



# The Lion of St. Mark's

FEBRUARY 2010

From the Pastor:

Paul fills the brief book of Titus with admonitions and encouragement for many different persons and situations. Near the end of the book he summarizes: *I desire that you insist on these things, so that those who have come to believe in God may be careful to devote themselves to good works; these things are excellent and profitable for everyone....And let people learn to devote themselves to good works in order to meet urgent needs, so that they may not be unproductive.* [Titus 3:8,14]

Urgent needs. We are surrounded by them, and they are increasing. All of the social service agencies are swamped with requests. More and more persons are coming to our doors and saying "I've been to ...(and then they list various agencies).. and they are out of funds. Can you help me please?" There was a time when I would get a request like this once or twice a month. It is now getting to the point that I can have sometimes two or three a day! The situation is clearly getting worse, not better.

The parish has a budget line on which I can draw for some emergency situations. If I responded affirmatively to every request, the line would be exhausted quickly. I have chosen to limit the amount that is given to any one person, and have been forced to limit the kinds of situations where we can help.

The focus will be on keeping people functioning in their own home or apartment. So, for example, I will not be assisting with bills for cable or telephone. It is inconvenient, but one can still live without those things.

There are people who abuse the system, who try to get assistance from multiple sources for the same problem. Linkage Lycoming maintains a database to which St. Mark's subscribes. It contains the listing of persons being helped, in what ways, and by whom and when. We enter information regularly as do many other congregations and agencies. It is a way to monitor and distribute fairly whatever resources we have to share.

I am the only person authorized to draw on this account, and I report on it every month to the treasurer. From time to time, a few persons will give an extra offering especially for this fund, which is so noted and added to it. I appreciate the thoughtfulness of those who do this; it makes it possible for us to do a little bit more.

There are so many ways for us *to meet urgent needs*, as Paul urges us. Another of the approaches will be Family Promise, where we will be offering hospitality to families who for various reasons are without a home. I ask the members of the parish to speak with Becky Miller Pryor or Jane Zimmerer and discover what you can offer to this process. A little time and a welcoming smile will be the first things required. Interviews for director are now underway, the van has been purchased, the day center is being readied, and we hope to be able to open in a month.

There is so much to do. Where do you fit in? There is certainly a need for you to use whatever skill, ability, and time that has been entrusted to you. As Paul observe, *these things are excellent and profitable for everyone.*

*Pastor Kenneth Elker*

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## COUNCIL MEETING NOTES

The Congregation Council met in regular session on Monday, January 25, 2010 in the Crossways Room. The Council:

- Received the regular reports of the pastor, officers, and committees.
- Signed a greeting card for Dick Lakey, hospitalized.
- Voted to receive the gift from the Maggs family of 3 grave plots in Green Lawn, pending acceptance by the congregation at the May annual meeting, and also pending development of a plan for the congregation to make these plots available for use in a timely way.
- Referred the matter of nominations for the Audit committee to the Nominating Committee.
- The president appointed two of the members of the Nominating Committee for the year, Donna Clark and Mel Wentzel, with two more yet to be selected.
- Noted that Souper Bowl is soon here, and that both monetary and soup donations are welcome, and that money is more easily portable.
- Referred the proposed alcohol policy back to Parish life for additional consideration.
- Adopted the description of the Publicity Committee's functions.
- Began to select persons for the newly-formed committee.
- Wondered whether sermons could be streamed on the net; a matter for the Publicity Committee to investigate.
- Voted to affirm the selection of Kathy Kolb as Publicity Director, as an independent contractor, for about 2 hours per week.
- Clarified an earlier action that the contribution to the Medical Savings Account for Lou DeSeau is not to exceed \$500/year.
- Referred a section of personnel policy back to Mutual Ministry for further reflection.
- Noted the arrangements for worship leadership while Pr. Elkin is in Spain.
- Noted that the 50<sup>th</sup> anniversary of the dedication of the Nave is next month, and that Fine Arts Committee is planning an event.
- Wished the Pastor and Bill Hill well as they both suddenly became ill and rushed home.

## Parish Register

Jan.2—a funeral service was held for Carl Hunter, Jr.

## 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 |          |
| Bernadette Jones, Christian Education |          | bjones@stmarkswilliamsport.org  | Gary Weber, President            | 322-7149 |
| Michele Owen, Christian Education     |          | mowen@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    | 323-2845 |

# Christian Community Service Opportunities

## United Campus Ministry

A new year is upon us and a new semester will be starting for the students at Penn College. We had a great fall semester and we are looking forward to more inspiring Faith Talks on Monday evenings on campus and our weekly dinner and worship services.

The semester will start with a talk on what it means to be a servant, as they prepare for their trip. The students will also be busy fundraising for their Spring Mission Trip to Montgomery, West Virginia. We will have a bake sale on campus, and on February 10th we will have our Annual Lasagna Dinner at St. Paul Calvary United Methodist Church.



You have the opportunity to help us with these events:

- Do you love to cook or bake? If you do, you can offer to make a pan of lasagna or a cake for our event. If you don't cook or bake, you can join us for the dinner. If you don't eat lasagna, you can always support us prayerfully or financially. United Campus Ministry appreciates any type of support you can offer.
- Do you have a gift for talking with college students? You can always sign up and lead a Monday night Faith Talk, or just stop by and meet the students. Let 2010 be the year to get involved in something worthwhile. Each of the ministries with United Churches is always in need of volunteers. If you would like to find out more about UCM, you can check our website at [www.ucl.org](http://www.ucl.org), then click United Campus Ministry. Please keep the students at Penn College in your prayers as they head into another challenging semester. God's blessings to all of you.

-Sharon Comini

**United Campus Ministry at Penn College invites you to our Mission Fund Raiser:**



**Lasagna Dinner**  
with Special Musical Entertainment!



**Wednesday, February 10th**  
**5 pm - 7 pm**  
at

**St. Paul-Calvary United Methodist Church, 1427 Memorial Ave, Williamsport**

DINE IN OR TAKE OUT

**meat/meatless Lasagna, salad, bread and dessert**

**Suggested donation: \$7 for adults \$3.00 children under 12**

**Proceeds will fund our Spring Break Mission Trip to Montgomery, WV  
to help rebuild houses damaged by flooding.**

For more information contact Sharon Comini - 419-5376

## Christian Community Service Opportunities

# Spring Clothing Sale



**Saturday, April 10, 2010**  
**9:00 a.m. ~ 1:00 p.m.**



The Women of St. Mark's will once again host their annual clothing sale on April 10th. Donations of clean clothing and clothing accessories in sizes infant to adult may be placed in the Bazaar Room.



|                                    |                       |
|------------------------------------|-----------------------|
| <b>Coats, jackets, suits?</b>      | <b>We'll take it!</b> |
| <b>Shoes, boots, ties, belts?</b>  | <b>We'll take it!</b> |
| <b>Handbags, scarves, jewelry?</b> | <b>We'll take it!</b> |
| <b>Sneakers, hats, socks?</b>      | <b>We'll take it!</b> |
| <b>Jeans, slacks, sweaters?</b>    | <b>We'll take it!</b> |




This is a "win-win" situation for everyone involved! You get to clean out your unwanted items, the buyer is able to provide for their family at a bargain price (and during these economic times that's a big bonus to many families) and with Thrivent matching funds the women raise money for mission support! Who knew those unused items could benefit someone on the other side of the world?

Any clothing not sold the day of the sale will be sorted and distributed to **Daniel's Closet** (an outreach of Redeemer Lutheran), **NGA** (New Garment Agency formerly the Needlework Guild of America), the **West End Community Center** and other local charities that express a need for clothing when contacted, and the **American Rescue Workers**.

**Volunteers are needed to sort, display, sell & pack up!**  
**Set-up begins on Wednesday, April 7, 2010 at 9:30 a.m.**  
**Please contact Shirley Hill (323-7546)**  
**or Becky Miller Pryor (321-9523)**  
**with questions or to volunteer for this event.**

## Christian Community Service Opportunities

### The Three Kings Visit The Selinsgrove Center



With storyboards, gifts, and keyboard in hand a van load of folks provided a winter party to sixteen women and their care givers on Wednesday, January 20, 2010. Once again the storytelling and singing brought joy to those in attendance.

The Social Ministry Committee thanks the congregation for their donations of body wash, pudding cups, gift bags, and money to assist with the festivities. A special thank you to Larue Dieter for addressing the cards that were included with the gifts. A big thank you is extended to Pastor and Donna Elkin, Bernadette Jones and Lois Smith for assisting that evening.

Gift bags are needed for next year's party. Those donations may be placed in the bin in the Narthex.

### Volunteers Needed for Family Promise!

Family Promise of Lycoming County moves closer to opening and serving families experiencing a housing crisis. Many components of this program are in place. As the first hosting congregation it is time for us to commit our time and talents to hosting these families when they spend a week at St. Mark's. If you have two hours to give, you can make a difference to people in need.

During February Jane Zimmerer and Becky Miller Pryor, co-coordinators, will be in the Narthex after each service signing up volunteers to assist in this outreach. We need people to set-up temporary bedrooms, prepare meals, visit with the families, stay overnight and clean up at the conclusion of our hosting week. Where do you see yourself serving?

## News from the Pews

There was a nice story in the newspaper recently about **Jeffrey Ulman**, grandson of **Henrietta Tyson**. As part of his Eagle Scout project, Jeffrey raised more than \$400 to buy the items needed to restore the Loyalsock Trail. He did trail maintenance from the beginning to mile 4.8 to make it more accessible.

The trail, which begins north of Montoursville, along route 87 and stretches 59 miles north of Laporte, was established in 1951 by Jeffrey's grandfather, Howard L. Ulman, Jr., leader of Explorer Post 11, BSA and has been maintained by the Alpine Club of Williamsport since 1953. Good work, Jeffrey!

**Dot Berndt** was featured in the newspaper in December for her work accompanying the ABC Singers in their performance at the Williamsport Home. Also spotted **Dot Bingaman** in the crowd.

**Emily Newcomer**, daughter of Jim and Sue, has a role in Curtin's production of "Honk". She plays the elegant Grace in the musical to be presented in April.

We were happy to see our college students home for the Christmas holiday and look forward to their return in the Spring. We also look forward to the return of Spring after a winter that has tested our fortitude.

Joyce S. Hershberger

## Where's the Pastor?

Right here waiting for your invitation to visit with you in your home,  
at church, or another suitable meeting place!

Please call the office at 323-4619 or email:  
[pastor@stmarkswilliamsport.org](mailto:pastor@stmarkswilliamsport.org) to schedule a time.



## From the pen of Pastor Frontz

# Why, Why, why, oh why?

Pastor Frontz from Messiah Church recently wrote:

After every misfortune, disaster, or trouble, it is natural to ask "why"? I believe it to be *temptation* to assign reasons for misfortunes, claiming to know God's will by linking them to abnormal sinfulness or punishment for certain sinful acts. I think that many people give in to this temptation because they are uncomfortable and anxious with the question 'How can a good God allow such evil, injustice, and tragedy?' The question can also be asked the other way: if there are no consequences for being evil, why then be good?' To silence these questions, all evil and misfortune must then be shown to be somehow deserved, and all sin must be punished with retribution in this life, lest God be shown to be neither good nor just.

The Bible does not follow such easy and convenient explanations. Job was a righteous man, and he defended his conduct to those who suggested that he must have committed sin to receive such terrible misfortune. Psalm 73 is a meditation on the apparent success of the wicked. In John 9, Jesus encounters a man blind from birth. His disciples ask him whether his blindness is the fault of his own or his parents' sin, and Jesus responds in the negative on both counts.

Why do natural disasters occur, why do people die 'before their time,' why is there inexplicable illness tragedy, and pain? Such questions are shrouded in mystery. We dare not try to justify what happens to that it 'makes sense.' God never justifies himself. He does not explain himself to Job, but he speaks to him, and that is what Job needs more than any explanation. Jesus does not give the blind man an explanation, but healing and Lordship.

The most we can ever say about these things is that tragedy and disaster are parts of a fallen world which still waits in hope for its final healing; that we can never claim to know why such-and-such should or should not have occurred; but that we can confidently say that in such a world God *always* has the capacity still to act for us to reveal his justice and love. In the last analysis, there is nothing that can separate us from the love of God in Christ Jesus our Lord (Romans 8), and that is enough for us to confidently proclaim his just love even in the midst of unspeakable suffering and death.



## Team Trivia Mania

*benefiting Lutheran World Relief & Food Pantry*

February 27th 6:30 p.m. ~ 8:30 p.m.

Church of the Savior

Admission: Can of Food & Free Will Donation to LWR

Come as a team (4-6) or join a team when you get here.

**Prizes for the winning team.**

**General trivia & Biblical questions**



# United Churches of Lycoming County

## 28<sup>th</sup> ANNUAL ECUMENICAL PRE-LENTEN SERVICE



**7:30 P.M.**  
**Sunday, February 14, 2010**  
**Bethany Lutheran Church**  
**369 Broad Street**  
**Montoursville Pennsylvania**

**Speaker: The Rev. J. Morris Smith, Th.D.**  
 Permanent Deacon, St. Joseph the Worker Parish  
 Shepherd of the Streets

Dr. Smith will challenge us as we get ready to begin the Lenten season to reflect upon our life together and our journey as disciples of Christ. His theme for the evening will be "In The Desert Forty Days"

Sunday, February 14<sup>th</sup> will be a wonderful opportunity for you to witness to the love of our Lord Jesus Christ, who calls us to renew our faith and unite as people of God, with one another. Plan to join us for this ecumenical celebration.

## FEBRUARY WEDNESDAY ECUMENICAL LUNCHESES

Join us from 12 to 1 p.m. and you are always assured of a tasty \$4 lunch, warm, ecumenical fellowship and a thoughtful program designed to enrich your life mentally, physically, spiritually and socially. The parking is free in the Pine Street lot north of the church from 11 to 1:30 p.m. No reservations are necessary. (Call Gwen at 419-1464 to check for snow cancellation.)

3-Mrs. Pam Burkholder, Director, Expectations Women's Center of Williamsport  
 "Caring for Pregnant Women"

10-Rev. Ron Shellhamer, Interim Pastor, Church of the Savior and St. Matthew Lutheran Churches, "The Church in Liberia"

### Lenten Series:

People Jesus Met On His Way  
 To Jerusalem and the Cross

17-Rev. Rob Manzinger, Ph.D., Pastor, First Baptist Church, Williamsport, "A Lawyer who Tests Jesus"

24-Rev. Ken Wagner-Pizza, Pastor, Trinity Episcopal Church, "The Disciple Who Wanted to Know More About Prayer"

This is a ministry that everyone in our congregations and community is welcome to participate in. Make plans to join us and you're welcome to bring a friend!

## Food Pantry Needs

These are the items that are currently needed:

**noodles of noodles**  
**pasta noodles**  
**chunky soups**  
**canned tuna**  
**hot chocolate**

**spaghetti sauce**  
**canned fruit**  
**saltine crackers**  
**mac-n-cheese**  
**cake mixes & frostings**

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

Gail Burkhart is the UCLC Food Pantry Coordinator and may be reached at 322-1657



## 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 week-end. Devotionalists change weekly. The phone number is **570-322-5762**.

## ELCA, Synod & West Branch News

### LUTHERAN CHURCH HISTORY CONTEST FOR YOUTH

The Lutheran Historical Society of the Mid-Atlantic (LHSMA) invites middle school and high school youth to participate in a MULTIMEDIA PROJECT contest. You are asked to prepare a 15-20 minute DVD or Power Point presentation with an accompanying script titled "My Congregation's Story" or "My Congregation's Youth Ministry Story." Three winners will be awarded in both the Middle School (6-8<sup>th</sup> grade) category and the High School (9-12th) category. The first place winner receives \$125 for the winner in each category plus the opportunity to present projects at the LHSMA Spring Program on April 20, 2010, at the Lutheran Theological Seminary at Gettysburg. The second place winner receives \$75 and the third place winner receives \$50. Submissions are due by March 15, 2010.



Please mail completed work along with an application form (available at [www.lhsmidatlantic.org](http://www.lhsmidatlantic.org)) to: LHSMA, 61 Seminary Ridge, Gettysburg, PA, 17325. Questions can be directed to the Reverend Stephen Herr, LHSMA president, at [pastor@christgettysburg.org](mailto:pastor@christgettysburg.org) or 717-334-5212.

### LEAVE A LEGACY FOR MINISTRY AND MISSION

Have you ever considered making a lasting gift for ministry, a gift that will keep on giving long after you joined the church triumphant. By establishing a Memorial Endowment Fund, you can support your favorite ministries well beyond your lifetime. The endowment fund can support the ministries of your congregation, your synod, and/or the ministries of the whole church like World Hunger, Lutheran Disaster Response, or ELCA Vision for Mission. The endowment fund can be funded now or as part of your estate planning. For more information on how to establish a Memorial Endowment Fund, please call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the ELCA Foundation, 800/638-3522, ext. 2970 or visit our website at [www.elca.org/fo](http://www.elca.org/fo).

### Attention Married Couples: Could your marriage use a "tune up?"



Now is the time to sign up for your Lutheran Marriage Encounter Weekend designed to revitalize and strengthen ALL MARRIAGES. All costs for 2 nights lodging, 5 meals for each of you, and all supplies are covered by a \$45.00 per couple registration fee plus a confidential contribution of whatever amount you choose that you are given the opportunity to make toward the end of the weekend. Thanks to the great response from the State College area, the **March 19-21 at the Tofrees Golf Resort and Conference Center in State College**, is almost full. Please email or call the Chambers at the information below to check availability before signing up for that weekend. Other 2010 Western PA weekends are scheduled for: **April 30-May 2 at**

**The Riverside Inn in Cambridge Springs, PA**, a splendid, historic Victorian Inn in Cambridge Springs (20 miles south of Erie); and **October 22-24 at the Radisson in Sharon, PA** (an hour north of Pittsburgh.) For further information or to register online, go to: [www.GodLovesMarriage.org](http://www.GodLovesMarriage.org), or contact Fred & Julie Schamber, Western PA Directors, at email: [fjschamber@comcast.net](mailto:fjschamber@comcast.net) or 724-325-3166 with questions or to receive a brochure with registration form. Sign up today to discover more about living the loving relationship our Lord intended.



## ELCA, Synod & West Branch News

### Relief Efforts in Haiti



On January 12 at 4:53 p.m., a magnitude 7.0 earthquake rocked the island country of Haiti, primarily impacting its capital of Port-au-Prince and its nearly two million residents. It is believed that over three million citizens of Haiti are affected. The epicenter of the quake was centered approximately 10 miles west of Port-au-Prince. Offices, hotels, houses and shops have collapsed. Over 30 aftershocks ranging from 4.2 to 5.9 have already been recorded within the first 48 hours.

Already one of the poorest countries in the world, this catastrophe will exacerbate the suffering felt by many already living with hunger and poverty. Your help is needed today to bring immediate relief and continued hope for our brothers and sisters in Haiti. About one-third of Haiti's population, were affected by this earthquake. ELCA Disaster Response partners have survived the quake and are working to serve the people of Haiti.

### **100% of gifts designated to Haiti will be used in Haiti!**

**Check or money orders sent to:  
ELCA Disaster Response  
39330 Treasury Center  
Chicago, IL 60694-9300**

*(Please write "Haiti Earthquake Relief" on your check's memo line.)*

**Credit card by phone: 800-638-3522  
or online: <https://www.elca.org>**

**Credit card contributions may also be made via mail**

**Please note for 2009 Income Tax filing:** *On January 22, 2010, President Obama signed into law the Haiti Assistance Income Tax Incentive Act to assist people affected by the earthquake in Haiti. Cash contributions (including those made by check or credit card) made on or after January 12, 2010, through February 28, 2010, may be treated for federal tax purposes as if such contributions were made on December 31, 2009.*

#### **Future Volunteering in Haiti**

Many ELCA members have a history of mission work in Haiti, and in the aftermath of the earthquake there, you may be wondering how you can volunteer. Due to the instability of the current situation in Haiti, volunteers may not be needed for six months or more, but you can sign-up today at <https://www.elca.org> to receive information in the future.

# Creation Corner



As the 40th anniversary of Earth Day April 22, 2010 approaches, educational materials available to churches and people of faith direct our attention to the "act locally" part of the "think globally, act locally" maxim.

Backyard conservation, as in "Conservation Habits = Healthy Habitats" is the theme for the 2010 annual April/May Stewardship focus of the National Association of Conservation Districts (visit [www.nacdnet.org/stewardship/2010/](http://www.nacdnet.org/stewardship/2010/)).

Keeping in mind the Biblical passage, "From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded" (Luke 12:48) we can consider what our forebears, our ancestors, have passed God's gifts to us as earth citizens. Equally important we need to ask ourselves how we, as ancestors to future generations, will handle this trust given to us by God.



Being good stewards of our worship spaces involves ecological stewardship, fiscal discipline and a social justice responsibility.

Building stewardship practices that we have followed whenever possible include:

- Energy Efficiency and Conservation (for example, installing programmable thermostats, weatherizing, lowering the temperature of the hot water heater, and replacing broken appliances with energy efficient "Green Star" models. (Note: in the parish house we must maintain a specific water temperature because of state laws regarding child care facilities.)
- Reducing toxic materials and products. We may be exposed to chemicals unnecessarily. Our congregation maintains a list of chemicals used on our property and how they are to be properly handled. Many of our cleaners have been changed in the past years to be more environmentally friendly
- Water and Land Conservation. Homeowners need to be thinking how to reduce water pollution from pesticides, fertilizers, and storm water runoff, as well as reducing water use.



A variety of resources are available at the web site (<http://nccecojustice.org/resources>) and through Creation Care magazine ([www.creationcare.org](http://www.creationcare.org)) and through [www.renewingcreation.org](http://www.renewingcreation.org).

For a long column about Marcellus Shale natural gas extraction, see the print edition of the monthly newsletter of the UCLC on-line at [www.uclc.org](http://www.uclc.org).

## YOUTH & FAMILY MINISTRY



**We are on a mission  
to fight hunger and poverty.  
You can help.**

**“Lord, as we enjoy the Super Bowl football game,  
help us be mindful of those without a bowl of soup to eat”**

**FEBRUARY 7<sup>th</sup> IS THE LAST DAY TO DONATE FOR THIS SOUPER BOWL!  
Please look for the footballs for cans of soup and the pots for cash donations  
in the narthex and near the sacristy entrance.**

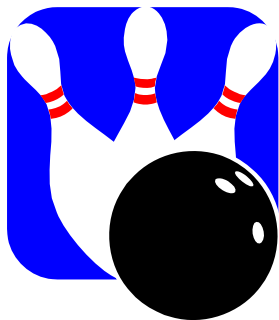
Your donation will go directly to a charity right here in our community.  
With your help, more dollars will be raised, more lives will be changed,  
and more young people will experience the joy of serving Christ by serving others.



## Catechetical Retreat 2010

The Twelfth Annual Catechetical Retreat, 2010, was held on January 9, at Messiah Lutheran Church. 33 youth plus their parents registered for the day of fun and learning.

Presentations and presenters this year were: **Muggles, God & Harry Potter**, with Pastor Frontz; **What's Love got to do with It?**, with Pastor Deibler & Tracy Mariano; **Parents, Teens and Money**, with Keith Wood; **Serving God**, with Pastor Huckfeldt; **God, Motherhood & Apple Pie**, with Pastor Zetto; and **God's Story by Food**, with Pastor Elkin. Professor Severus Snape substituted for Pr. Frontz during the morning sessions to the unease of many of the students and Pr. Elkin's class contributed heavenly aromas to the atmosphere of the event. A good time was had by all.



## Let's go bowling!!

Children, youth & any interested adults  
are welcome to bowl with us  
on Saturday, February 20, 2010.  
Keep checking the bulletin for more details!

## YOUTH & FAMILY MINISTRY

### Vacation Bible School!!

What will the theme be this year??  
Michelle and Bernadette  
are in the process of planning  
a very special time for all!  
Reserve the week of  
**June 13-17** for lots of fun!!!!

### Passing on Faith: REMEMBRANCE of BAPTISM



This event was  
marked by a lasagna  
dinner on January 10,  
the celebration of the  
Baptism of our Lord.

One child and two adults were remem-  
bered in the service and received their  
Faith Chests and Baptismal Medallions.

They were:

- Kyseem Smith, son of Amanda Weaver & Kareem Smith, and grandson of Lisa Weaver
- Matt Wellen
- Kevin DeSeau



### Friday Fun Night February 26th 6:30 p.m.



*...well I suggest is was... Cardinal Crimson...  
in the Oratory with the rosary chain...*

### This is our anniversary month!!!

Yes—we've been enjoying each other's  
company with no agenda  
(except good sportsmanship)  
for three whole years already!!!

Time really does fly  
when you're having fun!!!  
Haven't joined us yet??

Why not check us out this month?  
We'll be waiting!!



## YOUTH & FAMILY MINISTRY

### BREAD BAKING

Theme: Epiphany

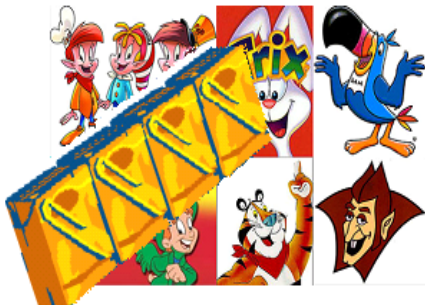


12 novice-to-intermediate bakers (including the leaders!) gathered on Wednesday, January 6, to learn how to make bread!! This was the fifth anniversary of these baking seminars which originated with Katy Elkin.

Savory bread was baked earlier in the morning to be enjoyed with a delicious vegetable soup (made by Trish Hershey--thanks, Trish!) while the bread was sitting for its first rise. After eating the seasoned bread, some decided to go that route, while the rest continued with making a sweet bread with candied fruits, cranberries and an almond to celebrate Epiphany. Pr. Elkin made a large ring loaf to share with the residents at the Williamsport Home the next day. It was a great time—flour was flying EVERYWHERE! This is a definite “don't miss” event for anyone who enjoys good company and good food! Look for notices about next year!



Children's Church  
Sunday, February 14, 2010,  
10:30 a.m. in the Chapel.



The special collection that day will be breakfast items for the Penn College students of United Campus Ministry to take on this year's trip to feed the homeless in NYC. Breakfast bars, juice packs, individual cereal boxes and the like are all good ideas for this offering.

We look forward to seeing you and



**Volunteers are sorely needed for the Nursery** during the 10:30 services on Sundays. All you would be committing to is an hour and a half of your time about every other month —no outside preparation time. Most of our helpers have been doing it for years, do not have children or never use the nursery for their own children, and usually attend early service. So, none of the above is really an excuse for not volunteering. Please search your hearts and call or e-mail Vicki Hospes at 326-7318 or [i2luvny@verizon.net](mailto:i2luvny@verizon.net).

# YOUTH & FAMILY MINISTRY

## St. Mark's Lions

Our athletes have been playing great games with lots of fantastic teamwork! The coaches have been awesome in the guidance of these young players. We're building a great bench for next year!

Our Beginner's are playing well and scoring. The Pee Wees are holding their own and playing some great games. The Junior team began game play in January, often times playing back-to-back games with only five team members present. All-in-all, we have a fantastic group of kids representing us!!

Our practices continue every Tuesday at Cochran. The Beginners team practices from 6 p.m. until 7 p.m.; the Pee Wees and Juniors from 7p.m. to 8 p.m.



A schedule of their remaining games is included below.  
 Players, please try to arrive a half-hour early for your games!!

*To all members of the congregation, please try to take just on half of an hour out of your day to cheer on some our young ambassadors. Your support could make a difference!*

### ST MARKS LIONS – JOHN BOWER BASKETBALL SCHEDULE

| DATE                      | OPPONENT         | TIME     | PLACE         |
|---------------------------|------------------|----------|---------------|
| <b>BEGINNER PEEWEE</b>    |                  |          |               |
| FEB 6                     | BALLS MILLS U.M. | 10:30 AM | ARENA/CENTER  |
| FEB 13                    | FAITH U.M. -A    | 12:00 PM | ARENA/CENTER  |
| <b>PEE WEE</b>            |                  |          |               |
| FEB 6                     | ST BONIFACE-A    | 1:30 PM  | ARENA/WEST    |
| FEB 13                    | FAITH U.M. -A    | 9:00 AM  | ARENA/WEST    |
| <b>JUNIORS (2 games )</b> |                  |          |               |
| FEB 6                     | FIRST U.M.       | 9:30 AM  | UPSTAIRS/MAIN |
|                           | ST BONIFACE      | 11:00AM  | UPSTAIRS/MAIN |

## Acolyte training and refresher course!

Declan, Sara, Christina, Devin, Stephen, Corey, Theoron, Max, Dustin, Jarrett, and Kara participated in this event on Sunday, January 24. Brittany Lynch and Pastor Elkin, ably assisted by Declan, led the veterans and newbies through the vernacular, vestments and ve...okay, can't continue the alliteration... procedures of being an acolyte.





## Special Thank You's

Dear St. Mark's:

Thank you very much for providing dinner for us last week! We enjoyed Pastor Elkin's talk on Epiphany. Thanks again!

The students at UCM

Pastor Elkin & all members & friends of St. Mark's,  
Thank you to all of those who bestowed on us the many blessings throughout 2009. May God bless all who participated in the above.

Art & June Decker

Dear friends,

Thank you so very much for the flowers, cards, words of encouragement and prayers I received during my recent spinal fusion. It is wonderful to walk without pain!

I would also like to thank you for holding our twins, Luke & Zach up in prayer as they have each struggled with their own health challenges. Zach seems to have stabilized and is up to 85 lbs. Luke is on medication that seems to be helping with his depression. They both have a long way to go before total healing. Please continue to pray for them whenever you think of me.

I, like the Apostle Paul, continue to thank my God upon every remembrance of you. Thank you for being such dear, sweet Christians who have made my burden lighter by your loving spirit.

God's love & mine,

Susan Mahserjian-Smith

## LENTEN MEALS & WORSHIP

**Midday: Luncheon at noon preceded by worship at 11:30 a.m.**

**Evening: Supper at 6:15 p.m. followed by family worship at 7:00 p.m.**  
(see cover for details of family worship time)

### Menu

**Wednesday, February 24th: Lasagna ~ meat & meatless**

**Wednesday, March 3rd: Mexican night ~ ground beef, taco shells, Tostitos, lettuce, onions, tomatoes, cheese, salsa available to build your own tacos or salad**

**Wednesday, March 10th: Dick Lakey's Famous Meatloaf**

**Wednesday, March 17th: Cheeseburger Soup**

**Wednesday, March 24th: Winter Picnic ~ grilled hotdogs & hamburgers**

**Wednesday, March 31st: Seder Meal ~ chicken**

**Please bring side dishes appropriate for each meal to share.  
Beverages & table service will be provided.**

**~ Worship & Music Committee**

## Happy Birthday!

|                  |       |                |       |                   |       |
|------------------|-------|----------------|-------|-------------------|-------|
| Daniel Boone     | 02/01 | Michelle Owen  | 02/13 | Amanda Eyer       | 02/19 |
| Lillian Skeeby   | 02/01 | Elsie Sechler  | 02/13 | Tyler Stugart     | 02/20 |
| Kelly Foust      | 02/03 | Robert Curry   | 02/14 | Donna Elkin       | 02/21 |
| Lawrence Bair    | 02/04 | Annette Peluso | 02/15 | Brandon Pelleschi | 02/21 |
| Susan Curry      | 02/04 |                |       | Evelyn Ward       | 02/21 |
| April Biblehimer | 02/08 |                |       | Kahla Doane       | 02/22 |
| Matthew Heaps    | 02/08 |                |       | Seth Greninger    | 02/22 |
| Paul Zimmerer    | 02/08 |                |       | Kenneth Caster    | 02/24 |
| Gloria Greevy    | 02/10 |                |       | Gary Clark        | 02/27 |
| Charlene Wright  | 02/10 | Scott Kimble   | 02/16 | Patricia Hershey  | 02/27 |
| Betty Diehl      | 02/12 | Jarrett Eyer   | 02/17 | Irma Logan        | 02/27 |
| Helen Ochs       | 02/12 | Rick Robertson | 02/17 | Arlene McCoy      | 02/28 |
| Emily Newcomer   | 02/13 | Betty Stroup   | 02/17 | Bianca Wellen     | 02/28 |



## Happy Anniversary!

|                           |       |  |                           |       |
|---------------------------|-------|--|---------------------------|-------|
| Lawrence & Louella Bair   | 02/07 |  | Wilson & Blanche Doebler  | 02/23 |
| William & Helen Hibschman | 02/10 |  | Robert & Mary Schultz     | 02/25 |
| Frank & Shirley Vognet    | 02/14 |  | Robert & Marguerite Smith | 02/28 |



## Some Thoughts for my St. Mark' s Family from Ruth Burkholder

While growing older, we think about our earlier years and have fond memories of them; wondering if they were the best years. God loves and cares for us in all of our years. I found the following verse on a retirement card:

“Our times are in his hands,  
 Our early years and our late years.  
 No time is better or greater than another,  
 For all our years work together in  
 God’ s marvelous plan for our lives.” ~Roy Lessin



## Upset by conflicts with others?

Learn to speak your needs or distress directly, avoiding “you always” or “you never” accusations. Instead, use statements such as: “I feel \_\_\_ when you \_\_\_\_.” If conflicts are a source of distress for you, consider taking a class to help you become more assertive.

## HEALTH, HEALING & WHOLENESS

*“The Lord spoke to Moses, saying, ‘This applies to the Levites: from twenty-five years old and upward they shall begin to do duty in the service of the tent of meeting; and from the age of fifty years, they shall retire from the duty of the service and serve no more. They may assist their brothers in the tent of meeting in carrying out their duties’.” (Numbers 8:23-26a, NRSV)*

One might assume that in the case of the Levites, forced retirement was meant to foster younger leadership – young men could begin to serve while still under the guidance of the temple elders. Or perhaps, it was due to the physical requirements of hauling the tabernacle and its furnishings through the wilderness. Regardless, God seemed to know that a healthy retirement requires some sort of advanced planning.

How well one adjusts to this new phase of life depends on a number of factors. Dr. George Valliant, professor of psychiatry at Harvard Medical School likens it to being in 4<sup>th</sup> grade – “cooperative play, helping others, having friends, and learning are all important. Problem is that by this age, we’ve forgotten how to play.” There may be much more than a grain of truth to his statement, because it appears that those who strongly identify with their occupation, often have some difficulty adjusting to life without a time clock.

Taking time to cultivate a network of friends outside of work relationships, can be immensely helpful in getting through the initial retirement adjustment phase. If you are one of those who used his/her job as an escape from family issues, this time may be particularly stressful. Spend time with your spouse, but don’t overwhelm them by expecting him/her to meet all your social needs – this is an adjustment for him/her as well. Meet friends for coffee, join a Bible study, organize a regular round of golf – allow yourself to have fun! Is there an activity that you’ve always wanted to try, but never had the time? Engage the creative side of your brain – it can lead to re-discovery of who you are! Have you always had a desire to play the piano, or learn to paint? Do it now!

During retirement, physical activity is more important than ever. Consider participating in a formal fitness program – golfing, dancing, swimming – or walking 20-30 minutes at least 3-5 times-a-week – any and all will go a long way toward establishing or maintaining healthy behaviors. Strength training exercises [weights or resistance] several times a week, have been recognized for their value in decreasing stress, improving balance, and increasing endurance and flexibility. Good dietary habits: limiting fats, sugar, and salt, in conjunction with drinking at least 8 glasses of water per day, and getting regular sleep, all contribute to living a full and productive life.

Plan your time and set some personal goals. What do you want to accomplish on a typical day? It is human nature to waste time when you have lots of it! Get more involved in your community; volunteer at your local hospital, the local chapter of the Red Cross, Big Brothers/Big Sisters, help establish or maintain a community garden, spend time weekly at a soup kitchen, or delivering Meals-on-Wheels. Do you have a special gift or talent? Use it to teach others! Do you enjoy working with numbers/business – help your fellow retirees with tax preparation, or offer to serve as treasurer of a club or organization to which you belong. Help raise funds for a favorite charity or community group. Find out what it is that you enjoy doing, and do it!

Get to know yourself spiritually. Consider attending a guided retreat. Engage the services of a spiritual director. Study scripture. Sign up for seminary courses either locally or on-line. Explore a variety of prayer forms. Learn more about God as you simultaneously learn more about yourself.

Psychologist Abraham Maslow theorized that we progress through different phases of development as we age. For the healthy adult in later stages of life, one’s goal becomes reaching our full potential as an individual, or self-actualization. This involves letting go of old routines to make way for the next phase of life. It involves continual learning. Retirement is a great adventure – time to take a fresh look – to reassess in body, mind and spirit. In the words of Robert Fulghum, “Live a balanced life. Learn some and think some and draw some and paint and sing and dance and play and work everyday... And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.” (Source: All I Really Need to Know I Learned in Kindergarten)

Blessings to you as you pursue this wonderful, new phase of life!

*Debbie Best, Program Coordinator  
Diakon Family Life Services, Training & Consultation*

## SPECIAL CONCERNS LIST

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

**\*New address\***

**Edith Anderson**  
The Hillside, Room #104  
2725 Four Mile Drive  
Williamsport, PA 17701

Nancy Bohartz  
624 Sixth Ave.  
Williamsport, PA 17701

Elizabeth Chrisman  
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Williamsport, PA 17745

Bonita Crossley  
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Hills Grove, PA 18619-9300

June Decker  
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South Williamsport, PA 17702

Larue Dieter  
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Montoursville, PA 17754

Charles Ditchfield  
Valley View, Room 308  
Montoursville, PA 17754

Doris Fortin  
Rose View Center  
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Nursing Unit  
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Williamsport, PA 17701

Jean Gulliver  
Rose View Center  
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Williamsport, PA 17701



Gail Hoffman  
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Montoursville, PA 17754

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Eleanor Sobers  
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Ira Tuxford  
210 Louise Ave.  
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Beulah Wrede  
Faxon Commons, Apt 305  
1804 Loyalsock Drive,  
Williamsport, PA 17701

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

# St. Mark's February Calendar of Events

## 1 Monday

9:00 AM Morning Prayer  
7:00 PM Civic Chorus

## 2 Tuesday

8:00 AM City Pastors  
9:00 AM Morning Prayer  
6:00 PM JBBL Beginners  
7:00 PM JBBL Juniors

## 3 Wednesday

9:00 AM Morning Prayer  
9:20 AM Staff Mtg & Quilting  
12:00 PM Bible Study

## 4 Thursday

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

## 5 Friday

*Pastor in Spain*  
9:00 AM Morning Prayer  
7:00 PM JBBL Juniors

## 6 Saturday

*Pastor in Spain*  
9:30 AM Juniors  
10:30 AM Beg Pee Wee  
1:30 PM Pee Wee

## 7 Sunday

*Pastor in Spain*  
**Souper Bowl Sunday**  
8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
12:00 PM Family Handbells

## 8 Monday

*Pastor in Spain*  
9:00 AM Morning Prayer  
6:30 PM Adult Handbells  
7:00 PM Civic Chorus

## 9 Tuesday

*Pastor in Spain*  
9:00 AM Morning Prayer  
6:00 PM Brownies  
6:00 PM JBBL Beginners  
7:00 PM Family Promise Board  
7:00 PM JBBL Juniors

## 10 Wednesday

*Pastor in Spain*  
9:00 AM Morning Prayer

## 10 Wednesday

9:20 AM Quilting  
12:00 PM Bible Study

## 11 Thursday

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

## 12 Friday

*Pastor in Spain*  
9:00 AM Morning Prayer  
5:30 PM Youth to CML Event

## 13 Saturday

Katy & Esteban wedding  
*Pastor in Spain*  
9:00 AM Pee Wee  
12:00 PM Beg Pee Wee

## 14 Sunday

*Pastor in Spain*  
**Transfiguration of Our Lord**  
8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
5:00 PM Family Handbells

## 15 Monday

*Pastor in Spain*  
9:00 AM Morning Prayer  
6:00 PM Civic Chorus Board  
6:30 PM Adult Handbells  
7:00 PM Dog Club

## 16 Tuesday

9:00 AM Morning Prayer

## 17 Wednesday

**Ash Wednesday**  
9:00 AM Morning Prayer  
9:20 AM Staff Mtg & Quilting  
12:00 PM Holy Communion Chapel  
7:00 PM Holy Communion Nave

## 18 Thursday

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

## 19 Friday

**Newsletter Deadline**  
9:00 AM Morning Prayer

## 21 Sunday

**Lent I**  
**Stephen Ministry Sunday**  
8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
12:15 PM The Way Gathering  
5:00 PM Family Handbells  
6:00 PM Confirmands, Parents & Mentors

## 22 Monday

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

## 23 Tuesday

9:00 AM Morning Prayer  
6:00 PM Brownies  
7:00 PM Family Promise

## 24 Wednesday

9:00 AM Morning Prayer  
9:20 AM Staff Mtg & Quilting  
10:00 AM Pastor w/ L Lambs  
11:30 AM Lenten Mid-Day Worship  
12:00 PM Lenten Mid-Day Meal  
6:15 PM Lenten Evening Meal  
7:00 PM Lenten Evening Worship

## 25 Thursday

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

## 26 Friday

9:00 AM Morning Prayer  
9:15 AM Lion Crew  
6:30 PM Friday Fun Night

## 27 Saturday

9:00 AM Daniel's Closet @ Redeemer Lutheran  
11:00 AM Prayer Pillows & Milestone Luncheon

## 28 Sunday

**Lent II**  
8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
10:30 AM Prayer Pillow Milestone  
12:15 PM The Way Gathering  
5:00 PM Family Handbells  
6:30 PM Teen Movie Night

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

Phone: 570-323-4619  
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Website: <http://www.stmarkswilliamsport.org>  
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## **LENTEN SERVICES & MEALS:** **Wednesdays beginning February 24th**

|                             |  |
|-----------------------------|--|
| <b>Midday:</b>              | <b>Evening:</b>                                      |
| <b>Prayer at 11:30 a.m.</b> | <b>Supper at 6:15 p.m.</b>                           |
| <b>Luncheon at noon</b>     | <b>Prayer &amp; children's activity at 7:00 p.m.</b> |

**Want to join us Wednesday evenings in lent,  
but don't know what to do with the kids?**

**This year, bring them along for the meal at 6:15. When it's time for evening prayer at 7:00, the children will meet in Middle Lounge for a movie or story. Michele Owen will supervise the event and will be choosing material that relates to the lessons being heard at the adult service. Everyone should be home before 8:30, so you can get your offspring off to bed!**

**Please join us as a family:  
Everyone at supper, adults at evening prayer, & children for a story time.**

(For menus and more information see page 15)