



# The Lion of St. Mark's

MARCH 2010

## Family Promise is many steps closer!

After three years of diligent work, Family Promise of Lycoming County is almost ready to open. Here are some of the recent happenings:

-- A 15-passenger van suitable for our purposes was located, and purchased. It is now on the lot here at St. Mark's awaiting its first use when we open. It is handsome and came under budget!

--The Search Committee received more than 20 resumes, interviewed some of those persons, and recommended three finalists for the Board to interview a second time.

--The Board has settled upon one candidate for Director of Family Promise, and it is anticipated that a public announcement will be made within a week.

--The brief television interview given by Pastor Elkin has garnered interest from several directions. A house-church group in Liberty has collected a number of items for us to use and delivered them. Several persons from that group intend to volunteer through our most northerly host congregation, Lycoming Center Presbyterian in Cogan Station. A small country church near Knoebel's Grove has collected pillows, blankets, and toiletries and will be delivering them this week.

--A cleaning day at the Day Center beside Redeemer Church is set for March 6. The basement has already been emptied of old junk.

--Appliances and furniture have been received at the Day Center, through the kindness of Beiter's Home Center, Penn College, and other sources.

--Dates for training for the Board, the Congregational Coordinators, and Volunteers will be scheduled in the next few weeks.

--The Opening Date has been identified as April 5, Easter Monday.

--Several additional congregations have signed on as Supporting Congregations.

--Several more congregations are considering becoming Host Congregations.

--Our Coordinators, Becky Miller Pryor and Jane Zimmerer, have been gathering names of persons for the volunteer positions that we will need here at St. Mark's. Consult the sign-up sheets in the narthex or call Becky for additional information. There is a spot for all ages, abilities, and interests.

## Thoughtful activities underway this Lent

Twenty-two persons came together for prayers and lunch on Wednesday, February 24, and 45 took part in supper and Evening Prayer that day.

The food was excellent, and the singing was firm and forthright. The subject for our scripture reflections this year is the stories of the patriarchs from Genesis. We began this past week with Abraham, and will continue with Isaac, Jacob, and Joseph in coming weeks.

Please note carefully the schedule for each Wednesday and for Holy Week that is printed on the cover of this newsletter. These activities will be personally beneficial, and of aid and encouragement to others. Whom could you pick up and bring along with you?

# INDEX & COUNCIL UPDATE

## Inside This Issue:

Family Promise .....	1
Parish Register .....	2
Officer & Staff Contact Information.....	2
Spring Clothing Sale .....	3
Children's Church.....	4
Family Promise Volunteers.....	4
News from the Pews .....	4
Yokefellow.....	5
United Churches of Lycoming County .....	6
ELCA, Synod & West Branch News .....	7
From the Pastor's Pen .....	8
Why is the Bible Important? .....	9
Souper Bowl of Caring Update .....	10
Friday Fun Night.....	10
Milestone: Blessing of the Keys .....	11
VBS High Seas Expedition!.....	11
Lenten Meals & Wednesday Worship .....	12
St. Mark's Lions & John Bower Basketball.....	13
Bowling Update .....	13
St. Paul Scholarship .....	14
Pysanky Egg Dying.....	14
Annual Easter Breakfast & Egg Hunt .....	14
Special Thank You Notes .....	15
Some Thoughts to Ponder .....	15
Birthdays and Anniversaries .....	16
Iron Chef 2010.....	16
Love Blankets for Hospice.....	16
Health, Healing and Wholeness .....	17
Special Need Prayer List.....	18
March Calendar.....	19
Holy Week Services.....	cover



## ...BE SPECIAL...

A group of frogs were traveling through the woods, and two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they were as good as dead. The two frogs ignored the comments and tried to jump up out of the pit with all of their might. The other frogs kept telling them to stop, that they were as good as dead. Finally, one of the frogs took heed to what the other frogs were saying and gave up. He fell down and died. The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and just die. He jumped even harder and finally made it out. When he got out, the other frogs said, 'Did you not hear us?' The Frog explained to them that he was deaf. He thought they were encouraging him the entire time. And the moral of this story?



1. There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.
2. A destructive word to someone who is down can be what it takes to kill them. Be careful of what you say. Speak life to those who cross your path.

The power of words ... it is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times.



## COUNCIL MEETING NOTES

**The meeting scheduled for 2/22/2010 was cancelled due to illness & weather.**

## 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

## 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

### Volunteers Needed!

Family Promise of Lycoming County continues to move closer to opening and serving families experiencing a housing crisis. The Day Center is the former parsonage of Redeemer Lutheran Church. It is a beautiful Victorian home with large, bright rooms.

On Saturday, March 6, 2010, beginning at 10:00 a.m., FPLC Board members and volunteers will meet to clean and freshen all rooms of the house. If you have two hours to donate on that day speak with or call Becky Miller Pryor at 321-9523.

### Children's Church Sunday, March 14th 10:30 a.m. in the Chapel.



**We  
look forward to seeing  
you**

## News from the Pews

If winter comes, can spring be far behind?" These February days it seems very far behind but I will cheer you up with some good things that I have seen and heard about some of our congregation.

Dean's list students include **Brett and Lauren Campbell** (in their first semesters, no less) and **Caitlin Butters** – Brett at NYU, Lauren at American U and Caitlin at East Stroudsburg.

Some of our Senior Choir members were pictured in the newspaper practicing for their Valentine's Day concert – spotted **Nick and Deb Buckman** and **Larry Lehman** adding their vocal talents.

Not to be outdone our younger members are making the news as well – **Hannah Haussmann** was sharing her Mother Goose book with Sheridan's reading teacher at an evening of Mother Goose.

Budding athlete **Owen Gair** was getting set to roll his bowling ball during Lycoming Nursery School's field trip to Faxon Bowling Lanes.

**Devon Owen** was named student of the month for January at South Williamsport Junior Senior High School. Congratulations to all these young people!

Others who have made contributions to the community include **Linda DeSeau** who is a member of the Newberry Community Partnership and **Mel Wentzel** who was pictured with his fledgling teachers in training at Lycoming College.

Finally, **Pastor Elkin** has had his share of excitement this month – he had front page coverage for his involvement in Family Promise and the entire Elkin family traveled to Spain for the February 13 wedding of **Katy and Esteban** in a castle/restaurant in Hostaric –many pictures to come!

**- Joyce Anne Hershberger**

*Please submit items to Joyce via her email [deermountain2@comcast.net](mailto:deermountain2@comcast.net) or by calling her at 322-0410.*

## YOKEFELLOW

In 1996 song writer Ray Boltz wrote the following song which was put to music by Steve Milliken.  
 This song has a message for us to ponder: Has everyone been served?  
 The response to that question was a resounding,

*No, No, Not Everyone Has Been Served. No, no we need to take them to His word.  
 How can they know Him when they've never heard? No, no, not everyone has been served.*

*With tears in their eyes they prayed for the cities where millions of people suffer each day,  
 they live and they die never knowing why. No one is there to show them the way.  
 And the Father says, Has everyone been served? For so long He has heard,  
 We are the light and we know the truth. Can we forget what we're called to do?*

*No, No, not until all have been served. No, no, we need to take them to his word.  
 In every nation let this cry be heard, No, no, not until all have been served.*

We can never be satisfied until justice rolls down like waters and righteousness like a mighty stream.

It's time for the Church to take our religion out of the box and get involved!

It's time to get up off our blessed assurance and educate ourselves.

It's time to let our voices be heard in Washington and Harrisburg and at the voting booth.

Our elected officials need to know that God is not satisfied,

and there are throngs in the world who have not been served!

It's time for change and if we don't get involved in changing things, then who will?

If not now, when?

If not us, then who?

Dr. Martin Luther King said,

"I say to you today, my friends,

so even though we face the difficulties of today and tomorrow,

I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed;

"We hold these truths to be self-evident, that all men and women are created equal."

"We will have to repent in this generation  
 not merely for the hateful words and actions of the bad people  
 but for the appalling silence of the good people."

No, no not everyone has been served!

Crime rates haven't changed dramatically since 1973...

But sentencing policy has grown increasingly punitive  
 with huge increases in felony convictions and longer sentences.

Pennsylvania is listed among the states with the 2nd highest prison growth rate in the nation!

Our state prison population has increased 24% since 1999 to more than 47,000 prisoners.

The PA Department of Corrections is growing at the rate of 3.7% per year.

We of the church hold the bread of life in our hands!

Will you help take the Word to them? Will you go to show them the way?

We are the light and we know the truth.

So, can we implore God,

No, no, not until all have heard.

No, no, we need to take His word to every prison.

Let this cry be heard, No, no, not until all have heard!

# United Churches of Lycoming County

## UNITED CAMPUS MINISTRY

The students have settled in to the semester and things are going well. We have had some interesting Faith Talk discussions this semester. Our mission trip has changed. We didn't have as many students sign up to go to West Virginia as we had hoped for, so we are making alternate plans do something locally that more students can be involved in. Our Lasagna dinner has been rescheduled to April 7th and food collected for the West Virginia trip will be donated to the food pantry.

Lent is just around the corner, and we look forward to joining some local churches for their Lenten dinners and Worship. We will begin by joining with Trinity Episcopal Church for their Ash Wednesday service.

We are always looking for new students to join us for a Monday night Faith Talk on campus, or for the Wednesday evening dinner and worship at Trinity Episcopal Church. If you have any Penn College students in your congregation, please let them know about UCM. Also, if you are interested in finding out more about United Campus Ministry, we are always happy to come and visit your church and let you know who we are. Blessings to all of you in this Lenten season.

Sharon Comini, Coordinator  
Contact at: 419-5376 or ucm@uclc.org

### WORLD DAY OF PRAYER SERVICE

*Mrs. Regina Gross, President 322-2619*

Church Women United of Lycoming County will hold their service on Friday, March 5 at 1:30 p.m. at St. Paul-Calvary United Methodist Church, 1427 Memorial Avenue, Williamsport, PA. The World Day of Prayer is a world wide ecumenical movement of women of many faith traditions who come together to observe a common day of prayer each year on the first of March. Each year a different country serves as the writer of the worship service. The women of Cameroon invite you to "Africa in Miniature" a country in which climate and culture are rich with diversity and where people are bound together by a love for music, family and faith. Women shine in every religious activity, displaying great conviction and tireless participation in ecumenical work. The worship service emphasizes the importance that the people of Cameroon place on music and celebration in their praise to God and music.

### WEDNESDAY LUNCHES

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

- 3- **Rev. Jeff Zetto**, Pastor,  
Bethany Lutheran Church, Montoursville,  
**"The Brother Who Wanted Some of the Family Inheritance"**
- 10- **Rev. Judy Stanley**, Interim Pastor,  
Montoursville Presbyterian Church,  
**"The Crippled Woman"**
- 17- **Rev. Glenn McCreary**, Pastor,  
Church of the Resurrection, Muncy,  
**"Zacchaeus"**
- 24- **Rev. Ann Runnels**, Pastor,  
Nisbet United Methodist Church,  
**"The Widow with a Gift"**
- 31- **Rev. Gwen Bernstine**, Exec. Dir., UCLC,  
**"The Disciple Who Allowed Satan into His Heart"**

### FOOD PANTRY NEEDS

These are the items that are currently needed:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>oodles of noodles</li> <li>chunky soups</li> <li>oatmeal</li> <li>crackers</li> <li>cookie mixes</li> </ul> | <ul style="list-style-type: none"> <li>canned fruit</li> <li>mac-n-cheese</li> <li>cake mix &amp; frosting</li> <li>pancake mix &amp; syrup</li> <li>canned vegetables</li> </ul> |
|--|---|

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 to receive food are 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 weekend. Devotionalists change weekly. The phone number is **570-322-5762**.

# ELCA, Synod & West Branch News

## Bishop's Day for Confirmands: March 21, 2010

A special event for the synod's confirmands will be held on Sunday, March 21, 2010, from 2:00- 4:30 p.m. at United Lutheran Church in Sunbury (Wolf's Crossroads). This special event is open to ALL confirmation students in the Upper Susquehanna Synod and the students' parents and/or pastors. Bishop Robert L. Driesen invites you to join him for an afternoon of worship and learning more about what it means to belong to the one, holy, catholic and apostolic church. Reservations/registrations are not necessary, but would be helpful for planning. Confirmation teachers/pastors are encouraged to contact the Synod Office ([secretary@uss-elca.org](mailto:secretary@uss-elca.org) or 570-524-9778) with an approximate count by March 14, 2010.

## Holy Tuesday Chrism Mass: March 30, 2010

The annual Holy Tuesday Chrism Mass service for leaders (rostered and lay) in the Upper Susquehanna Synod will be held on Tuesday, March 30, at 10:30 AM at **Christ Lutheran Church, Lewisburg**. Bishop Robert L. Driesen will preside at this Eucharist service which includes the blessing of oil for use in anointing. RSVP to the synod office ([secretary@uss-elca.org](mailto:secretary@uss-elca.org) or 570-524-9778) to reserve a spot for lunch following the service.

## 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 Toftrees 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.

## Grant Writing Workshop: March 3 and May 26, 2010

A "Grant Writing for Beginners" training will be offered by Dory Campbell, Coordinator of the Evangelical Lutheran Coalition for Mission in Appalachia, at Pine Street Lutheran Church in Danville on Wednesday, May 26, beginning at 6:00 p.m. This will be a three-hour session, and is open to anyone interested. There is no cost for this training, but advance reservations are requested. For more information or to register for the session in Danville, contact the church office at 570-275-2110. Office hours are 9:00 a.m.- 1:00 p.m. Monday thru Thursday. The e-mail address is [pinestch@ptd.net](mailto:pinestch@ptd.net). Directions are available on request.

# From the Pastor's Pen...

## A Time for Truth

A young pastor who spoke here at St. Mark's two years ago recently published an essay in which he observed that there is an idea throughout our society these days that all talk about truth is merely a sneaky way to exercise power over someone else. Therefore there can be no give-and-take of genuine conversation as we have known it in the past; there can only be taking, winning, or destroying any other point of view. One can and will say anything in order to "win." There is no objective truth outside of me; truth is whatever I think or feel at any given moment; whatever I need in order to overpower you.

One might follow this observation as it is being lived in the realm of civil politics today, but the writer was applying it to the situation of the church's life in our times. "All is rhetoric and naught is truth," he says.

The day is soon coming when we will be forced to choose between alternate visions of the nature of the church. Is the church our creation, to be molded to any shape that is popular in society around us, or is the church the Body of Christ, something very different from the other institutions of the world, a reflection of the mind of Christ, an anticipation of the heavenly Jerusalem, a proclamation of objective truth beyond what we think or feel at the moment?

This sounds very complicated, but the questions can be stated in very basic ways:

Does the Bible mean what it says?

Is it just an old book, or should it be shaping my life?

Do the Ten Commandments apply to me?

(Here we engage in the old Lutheran conversation about the three uses of the law.)

What difference does it make that Jesus makes a promise to me within the whole body of the church?

One may think that the arguments that are going on in the church around the country really don't have anything to do with us in our town. That is a short-sighted attitude. If our seminaries are teaching something other than the faith delivered to the saints, from whence will our next orthodox pastor come? If our publication house persists in promoting materials that abuse language about the name of God, from whence shall we secure good materials to use in teaching children and adults? If our benevolence money is used to lobby politicians for various causes, how will genuine mission be financed? These are uncomfortable but necessary questions.

At root, these questions are about the nature of scripture and our reaction to it. Mr. Wentzel said it to us clearly several weeks ago:

"The Bible's goal is not mere understanding or agreement. The Bible demands transformation. We live in a world that urges us to "make up your own mind." The Bible seeks to form our minds."

~ Pastor Elkin

## 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.



## Why is the Bible Important?

*Here are some thoughtful highlights from a sermon presented by Mel Wentzel on Feb 7.*

### ***What is the Bible?***

Think of scripture as a truthful story about how the world came to be, what the world is, and where the world is headed. Scripture is God's story of what life means and why we are here. Christians are none other than people who have had their lives shaped by reading, and then submitting to, the "good news" that is the story of Jesus Christ.

The Bible is, in great part, a long, wonderful story of God's relentless determination to reveal God's purposes and love for us. All of the different kinds of literature in the Bible constitute the creative, resourceful attempt of God to get through to us.

The Bible is about everything! Our God wants all of us, and all of our time. In reading the Bible we are asked to relinquish the tight grip of the world's officially approved stories in order to be embraced solely by God's story.

### ***What the Bible is not:***

Don't think of the Bible primarily as a rule book where you go to get directives for every single step of your life or as a magical source of instant inspiration; rather think of the Bible as the major means God has provided for us to become friends with God and followers of the Lord Jesus.

### ***What does the Bible intend to do to us?***

The problem is not so much that the Bible is old and we are modern or that the Bible is intentionally obscure; it is rather that the Bible is true, whereas we tend to be deceitful.

The Bible's goal is not mere understanding or agreement. The Bible demands transformation. We live in a world that urges us to "make up your own mind". The Bible seeks to form our minds. We are not only to know what is right, but also to do what is right and not just do what is easy.



The Bible wants to bend our lives to the wisdom of the saints.  
The goal is not just *information*, but *transformation*



Even a familiar passage from the Bible may on a given occasion grab us by the ear, shake us up and down, and demand to be heard in a fresh way. The scriptures are about the business of questioning and examining us. The question is not "Do I agree with this?" but rather, "How is this passage asking me to change? (We ask this in each session of *The Way*.)

### ***Why can't I understand everything in the Bible instantly?***

The Bible takes time. We already know that any true friendship takes time. We read the Bible in order to allow the revelation of God to unfold in our lives, so that we may be more faithful disciples of Jesus and better understand the nature of the world as the promised reign of God.

### ***How should we use the Bible well?***

The process of Bible-reading involves:

- (1) reading with the intent of communion with God,
- (2) reading regularly,
- (3) making use of tools such as a commentary and footnotes,
- (4) being patient,
- (5) expecting change within ourselves,
- (6) acknowledging that it is Christ's invitation to us to be formed as his people; it is a compass pointing us in the right direction.

## YOUTH & FAMILY MINISTRY

*Thank You!*

St Marks Lutheran Church  
raised:

**\$146.00 and 74 non-perishables**

*Thanks to your efforts this year, more dollars have been raised, more lives have been changed and the entire community has seen the good that happens when we all work together to help those in need. Together we are transforming Super Bowl weekend into an unprecedented time of giving and serving.*

*Ron Goch*

Ron Goch  
Executive Director



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

### FRIDAY FUN NIGHT

## March 19th

### 6:30 PM

Celebrate the first day of  
spring with us!!

Bring your favorite game, snack and enthusiasm  
to Fellowship Hall on March 19.

What's that?

You don't have any games to bring??

C'mon down anyway!!

If you need a ride—CALL US!

We'll be glad to come for you and take you home  
at the end of the evening!

## YOUTH & FAMILY MINISTRY

# MILESTONE MINISTRY

## BLESSING OF THE KEYS



We have a special milestone celebration for the youth in our congregation who attain their junior driver's licenses. It's a meaningful observance, during which the new driver gives up something from his or her childhood in exchange for the new responsibility of driving. We have also developed a means of recognition for those drivers receiving their senior license.

*BUT YOU NEED TO TELL US WHO SHOULD BE RECOGNIZED!!*

Since different families have different timetables for these events, we can't just refer to the church register for the information. We have no idea which youth are reaching this important milestone in their lives—unless you tell us!! Please let the church know if your child has recently received a junior or senior license as soon as possible. A date for celebration will be set once we know who these special teens are. *PLEASE CALL US!!*



# HEAVE-HO! LET'S GO!

Ready for the voyage of a lifetime?

At High Seas Expedition, kids explore the mighty love of God on a journey that will change them forever! High Seas Expedition is filled with incredible Bible-learning kids see, hear, touch, and even taste! Bible Point crafts, teambuilding games, cool Bible songs, and tasty treats are just a few of the High Seas Expedition activities that help faith flow into real life.

Plus, we'll help kids discover how to see evidence of God in everyday life—something we call God Sightings. Get ready to

*Make a splash this summer!*

*Soak up the fun at VBS!*

# 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.

## Menu

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.**

**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.**

## YOUTH & FAMILY MINISTRY

### St. Mark's Lions End Their Season!

Our athletes played great games with lots of fantastic teamwork! Our coaches were awesome in the guidance of these young players. The Beginners had a blast and came heartbreakingly close to winning several times. The Pee Wees played well—every one of the 14 member team getting plenty of court time! The Juniors worked hard on the court—many times only five of them playing back-to-back games! All-in-all, we have a fantastic group of kids representing us!!



A celebratory party was held February 27, at noon, here in Fellowship Hall: pizza and snacks, games and awards. These special youth and their coaches were recognized at service on Sunday, Feb. 21.

When you see any of these players or their coaches, please congratulate them on their dedication and good sportsmanship. These kids and their leaders did an awesome job and were a joy to watch. They are:

#### Beginner Pee Wee

Coach: Mike Jensen

Asst. Coach: Ben Haussmann

Grace Elliot

Owen Elliot

Owen Gair

Hannah Haussmann

Sean Jensen

Ashton Ott

Dylan Ott

Amalie Robertson

#### Pee Wee:

Coach: Rick Robertson

Liam Breasette

Kyle Caringi

Makensie Doebler

Ian Elliot

Caden Fisher

Aimee Holzapfel

Dawson Owen

Lynna Robertson

Cody Shimp

Annika Waffenschmidt

Sadie Wentzel

Taylor Wentzel

Megan Wike

#### Junior:

Coach: Kirk Owen

Stephen Boone

Christina Comini

Jarrett Eyer

Corey Hospes

Max Hospes

Sara Jones

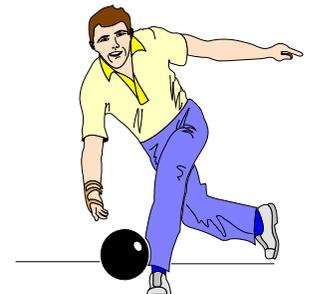
Chris Lauer

Devin Owen

**Special note:** We wish to thank Mike Jensen, Kirk Owen and Rick Robertson for coaching for our teams. We would not have had a program without them. Thanks, guys!!

## We Had A Blast bowling!!

Around 30 folks showed up for this intergenerational event on Saturday, February 20, 2010. Everyone had a great time at the Harvest Moon lanes and we'd like to repeat this, soon! Any adults up to forming a team for next year?



## YOUTH & FAMILY MINISTRY

### ATTENTION HIGH SCHOOL SENIORS & STUDENTS IN COLLEGE!!!

## THE ST. PAUL LUTHERAN CHURCH SCHOLARSHIP

#### The Scholarship Program

The St. Paul Lutheran Church Scholarship Program was founded by the congregation of the former St. Paul Lutheran Church in Williamsport, Pennsylvania. St. Paul Lutheran Church, prior to its closing, established this special scholarship program to benefit Lutheran students in Lycoming County, Pennsylvania, in perpetuity.

#### Eligibility

Eligible candidates will be graduating seniors of a high school, or a high school graduate equivalent, located in Lycoming County, Pennsylvania. Candidates must be members of a Lutheran church, and eligible candidates also include those individuals who were members of St. Paul Lutheran Church in Williamsport, Pennsylvania, at the time of its closing. Candidates must be attending, or plan to attend in the 2010-2011 academic year, an institution of higher education (academic, technical, or vocational). Eligible candidates must also have a minimum grade point average (GPA) of 2.5 on a 4.0 scale and demonstrate involvement in church and community. Candidates may reapply in successive years for scholarships available from this program.

#### Scholarship Awards

Scholarships awarded in 2010 will be available only for the 2010-2011 academic year. Scholarship awards may be used only for educational expenses, including tuition, books, laboratory expenses, or other education-related expenditures that are approved by the Foundation.

#### Selection of Recipients

The number of scholarships awarded, the amount of the scholarship awards, and the selection of scholarship recipients will be determined by the Foundation.

#### Application Process and Deadline

Students who wish to apply to the scholarship program must complete an application and required letters of recommendation and submit materials postmarked no later than **April 15, 2010**.

The application and required attachments will be available in the staff hallway or online at [http://www.thelcf.org/grants/scholarship\\_applications/the\\_st\\_paul\\_lutheran\\_church\\_scholarship](http://www.thelcf.org/grants/scholarship_applications/the_st_paul_lutheran_church_scholarship)



### Pysanky!!

Learn how to dye these beautiful eggs!

Bernadette will be having a workshop on the art of Ukrainian egg-dyeing from 6:30-8:30, Friday evening, March 26. Learn this or the American form of egg decoration in which the eggs are "dyed" by cooking them in onion skins or cabbage leaves, then scratching a design on them. Due to some of the tools being used, attendance is limited to adults or older youth. If you are interested, call or e-mail her at the office.

## Breakfast with the Pastor & St. Mark's Annual Easter Egg Hunt Saturday, April 3, beginning at 9:45 a.m.

Please join us as we have fun with our youth, ages ranging from toddlers up to grade 5, here at the church during the morning of Saturday, April 3, starting at 9:45 a.m.! We will begin by having breakfast with the Pastor and then we will have our Easter Egg Hunt.

Donations of small erasers or egg-sized Easter toys would be appreciated and accepted! We look forward to seeing you all there!



## Special Thank Yous

Dear St. Mark's,  
Thank you for paying for half of my fee to stay at Camp Mt. Luther. I had an excellent time there, and would definitely like to go again next year. Thanks!

Theoron Hershey

Dear St. Mark Lutheran Church,

At the start of this new year, all of us associated with Mount Luther are grateful for the generosity of people like you who help us continue to minister to children, youth, and adults through outdoor ministries. Because of you, we are able to provide programs and facilities where participants can experience God, nature, and service.

Thank you for your recent Synod Benevolence (Annual) gift of \$99.99 recorded on 1/28/2010. We are very grateful for our friends and supporters who are vital to what we do. Your support enables us to continue a tradition of providing a place set apart by God for worship, study, environmental education and Christian fellowship.

God's Peace,  
Chad W. Hershberger  
Executive Director

Dear St. Mark's Congregation,

Thank you very much for your contributions to Family Promise. We received \$399 in checks over the past few months. Sorry for the delay in getting this card sent. Soon the doors will be open and homeless families will be able to get the help they need.

Sincerely,  
Colleen Klinger, Treasurer

Dear St. Mark's Lutheran Church,

Your recent \$375 donation to the Shepherd of the Streets Ministry is deeply appreciated.

Your gift of love is the spark needed for the candle to burn brighter in the hearts of those walking a difficult road.

May the Lord shine brightly in all you say and do.

Sincerely yours in Christ,  
J. Morris Smith, Th.D.

P.S. Thank you for your 4th quarter contribution. May the Lords peace and blessings be upon you.

Karen Nelson,  
Volunteer

## Something to Ponder...

Justice is when God gives us what we deserve.  
Mercy is when God doesn't give us what we deserve.  
Grace is when God gives us what we don't deserve.

May you have enough happiness to make you sweet,  
enough trials to make you strong,  
enough sorrow to keep you human,  
enough hope to make you happy.

## Happy Birthday!

Ruth U. Pile 03/01  
 Richard Hafer Jr. 03/03  
 Jessica Curry 03/04  
 Trisha Harvey 03/05  
 Barbara Switzer 03/05  
 Pamela Lehman 03/06  
 Robert Shaible 03/06  
 William Hibschan 03/08  
 Rose Marie Hafer 03/09  
 Robert Lynn 03/09  
 Patricia Thayer 03/09  
 Beulah Wrede 03/09  
 Mason Peluso III 03/10  
 Michael Kinney 03/11  
 Aletha Swartz 03/13

Kimberly Caster 03/15  
 Roxanna Larson 03/15  
 Eileen Georg 03/16

Diana Davenport 03/18  
 Beatrice Doebler 03/21  
 Randy Lukens 03/21  
 Lauren Sims 03/22  
 Christopher Hoagland 03/23  
 Gary Weber 03/24  
 Nancy Bohartz 03/25  
 Sara Larson 03/25  
 Jonathan Bower 03/27  
 Raymond Stiller 03/27  
 Sandra Edler 03/28  
 Mark Bittenbender 03/29  
 Tyler Bower 03/29  
 April Hartzel 03/29  
 Carl Hieber 03/29



Dinah Labenberg 03/16  
 Hannah Lynn 03/16  
 Henrietta Tyson 03/17  
 Alan Matthew Zimmerer 03/17

## Happy Anniversary!

Ralph & Elda Zeigler Sr. 03/01  
 Richard & Sandra Lakey 03/05



Gary & Donna Clark 03/06  
 Kenneth & Lois Winters-Goldy 03/19

## Iron Chef to Return!

Last spring's Iron Chef competition was such a great time that we are determined to do it again. April 25 is the date selected, and our competitor will be announced very soon. The event is for the benefit of Family Promise of Lyscoming County, which we anticipate will be in operation by that time. Mark your calendar and tell your friends.



## Love Blankets for Hospice



Susquehanna Health Home Care & Hospice needs help with donations of handmade blankets for patients at the end of life.

They prefer blankets to be 48' x 72' and quilted, knitted or crocheted from new, soft materials. Blankets can be dropped off at their office in Divine Providence Hospital, 4th Floor weekdays between 8 - 5. Monetary donations towards a quilt can also be made. For details, call (570) 320-7690.

## HEALTH, HEALING & WHOLENESS

***“How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I bear pain in my soul, and have sorrow in my heart all day long?”***

(Psalm 13:1-2a, NRSV)

Salt and pepper; peanut butter and jelly; tea and honey; coffee and cream; chronic pain and depression. Some things just seem to go hand-in-hand. Pain – especially the chronic/on-going kind, can wear down even the hardest of souls, and is often closely linked to depression. It can trigger a wide range of negative emotions: irritability, anger, fear, anxiety, and despair. It is estimated that 30-80% of people with chronic pain also suffer from clinical depression. Chronic pain stresses all aspects of our well-being – it certainly threatens our physical, but also our emotional, spiritual, even sometimes our financial health. People with chronic pain have 3 times the average risk of developing psychological symptoms, and depressed people have 3 times the average risk of developing chronic pain. Roughly 32 million people report having had pain lasting longer than one year. Those whose pain limits their independence are especially likely to become depressed.

Why? Depression and chronic pain share some of the same neurotransmitters – brain chemicals – as well as some of the same neural (nerve) pathways in the limbic region of the brain – the area which serves as the seat of our emotions. Yet depression associated with chronic pain often goes untreated – the pain often takes center stage during a typical 15-20 minute office visit. As the depression magnifies pain, it reduces our coping skills. Chronic pain may be difficult to eliminate, but almost always can be managed. Treatment often takes a multi-dimensional approach, which may include your regular health-care provider, pain or palliative care specialist, psychiatrist and/or a therapist.

Medications are now available which work by effecting brain chemicals that are responsible for both mood and pain. Talk or cognitive-behavioral therapy can also help the individual deal with depression by exploring the mind-set or attitudes of the sufferer in regard to his/her pain, by sometimes uncovering long-standing emotional conflicts or negative thoughts that contributed to suffering, and by exploring some of the losses that may have been triggered by the chronic pain. Often a combination of both treatments will need to be utilized in order to lead to an improved sense of well-being. Once initiated, it is important to understand that treatments may take time to become effective, and because we all experience pain and depression differently, may require changes/adjustment to accommodate the needs of the individual.

Physical exercise also can be an important aspect of treatment. Exercise releases some of the same brain chemicals as anti-depressants. It is crucial that the individual work with his/her doctor to design an exercise plan that is safe and effective, and does not worsen the pain.

Chronic pain and depression may lead to spiritual crisis, resulting in a feeling of hopelessness, a sense of abandonment, questioning the meaning of life, and in severe cases, even consideration of suicide. An important aspect of being with those who suffer is listening with one's whole being. – without judgment of feelings that may be expressed. Gently assist them in exploring additional pain management techniques. A daily prayer ritual may bring some relief or at least a diversion from pain. Learning meditative prayer and/or relaxation techniques can also be very beneficial. Finally, assist the individual in maintaining ties with his/her congregation – through visits, providing the Eucharist, cards, flowers, taped worship services. Being a part of a compassionate, praying community is a vital means of social, emotional, and spiritual support.

Resources: [www.webmd.com/depression/guide/depression-chronic-pain](http://www.webmd.com/depression/guide/depression-chronic-pain)  
[www.johnshopkinshealthalerts.com/reports/healthy\\_living/3034-1.html?type=pf](http://www.johnshopkinshealthalerts.com/reports/healthy_living/3034-1.html?type=pf)  
 and [www.health.harvard.edu/newsweek/Depression\\_and\\_pain.htm](http://www.health.harvard.edu/newsweek/Depression_and_pain.htm)

***“I trusted in your steadfast love; my heart shall rejoice in your salvation.”*** (Psalm 13:5)

Debbie Best  
 Diakon Family Life Services

## SPECIAL CONCERNS LIST

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

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

Nancy Bohartz  
624 Sixth Ave.  
Williamsport, PA 17701

Elizabeth Chrisman  
690 Harding Ave.  
Williamsport, PA 17745

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

June Decker  
338 Sherwood Ave.  
South Williamsport, PA 17702

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  
1900 Ravine Rd., Rm. #306  
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

Eugene & Reba Jacobs  
1306 Faxon Parkway  
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. Hosp. #311  
Danville, PA 17821

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

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

Ira Tuxford  
210 Louise Ave.  
Montgomery, PA 17752

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 March Calendar of Events

## 1 Monday

(Pastor at Society of Holy Trinity)

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

## 2 Tuesday

8:00 AM City Pastors  
9:00 AM Morning Prayer  
6:30 PM Worship & Music Comm.

## 3 Wednesday

9:00 AM Morning Prayer  
9:20 AM Staff Mtg. & Quilting  
1:30 AM Lenten Mid-Day Worship  
12:00 PM Lenten Mid-Day Meal  
6:15 PM Lenten Evening Meal  
7:00 PM Lenten Evening Worship

## 4 Thursday

6:31 AM Men's Ministry  
9:00 AM Steph Min I & M. P. @ Valley View  
7:30 PM Senior Choir

## 5 Friday

9:00 AM Morning Prayer  
1:30 PM Women Day of Prayer@St.Paul-Calv.

## 6 Saturday

9:00 AM Fam. Prom. Day Ctr. Cleaning

## 7 Sunday Lent III - Liturgy of Blessing #1

8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
11:47 AM Nominating Committee  
12:15 PM The Way Gathering  
5:00 PM Family Handbells

## 8 Monday

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

## 9 Tuesday

9:00 AM Morning Prayer  
10:00 AM Conference Pastors  
12:00 PM Finance Committee  
6:00 PM Brownies

## 10 Wednesday

9:00 AM Morning Prayer  
9:20 AM Staff Mtg & Quilting  
11:30 AM Lenten Mid-Day Worship  
12:00 PM Lenten Mid-Day Meal  
5:00 PM Exec. Comm.  
6:15 PM Lenten Evening Meal  
7:00 PM Lenten Evening Worship

## 11 Thursday

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

## 12 Friday

9:00 AM Morning Prayer

## 14 Sunday Lent IV - Liturgy of Blessing #2

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 Gathering  
5:00 PM Family Handbells  
6:00 PM Event

## 15 Monday

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

## 16 Tuesday

9:00 AM Morning Prayer  
12:00 PM LSM @ COS

## 17 Wednesday

9:00 AM Morning Prayer  
9:20 AM Staff Mtg. & Quilting  
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

## 18 Thursday

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

## 19 Friday

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

## 20 Saturday

7:00 AM Catechetical Trip

## 21 Sunday Lent V- Liturgy of Blessing #3

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  
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  
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  
6:00 PM Pysanky Egg Dying



## 27 Saturday

9:00 AM Daniel's Closet @ Redeemer

## 28 Palm 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  
6:30 PM Teen Movie Night



## 29 Monday

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

## 30 Tuesday

9:00 AM Morning Prayer

## 31 Wednesday

9:00 AM Morning Prayer  
9:20 AM Staff Mtg & Quilting  
6:15 PM Seder



**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)



*Return Service Requested*

Non-Profit Organization  
U.S. POSTAGE

**PAID**

**Permit No. 257**  
Williamsport, PA 17701

# **Please join us during Holy Week**

**Wednesday, March 31**  
Seder Meal, 6:15 pm

**Thursday, April 1st**  
Holy Communion, Noon & 7 pm

**Good Friday, April 2nd**  
Ecumenical Service, Noon to 3 pm  
Tenebrae Service, 7 pm

**Saturday, April 3rd**  
Children's Breakfast with Pastor  
& Easter Egg Hunt, 9:45 am  
Easter Vigil, 8 pm

**Easter Sunday, April 4th**  
Holy Communion, 8 am & 10:30 am