
Morning Movie .....	11
Special Thank You's.....	12
Nurses Notes .....	13
St. Mark's Celebrations.....	14
St. Mark's Calling .....	14
Health, Healing and Wholeness .....	15
Special Concerns .....	16
October Calendar.....	17
Hayride.....	cover

## COUNCIL NOTES

The Congregation Council met in regular session on September 21 in the Crossways Room. The Council:

- received the regular reports of the pastor, officers, and committees.
- approved the plate offering on October 25 to go to the Women of the ELCA
- responded affirmatively to an inquiry from the local Thrivent chapter as to whether they should apply for participation in a Thrivent Build in Williamsport next year, since this year went so well.
- noted that Family Promise is getting closer to being ready to open.
- firmly turned down any participation in a developer's ideas for the Mulberry property.
- directed that our ideas for the site should be developed further, in cooperation with Ettingers .



## Parish Register

- A funeral service for Kay E. West was held at Spitler's Funeral Home, September 26, 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	
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	Mel Wentzel, Adult Catechumenate	327-8286

## Opportunities for you!

### REMINDER: Operation Christmas Child *Tick-tick-tick-tick-tick... Time is running out!*



On Sunday, November 8, after the 10:30 service, we share a light lunch and then pack and wrap Operation Christmas Child boxes. As last year, we make the packing of these boxes an intergenerational event AND take advantage of sales as they occur!! Find coloring books for 25¢ each? Pick up several!! Fun erasers or pencils? Get a couple packs!! A white sale with washcloths for two bits? Bring it on!!

The way it works is like this: scout around the sales now. Don't try to get a lot of different things to fill one or two boxes.

If you find a good deal, pick up a dozen or two of one item! Bring your donations and empty shoeboxes in to the office--there's a box in the hallway by Middle Lounge. We'll store it.

On November 8, we'll have finger-food after the 10:30 service and begin our group pack-and-wrap!!! Sounds like fun to us!!! How about you?!

Children's Church is the same Sunday. Their special offering that day will be items for the boxes. The following Sunday (Nov. 15), the children will process in offer-tory with the completed boxes.

This doesn't preclude anyone packing their own boxes if they enjoy it. This is merely another reason to get folks together for a good time and to help others. Those who choose to pack their own may bring them in on November 8, but the final deadline is November 15.



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.*

### Food Pantry Needs

These are the items that are currently needed:

- |               |                   |                   |          |
|---------------|-------------------|-------------------|----------|
| chunky soups  | spaghetti sauce   | macaroni & cheese | sugar    |
| canned fruits | oodles-of-noodles | hamburger helper  | coffee   |
| tuna helper   | Instant oatmeal   | saltine crackers  | cake mix |

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

### 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**.

## School of Religion

**S**chool of Religion will again be offered by Lutheran Shared Ministries, a cooperative ministry of congregations of Greater Williamsport. You are invited to attend these classes which will be held at St. Mark's on Wednesdays October 7, 14, 21 & 28 from 7-9 p. m.

Reservations are needed by October 5 (call Sandy at 322-2553 or e-mail her at [walkalongtheway@comcast.net](mailto:walkalongtheway@comcast.net).) Arrangements can also be made for childcare at registration. Classes include:

- **Sixty-Six Books in Four Weeks:** "The Book of Faith", as the ELCA calls Holy Scripture, is a library of 66 volumes, written over sixteen centuries with a central theme, "God's love for the world through Jesus Christ." Too often our studies concentrate on a particular volume (or part of a volume) and we lose the majesty and mystery of the total library. This study will explore the totality and discover many interrelationships between the volumes as well as their continuing relevance to our time and their empowering grace in our living. Presented by Pastor Zetto.
- **Ministry to Young Adults:** This forum will involve focused discussion on the topic of relating to and educating young adults. Presented by Pastor Huckfeldt.
- **Can You Dig That?:** Archaeology in the Holy Land is a fascinating activity that can help us to better understand the life and times of people long ago, and also understand ourselves better in the process. They'll use several DVDs featuring experts, and add to it personal photos, video clips, and first-person experiences. It will help the stories of the Bible come alive in fresh ways. Presented by Pastor Elkin.

**If you have not yet registered, but want to attend--SIGN UP NOW!!!!**  
**We need approximate class sizes in order to arrange for classrooms.**

## Williamsport CROP Walk

Sunday, October 11, 2009  
 1:30 P.M.

Registration begins at 1:00 P.M.

The walk begins in Indian Park,  
 & the 3, 6 and 10 mile routes  
 run along the bike path.

25% of the funds we raise  
 support these local hunger agencies:

United Churches Food Pantry  
 Salvation Army Food Pantry  
 American Rescue Workers Food Pantry  
 St. Anthony's Kitchen



## ELCA, Synod & West Branch News

### **Quilt and Craft Auction is Coming! Donations (times two) Wanted!**

Mount Luther will be holding a Quilt and Craft Auction on Saturday, October 31st and is inviting quilters from around the area (individuals or groups) to donate quilts of all sizes and all varieties. We also invite fellow crafters to do the same. If you are interested in supporting this wonderful cause, please call the camp office at 570-922-1587 to give us an idea as to how many donations we will have. In addition that day we will be doing a themed basket silent auction. We are looking for folks to donate baskets with items inside based on a certain theme. Some ideas: camping, kids, pampering, car care, entertainment, gardening, food, etc. All items should be to the camp office by October 15 at 3:00 p.m. Thank you!

### **2010 Liberia Work Project Volunteers Needed**

For many years now, the Upper Susquehanna Synod has coordinated the ministry of groups of volunteers traveling to Liberia to work on various educational and/or building projects with our companion synod, the Lutheran Church in Liberia. Volunteers work during the "dry season", between early January and early April, usually for three weeks or more. The expense for those volunteering in 2009 was just under \$3,000—primarily to cover airfare, but also for a visa, lodging and food, local transportation in Liberia, and medical insurance. Volunteers of all stripes and abilities are needed again in 2010, especially for the planned renovation of Day Memorial Church in Millsburg, Liberia. For details about volunteering in Liberia, click on this PDF file: 2010 Liberia Work Team. Or contact Dr. Robert Bradford for more information: [bradford@evenlink.com](mailto:bradford@evenlink.com).

### **2009-2010 Evangelism Events Announced**

The Lay Ministry Institute invites rostered leaders and members of congregations to participate in any of six exciting Evangelism Events over the next two years. The Lay Ministry Institute brought great Evangelists to our synod in 2008-09 and now wants to share their expertise with the synod. Each event will be 9:00 a.m.-noon at the Washingtonville Lutheran Church, Washingtonville. Cost is \$30 per participant. Registrations may be made by contacting the Rev. Melody Sell at [pmsell@chilitech.net](mailto:pmsell@chilitech.net) or the synod office. Checks should be made payable to the "Upper Susquehanna Synod, ELCA" with Lay Ministry Institute noted on the memo line. The schedule for the events is as follows:

**October 10, 2009** – The Rev. Mary Ann Nelson Loeffe, Aberdeen, South Dakota: Mary Ann has served as the Evangelism Consultant of the Upper New York Synod and a parish pastor. She has a passion for addressing the cultural challenges of sharing the Gospel of Jesus Christ.

**May 8, 2010** – The Rev. Larry Clark, Atlanta, Georgia: Larry has served a number of congregations in Chicago and Georgia; he has more recently been Executive Director of the Lutheran Theological Center in Atlanta. Larry has been called one of those "singing pastors" and is excited about spreading the Gospel.

**June 12, 2010** – The Rev. Fred Landsberg, Omaha, Nebraska: Fred has been with us in the past and his dynamic presentation challenged those present to be more daring in reaching out in our evangelism efforts. He also shares a wealth of interesting program suggestions to involve and equip lay members for ministry in daily life.

**September 11, 2010** – The Rev. Anthony and Kimberly Chatman, Columbus, Ohio: formerly employed by the NFL, Anthony's call to the ministry has brought him to serve congregations in Oklahoma and Ohio. Pastor Anthony has served in the Southwestern Synod working with Mission Developers and the Division for Outreach.

**October 9, 2010** – The Rev. Chi-Shih Chen, Chicago, IL: born on Taiwan; president of a corporation; Vice President of American Express; parish pastor at 50+; Pastor Chen brings a broad variety of experience to bear on the evangelistic effort. He has served as an advisor to the ELCA Church Council and is President of the Association of Asian and Pacific Islanders.

# St. Mark's Women Of The ELCA

## THANKOFFERING SUNDAY

Sunday, October 25th



Thankofferings show gratitude to God for His blessings to us. The Women of the ELCA have a long tradition of giving thanks to God with a prayer and a small monetary gift each time there is an event for which they are particularly thankful. It can be a significant occasion

### "Daniel's Closet"



Emer Lutheran  
Washington  
Williamsport,  
322-2333

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



### BLANKET SUNDAY

October 4th

With cold weather approaching, our thoughts go to the warmth of blankets. Our quilters will display their handiwork in the church on Blanket Sunday, October 4th.

You can contribute financially by putting your donation in the envelope provided. Checks can be made out to St. Mark's with a designation of "Blankets". These funds will purchase blankets at bulk prices and will be distributed to emergency relief efforts.

### Free to good



### home

There is an upright piano in the preschool room upstairs that is available free of charge to anyone who would like to own it. The piano is in decent condition. You

### 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 to schedule a time.

The **Women of St. Mark's** would like to thank everyone who donated items, helped to set up, tear down, helped during the sale, or purchased items. **Your participation makes our raising of mission dollars successful!**





# NURSERY

We wish to welcome all who need this service and to provide a safe and caring environment for the children while they are here.

We would also like to remind parents with babies that, as well as a changing table and supplies, there is a crib if you should like to lay your baby down for a nap.

For newcomers to St. Mark's and as a review for long-standing members, here is our policy:

- *Volunteers should arrive 10-15 minutes before service begins in order to be ready to greet children and parents.*
- *A log book has been assembled for recording attendance, any incidents/time-outs, who helped, etc.*
- *Parents should sign their child in and note where or how they can be located.*
- *Student assistants will only be in the nursery when needed and then only one at a time. A list of those willing to help will be placed on the wall near the phone. They can be sent for or they can check in with the adult volunteer before service starts.*
- *A more structured hour will be instituted utilizing packets containing Bible stories or video to supplement coloring or other play.*
- *Children will be taken to the Nave at communion to participate in the Lord's Prayer and receive the blessing. They may then join their parents if the nursery volunteer has been notified.*
- *The crib/changing area is ONLY for real babies.*
- *Balls, "outside" toys, and any objects encouraging "high" or swinging play have been removed from the nursery.*
- *Food and any beverage other than water will remain OUTSIDE the nursery.*
- *Proposed behavior/consequence plan:*
- *First Sunday*
  - First problem: time-out*
  - Second occurrence: time-out*
- *Second Sunday*
  - First problem: time-out*
  - Second occurrence: time-out and notify parent*
- *Third Sunday*
  - First problem: time-out*
  - Second occurrence: send for parent to remove child*
- *Fourth Sunday: send for parent and not allowed back for two weeks*
- *Proposed age cut-off from nursery care is fixed at the time of receiving First Communion. Reasoning: If a parent feels their child is ready to receive Communion, the child should be at the worship service, instead of playing, entering the Nave to receive, then playing some more.*

## **VOLUNTEERS ARE ALWAYS NEEDED**

**Anyone wishing to serve in this vital ministry, please contact Vicki Hospes (326-7318).**

## YOUTH & FAMILY MINISTRY



### 18<sup>th</sup> annual Life-Chain Sunday, October 4 from 2:30 pm to 3:30 pm on the sidewalks along the Golden Strip

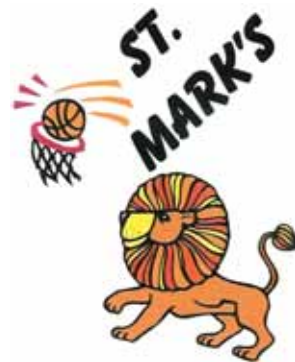
Each year, more than 1,500 people engage in an hour of silent prayer, rain or shine, on behalf of the unborn children in our nation who are at risk of abortion.

Members of many denominations and faith communities take part, each person holding a preprinted sign of his/her own choice bearing a message such as "Adoption—The Loving Option", "Jesus Forgives and Heals", "Lord, Forgive Us and our Nation".

Persons interested in participating may speak with Pr. Elkin and join him at the sign-table that will be located near the Harley-Davidson store on the south side of Third Street, shortly before 2:30.

This is a time of prayer to the Lord God our Father, not conversation with each other; and it is a peace-filled challenge to our community and nation. Do you have an hour for prayer for the most vulnerable persons of all, those in danger of being rejected by their very own mothers?

## ST. MARK'S LIONS NEED YOU!!



The John Bower Basketball League will be starting soon!

We'd like to have as many interested players come out as possible, so we can get an idea of what teams we can field!!

Can we attain an older team this year??!

Friends from other churches are welcome—as long as they attend Sunday School

at their home church and don't have a team there.

Practices will begin soon, but you need to sign up before that!!

We will have an interest meeting on Monday, October 5, at 6:30 p.m.

Please plan on attending.

If you can't attend, but want to play, please fill out a registration form in Michele's office ASAP. We need to know!!!!

Adults, feel free to help out Coach Rick, Coach Kirk and Coach Mike by volunteering to train our future "ballers".



## YOUTH & FAMILY MINISTRY



# FRIDAY FUN NIGHT

## October 16, 6:30 p.m.

IF YOU HAVEN'T JOINED US YET,  
THERE'S NO TIME LIKE THE PRESENT!!!

WE HAVE LOTS OF GAMES AND BEVERAGES— JUST BRING A SNACK TO SHARE.

## CATECHETICS

Dustin Pelleschi and Jarrett Eyer have joined the ranks of those students preparing for Confirmation. The men chosen to be their mentors are Rick Robertson and Eric Comini, respectively. These four join Theoron Hershey, Max Hospes, Katelyn Lauer and Hannah Lynn and their mentors in Bible study and discussion on the third Sunday of every month.



If you have a child in middle school who has not been confirmed, please contact us. IT'S NOT TOO LATE. We can still 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).

These young people and their mentors will be recognized at service on Sunday, Oct. 11. Please keep the confirmands and their mentors in your prayers.

## FIRST COMMUNION CLASSES

### BEGIN ON SUNDAY, NOVEMBER 1, AT 3:00 PM.

A PLACE FOR YOU



The children's instruction continues on November 8 and 15 (also at 3 PM). The sacrament will be given on Sunday of Christ the King, November 22. Letters will be going out during the first week of October to those of the age at which instruction begins for this important step in their life in the church. If you, as a parent, feel your child(ren) is ready for this important step in his or her life and you have not received this letter or you have any questions regarding this please call Pastor Elkin.

## YOUTH & FAMILY MINISTRY

### The Christmas Story...

This year's Christmas Eve offering returns directly to the Bible for its narration and traditional hymns and carols for its music. Many volunteers are needed. As always, we could not accomplish this without our adults as a "multitude of heavenly host" to lead the singing. Children are needed to be shepherds, angels, sheep, camels, kings, Mary and Joseph. We need our youth to serve as narrators (no memorization required). Assistance may be needed for sets, props and costumes, but we believe everything can be recycled from earlier presentations. Rehearsals will be posted in the hallway. Sign-up sheets will be available in the narthex and choir room toward the end of October. Please join Dick and Bernadette in this celebration of Christ's birth.



### Hayride at Styer's

On Sunday, October 25, we're going on a hayride! We leave after the late service that day to caravan out to Styer's Farm in Muncy. For those of you who come to early service, you can either meet us at the church to travel with us or you may meet us at the Farm. We are scheduled for the wagons at 1:00 pm. The cost is \$5 for adults and \$2.50 for children. Those leaving from church, please pack a lunch and we'll "tailgate" there for our midday meal. While on the ride, everyone can pick out a pumpkin to bring back to carve in Fellowship Hall.

It promises to be a fun, full day!!

Please join us!

**YOU MUST SIGN UP TO GO!!**

(Styer's needs to know)



**Teachers are still needed for several months this year for the 3rd grade! Please call Michele today!!**



### Looking ahead to November:

- 11/01 First Communion classes begin
- 11/08 Children's Church  
Pack 'n' Wrap for  
Operation Christmas Child  
Dialysis Organ Concert
- 11/11 Veteran's Day
- 11/14 *TRIP TO CORNING*  
(new this year!)
- 11/15 Along the Way book fair
- 11/18 Lunch 'n' Fellowship
- 11/20 Friday Fun Night
- 11/22 First Communion  
Third Grade Milestone  
Teen Movie Night
- 11/29 First Sunday in Advent  
Luncheon  
Advent Wreath-making

### Lunch N' Fellowship



October 21st

Join us for  
Spaghetti !

Bring a dish  
to share

## YOUTH & FAMILY MINISTRY



Our first Teen Movie Night took place on Sunday, September 27, with the film "Evan Almighty" as the main attraction.

These evenings will continue on the fourth Sunday of every month, at 6:30 pm.

The entertainment selection for October 25 was made at the event on 9/27 and will be "Pirates of the Caribbean: The Black Pearl."

We are inviting the youth from other Lutheran churches in the area. Feel free to bring your friends. Popcorn and beverages (lemonade, tea and coffee) are provided and you are welcome to bring a snack to share. Parents are welcome to stay to share fellowship with us in the kitchen or Middle Lounge.

The movie is for teens only! Spread the word—**bring your friends**—hope to see you there!!



*See You at the Pole*<sup>TM</sup> is all about prayer. It's about youth coming together and laying aside all the labels and groups for one

day, to simply connect with God in prayer and connect with fellow Christians in unity around the flag pole—whether jocks, preps, geeks, Methodists, Baptists, Catholics, sophomores, or seniors.

On Wednesday, September 23, at 7 a.m., young people all over the county gathered at their school's flagpole. They prayed for their school, friends, families, and world. This event was organized and led by students. At each of the area schools contacted, 20–70 teens gathered, with only one school not participating. Some of St. Mark's youth were among those assembled that morning. Do teens care? Yes, evidently they do.

See You at the Pole is an annual world-wide event; for more information and updated stories or pictures, visit the See You at the Pole web site, [www.syatp.com](http://www.syatp.com).



## CHILDREN'S CHURCH

resumes  
Sunday, October 11,  
at 10:30, in the chapel.

The children's special offering this month is food for Harvest Home! The children will join the procession with their cans and boxes, and add them to the offering in the front of the Nave.

**See you October 11!**

## On Consecration Sunday (October 4)

all youth & teachers  
choosing to attend  
Sunday School  
instead of the meal  
will meet at 9:15, in  
the Library, for a



movie morning.

## Special Thank You 's

Dear St. Mark's family,

We would like to thank all of you for your thoughts and prayers and gifts for our granddaughter Courtney Jarrett.

Your calls have meant so much during this very difficult time.

Thank you again so much.

Nancy & Steve Bieber

Dear Rev. Elkin & Church,

Today our staff remembered you in our prayers.

May the Lord bless you with His will as we continue to serve Him together.

In fellowship,

Your Pregnancy Care Center

Dear Council Members, Congregation & Staff members of St. Mark's,

Please accept my deepest and most heartfelt thanks for your support on the recent and tragic death of my fifteen year old grandson Nicholas.

It is always devastating to lose a child but even more so when it is through a suicide. So many questions with so few answers. During times like these we especially need our Savior to hold us close and carry us through the anguish and pain. One of the ways He does that is through His people. Your cards, words of encouragement and expressions of sympathy and support have enabled us to feel His support through you. We would ask you to please continue to pray for our daughter Kerri who has been crushed by the loss of her beautiful son.

Thank you for the beautiful plant that graces my office. Thank you for being instruments of His healing and peace.

God's love & ours,

Mark & Susan Mahserjian-Smith

Pastor Elkin, Mrs. Jones and St. Mark's,

Thank you for my confirmation gifts and all the time you spent preparing me, and also for the luncheon.

Devin

Dear St. Mark's Congregation,

Thank you for the Bible and crosses for my confirmation. Your generosity is appreciated very much.

Thank you,

Riley

Dear St. Mark's 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... We have enjoyed talking to the children and families who have camped with us about how we are connected, created, called, saved and sent to serve. Serving God is indeed a privilege!

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 \$99.99 recorded on 9/22/2009. We are very grateful for our friends and supporters who are vital to what we do here. Your generosity in helping 8s i9n our mission of Making Christ Known Through Outdoor Ministries is encouraging! 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

## Nurses notes

**Keeping a food diary** for a week or two can help you lose weight, and establish healthier eating patterns. Begin by drawing a graph with the following columns across the top:

- name of food** (be specific, include things such as sauces, mayonnaise, butter, soda, etc.);
- how much** (estimate size or volume);
- time;**
- where** (restaurant, car, room of the house, etc.);
- alone or with someone** (list names);
- activity** (what you were doing at the time);
- mood.**



Record-keeping tips:

**Write everything down:**

**Keep your form with you all day**, and write down everything you eat or drink. A piece of candy, a handful of pretzels, a can of soda pop or a small donut may not seem like much at the time, but over a week these calories add up!

**Do it now:** Don't depend on your memory at the end of the day. Record your eating as you go.

**Be specific:** Make sure you include "extras," such as gravy on your meat or cheese on your vegetables. Do not generalize. For example, record french fries as french fries, not as potatoes.

**Analyze your results** with your parish nurse, your doctor, or a nutritionist. What you might learn, may surprise you!



**Remember the 30-day rule.** It takes about four weeks for the body to adapt to lifestyle changes. That's why people who give up on their fitness programs tend to do so within the first 30 days. So, when the alarm goes off in the morning and it's darker and colder, don't roll over and hit the snooze button. Try to stick with a program for a month. After a month, behavior patterns will have adapted and it will be much easier to stick with it after that. Your body will thank you as you enter the holiday season.

Find yourself waiting around while your child practices soccer or football? Instead of sitting on the sidelines reading a book, take several laps around the practice field. Invite another parent to join you!

**Want the taste without the guilt?** Try an Apple Pie Smoothie:

Ingredients:

- 1 cup low-fat vanilla frozen yogurt
- ½ cup unsweetened applesauce
- 1 tsp. fresh lemon juice
- ¼ tsp. ground cinnamon
- Dash ground nutmeg
- 2 ice cubes

Directions: Place all ingredients in a blender.  
Process until smooth & creamy.  
Pour into 2 tall glasses to serve.





## St. Mark's Celebrations!

### Happy



### Birthday!

### Happy Anniversary!

Travis Rechel	10/02	Megan Greevy	10/20
Anne Miller	10/03	Paige Fortin	10/21
Stephanie Bieber	10/05	Carolyn Wacker	10/21
Caitlin Butters	10/06	Jeremiah Bittner	10/22
Eleanor Whiting	10/06	Madisyne Wellen	10/22
Jane Zimmerer	10/09	Ryan Lynn	10/23
Kameera Smith	10/10	Charles Kuntz	10/24
Amy Burkholder	10/11	Richard Miller	10/24
Barbara Doebler	10/11	Mark Welker	10/24
Heather Fenderson	10/11	Hannah Haussmann	10/26
Patrice Santalucia	10/11	Jane Strous	10/26
Christine Sauers	10/12	Kathy Eshelman	10/27
Shirley Vognet	10/13	Andrew Haussmann	10/28
Gary Chrisman	10/14	Tait Thorne	10/28
Makensie Doebler	10/14	John Hoffman	10/29
Wilson Doebler	10/16	Barbara Thomas	10/29
Sean Fenderson	10/17	Kathryn Calvert	10/30
Chuck Homan	10/17	Deborah Maggs	10/30
William Confer	10/18	Lois Winters-Goldy	10/30
Marion Larson	10/18	Donna Maule	10/31
Ashley Campbell	10/20	Natalie Miller	10/31



Kirk &amp;

Michele Owen

	10/01
Robert & Barbara McCullough	10/02
Lee & Virginia Doane	10/04
Kenneth & Kathleen Caster	10/09
Frank & Mary Lou Doebler	10/09
Jeffrey & Catherine Kneedler	10/09
Lawrence & Norma Lehman	10/09
Frank & Phyllis Ulman	10/10
Tracy & Andrea Gregory	10/16
Michael & Tracie Elliott	10/25
Scott & Mary Kimble	10/25
Louis & Linda DeSeau	10/26
Russell & Lois Smith	10/28
Romain & Evelyn Bastian	10/30

## 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!



## HEALTH, HEALING & WHOLENESS

*"...the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: 'The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor, He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor.' And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him." (Luke 4: 17-20).*

It's a dirty little secret - one that needs to be brought to the light if we can ever hope to have peace in this world. It causes shame in the hearts and minds of those who are being oppressed – women, men and children alike. It is in our congregations, our communities, and shows no preference to education level, economic situation or marital status. It is estimated that three women and one man will lose their lives to it every day\*. It's not just a "family matter"; let's call it what it is – domestic violence - and it is a crime! No matter what problems arise in a relationship, any type of violence is unacceptable! If you or someone you know is the victim of violence, let it be said ... very clearly ... that she/he cannot possibly say or do anything to warrant this treatment from someone they thought they could trust. No matter what the abused has been told, it is not the life that God wishes for them – he sent his own flesh in blood to "proclaim release to the captives ... to let the oppressed go free."

Jesus was also sent to bring "recovery of sight to the blind" – people like you and I who may have turned a blind eye toward abuse/suspected abuse in our families, workplaces or congregations. It is time to stop! "Of all the health and human service challenges we face, perhaps the most devastating, and ironically, the most preventable, is the epidemic of violence sweeping across the nation. Violence is not some mysterious bacterial infection or inexplicable new disease, rather it is a phenomenon for which we are responsible, and we can prevent it. It is time we stopped the denial and claimed our power to halt the bloodshed and save lives." (former US Secretary of Health & Human Services, Donna Shalala) Let's take off the blinders, and look at ways our congregations and its leaders can be sources of compassion and comfort for the abused.

If someone shares that she/he is being abused, believe them. Discuss a safety plan – make it the top priority. Provide him/her with the number of the local shelter for the abused, and/or the number of the National Domestic Violence Hotline: **1-800-799-SAFE(7233) 1-800-787-3224 (for the hearing impaired)** In addition, post the numbers where an abused individual can discreetly pick up the information. (Ex. on toilet tank covers, or the back of bathroom/stall doors)

Maintain confidentiality. Do not share her/his whereabouts, particularly with the abuser.

Support and respect their choices – even if that means returning to the unhealthy situation. They are the best judge of how to survive, and it may take several cycles of the abuse until she/he is ready to get out of the relationship. This is a complex issue, particularly when children are involved.

Pray with her/him. Assure them of God's love and presence, amidst the devastation.

In an acute situation, do not recommend couples counseling, marriage enrichment, or a workshop on communications. This may seem counter-intuitive however, none of these actions will address the immediate problem, and in instances of physical violence, may actually make the situation worse. Put them in touch with local resources who are trained to work with victims.

Speak out – in print, from the pulpit, by sponsoring community education; partner with local resources; make education a part of pre-marital counseling; prepare to be a resource.

Let us open our eyes and act! For a list of resources geared toward faith communities, feel free to contact me at [bestd@diakon.org](mailto:bestd@diakon.org).

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

## SPECIAL CONCERNS LIST

*"L ord, you have assigned me my portion and my cup;  
Y ou have made my lot secure."*

*Psalm 16:5*

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

Edith Anderson  
The Hillside  
2725 Four Mile Drive  
Montoursville, PA 17754

Nancy Bohartz  
624 Sixth Ave.  
Williamsport, PA 17701

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

Bonita Crossley  
R.R. #1, Box 1001  
Hillsgrove, PA 18619-9300

June Decker  
Williamsport Home  
1900 Ravine Rd., Room. 413  
Williamsport, PA 17701

Larue Dieter  
2150 Warrensville Road, Apt. 2  
Montoursville, PA 17754

Charles Ditchfield  
Valley View, Room 308  
Montoursville, PA 17754

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

Lois Graybill  
Williamsport Home,  
Nursing Unit, Rm. #306  
1900 Ravine Rd.,  
Williamsport, PA 17701

Jean Gulliver  
Rose View Center  
1201 Rural Ave.  
Williamsport, PA 17701

Gail Hoffman  
153 Hampton Way  
Montoursville, PA 17754

Charles Homan  
2215 Warrensville Rd.  
Montoursville, PA 17754

Charlotte Hughes  
140 Blueberry Lane  
Williamsport, PA 17701

Anne Miller  
947 Hepburn St.  
Williamsport, PA 17701

Jane Oakes  
Presbyterian Home  
810 Louisa St., Apt. 204  
Williamsport, PA 17701

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

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

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

Ira Tuxford  
210 Louise Ave.  
Montgomery, PA 17752-9533

Zelma Vitolins  
Sycamore Manor,  
1445 Sycamore Rd., Rm. 325  
Montoursville, PA 17754

Beulah Wrede  
Faxon Commons,  
1804 Loyalsock Drive  
Apt 305  
Williamsport, PA 17701

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

# St. Mark's Calendar of October Events

**1 Thursday**

Pastor/STS/ Chicago  
6:31 AM Men's Ministry  
9:00 AM Morning Prayer  
7:30 PM Senior Choir

**2 Friday**

9:00 AM Morning Prayer

**4 Sunday Pentecost XVIII**

*Blanket Sunday*

*Consecration Sunday*

8:00 AM Holy Communion  
9:15 AM Consecration Breakfast  
9:15 AM Sunday School Movie  
Morning in the Library  
10:30 AM Holy Communion  
11:45 AM Consecration Luncheon  
2:30 PM Life Chain  
5:00 PM Family Handbells

**5 Monday**

9:00 AM Morning Prayer  
6:30 PM John Bower BB Mtg.  
6:30 PM Adult Handbells  
6:30 PM Property Committee  
7:00 PM Civic Chorus

**6 Tuesday**

8:00 AM City Pastors  
9:00 AM Morning Prayer  
6:00 PM Brownies

**7 Wednesday**

9:00 AM Morning Prayer  
9:20 AM Staff Meeting & Quilting  
12:00 PM Bible Study  
7:00 PM School of Religion

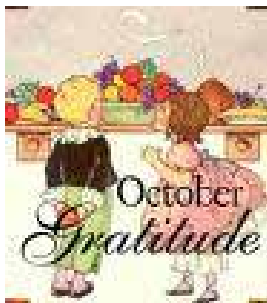
**8 Thursday**

6:31 AM Men's Ministry  
8:00 AM Stephen Ministry I  
9:00 AM Morning Prayer  
7:30 PM Senior Choir

**9 Friday**

**Council Agenda Deadline**

9:00 AM Morning Prayer

**11 Sunday Pentecost XIX**

8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Children's Church  
10:30 AM Holy Communion  
12:15 PM The Way  
1:30 PM Crop Walk  
5:00 PM Family Handbells

**12 Monday**

9:00 AM Morning Prayer  
6:30 PM Adult Handbells  
7:00 PM Civic Chorus

**13 Tuesday**

9:00 AM Morning Prayer  
6:30 PM Finance Comm.

**14 Wednesday**

9:00 AM Morning Prayer  
9:20 AM Staff Meeting & Quilting  
12:00 PM Bible Study  
4:30 PM Exec. Committee  
7:00 PM School of Religion

**15 Thursday**

6:31 AM Men's Ministry  
9:00 AM Morning Prayer  
5:30 PM Stephen Ministry II  
7:30 PM Senior Choir

**16 Friday**

**Newsletter Deadline**

9:00 AM Morning Prayer  
6:30 PM Friday Fun Night

**18 Sunday Festival of St. Luke**

8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
12:15 PM The Way: Anniversary Luncheon  
5:00 PM Family Handbells  
6:00 PM Catechetical Gathering

**19 Monday**

9:00 AM Morning Prayer  
6:00 PM Civic Chorus Board Mtg.  
6:30 PM Adult Handbells  
6:30 PM Council Meeting  
7:00 PM Civic Chorus

**20 Tuesday**

9:00 AM Morning Prayer  
6:00 PM Brownies

**21 Wednesday**

9:00 AM Morning Prayer  
9:20 AM Staff Mtg & Quilting  
12:00 PM Lunch 'N' Fellowship  
7:00 PM School of Religion

**22 Thursday**

6:31 AM Men's Ministry  
9:00 AM Morning Prayer  
7:30 PM Senior Choir

**23 Friday**

9:00 AM Morning Prayer  
9:15 AM Lion Crew  
3:00 PM Suzuki Class

**24 Saturday**

Loading Container for Liberia  
9:00 AM Daniel's Closet @ Redeemer Lutheran

**25 Reformation Sunday**

*Thankoffering Sunday*

8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
11:30 AM Styer's Hayride  
11:37 AM Contemporary Choir  
11:45 AM Parish Life @ St. Luke's  
5:00 PM Family Handbells  
6:30 PM Teen Movie Night

**26 Monday**

9:00 AM Morning Prayer  
6:30 PM Adult Handbells  
7:00 PM Civic Chorus

**27 Tuesday**

9:00 AM Morning Prayer  
7:00 PM Family Promise

**28 Wednesday**

9:00 AM Morning Prayer  
9:20 AM Staff Meeting & Quilting  
12:00 PM Bible Study  
7:00 PM School of Religion

**29 Thursday**

6:31 AM Men's Ministry  
9:00 AM Morning Prayer  
7:30 PM Senior Choir

**30 Friday**

9:00 AM Morning Prayer

**31 Saturday**

Mt. Luther Quilt & Craft Auction

ST. MARK'S LUTHERAN CHURCH  
142 MARKET ST.  
WILLIAMSPORT, PA 17701

Phone: 570-323-4619  
Fax: 570-323-2452

Website: <http://www.stmarkswilliamsport.org>

Email: [stmarks@stmarkswilliamsport.org](mailto:stmarks@stmarkswilliamsport.org)



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# HAYRIDE

SUNDAY, OCT. 25

1:00 PM

AT STYER'S FARM  
MUNCY

Pick out your pumpkin on the  
ride and bring it back to the

# PUMPKIN CARVING

at St. Mark's!

We'll leave right after the 10:30  
service, so pack a lunch!

Children \$2.50, Adults \$5.00

**YOU MUST SIGN UP TO GO!!**