



# THE LION OF ST. MARK'S

FEBRUARY 2011

## Family Promise: Personal reflections from the Pastor

It is a bit amazing and wonderful that Family Promise of Lycoming County, Inc. is in full operation this winter. The need is quite clear; many people are struggling at the edge of homelessness these days. Local rental prices have risen sharply as the supply of affordable housing has dropped and the job market is very tight. But in this difficult situation, 13 congregations have opened their doors to offer overnight hospitality on a rotating basis, one week at a time, 4 times a year. One of the most startling statistics to me is that we have over 600 persons who are involved as volunteers in some aspect of Family Promise. This goes completely against the expectations of those persons who said that we couldn't do this task in Williamsport, that we would never find enough people to staff it, and there isn't much need for it anyway. Lutherans got the effort started, and we have been joined by Methodists and Presbyterians especially, and supported by many others as well.

At St. Mark's, we have the distinction of being the first congregation to sign the agreement to be a host, we have taken the lead in recruiting other congregations, especially through the efforts of Becky Miller Pryor with me, and had a number of folks serve as volunteers under the direction of Becky and Jane Zimmerer here and also several serve as volunteers at the Day Center. The financial support we have offered to Family Promise has been instrumental in persuading others to get aboard. I have just been elected to my final year as Vice President of FPLC before I leave the Board.

And then there is our third annual Iron Chef Williamsport competition. It is a very visible way to keep the public conversation going about Family Promise and to raise significant funds for the organization as well. Last year we raised \$8,000, four times the amount from the first year. What can we do this year? I hope that the total will rise again. Tickets will be available shortly, and a major publicity event will take place here at St. Mark's on March 16, 11 days before the event. Watch for details shortly. Our competitors this year will be from St. Joseph the Worker (Annunciation parish) led by Fr. Bechtel. I am proud that we have been able to develop this event. Of course the pressure is on for our team to do well again, but we need to remember that the focus is not on the team, but on the goal of supporting the mission of Family Promise.

**Thank you** to all who serve in person during our hosting weeks, to all those who assist in any way with Iron Chef Williamsport, to those who volunteer at the Day Center, to those who contribute items needed for the program, to those who contribute financially. Every facet of these activities is needed. What wonderful things we can accomplish when we hear Jesus words and take them to heart:

*I was hungry and you fed me, I was a stranger and you welcomed me...;  
just as you did it to the least of these my brothers and sisters, you did it to me. [Mt. 25]*

## Almost....

We hope to finalize arrangements shortly toward the hiring of a new parish musician. The Search Committee (Carl Hieber, Karen Boone, Deb Buckman, Joyce Hershberger, Bernadette Jones, and Pastor Elkin) clarified our aims, arranged for publicity, communicated with inquirers, interviewed candidates, and finally made recommendations to Mutual Ministry and the Council. We are currently in final negotiations. Look for an announcement very soon.

## In the Crossways Room

On Sunday morning at 9:15, join in as we explore a video version of the Gospel of Matthew, and also a video historic investigation of the making of the King James Version of the Bible 400 years ago. It is fun, intriguing and informative. Plenty of seats are available.

# INDEX & COUNCIL UPDATE

## Inside This Issue:

Pastor's Reflection on Family Promise .....	1
Musician Search Update .....	1
Adult Sunday School Crossways Class.....	1
Officer & Staff Contact Information.....	2
Council Notes .....	2
Hosting for Family Promise .....	3
Daniel's Closet .....	3
Recycling Altar Flowers .....	3
Birthday Card Shower for Helen Ochs.....	3
United Churches of Lycoming County .....	4
Food Pantry Needs.....	4
Campus Ministry.....	4
ELCA National News .....	5
Friday Fun Night.....	5
Souper Bowl of Caring.....	6
JBBL Basketball .....	6
Teen Movie Night .....	6
Bowling.....	6
Children's Church.....	6
Passing On Faith Milestone Services .....	7
Acolyte Training & Refresher Class.....	7
VBS Planning Begins .....	7
13th Annual Catechetical Retreat.....	8
What You Missed in January .....	8
Baking on Epiphany.....	8
Thank You Notes.....	9
Birthdays and Anniversaries.....	10
Nursery Help Needed .....	10
News in the Pews.....	10
Health, Healing and Wholeness .....	11
Special Concerns List.....	12
Lunch N' Fellowship .....	12
February Calendar.....	13
Campus Ministry Soup Sale Mission Fundraiser	14

## Council Notes

- The Congregation Council met in regular session on January 18 in the Crossways room. The council:
- Received the reports of the Pastor, officers, and committees.
  - Received the report of the Search Committee and approved the hiring of a candidate as Parish Musician, pending completion of negotiation by the Mutual Ministry Committee within the parameters set earlier by the Council.
  - Noted that Gary Stackhouse has joined Faith United Methodist in Montoursville.
  - Moved to welcome Dan Zeigler family into membership by Letter of Transfer from Christ Church, Lewisburg.
  - Ratified the use of Fellowship Hall for the 90<sup>th</sup> birthday party of Larry Bair and the annual banquet of the Wmspt. Dog Training Club, both on January 29.
  - Approved the use of a room for the Suzuki violin class twice a month through April, and a concert by that group in April in the nave, pending receipt of a certificate of insurance from the group's organizer, and the presence or supervision of a member of the parish.
  - Noted that the President has appointed additional members of the Nominating Committee.
  - Heard that the Ken Sawyer radio program will originate from St. Mark's on March 16, promoting Family Promise and the other homeless programs now underway in the city, and Iron Chef also.
  - Engaged in a brainstorming session for directions for the coming year, and asked the secretary to circulate the list of ideas for further thought, to move toward action.
  - Concluded by joining in Prayer at the Close of the Day in the Chapel.

## 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
Director of Music			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	Ken Shafranko, Treasurer	322-6005
Lou DeSeau, Environmental Services		ldeseau@stmarkswilliamsport.org	Kathy Eshelman, Stephen Ministry	323-1992

# St. Mark's Social Ministry

## Hosting for Family Promise

From Sunday, March 13, 2011 until Sunday, March 20, 2011 we will be hosting families with children who are experiencing a housing crisis. We are in need of volunteers



- to set up Fellowship Hall and the rooms being used for bedrooms,
- drive the van in the morning and evening,
- donate needed supplies, including washable blankets,
- donate money to offset the cost of fresh foods and milk,
- prepare meals,
- serve meals and eat with the families,
- visit in the evenings with our guests,
- stay overnight and get the coffee going in the morning,
- clean up at the end of the hosting week,
- and launder the bedding.

If you have two hours to donate you can be a volunteer and make a difference in a family's life. Please plan now to be part of that difference. If you need additional information please speak with Jane Zimmerer or Becky Miller Pryor.

**Sign up sheets will be available in the Narthex beginning February 13, 2011.**

## Daniel's Closet

St. Mark's continues to assist on a monthly basis with this free clothing outreach of Redeemer Lutheran Church. Several of our members donate clothing or time each month.

Now even our youngest members are assisting with this outreach. Recently the girls of Girl Scout Daisy Troop 182, with assistance from leader Jen Robertson, assembled more than a dozen hygiene kits to be given to people attending a recent distribution. Families in need were grateful for these items.



## An Easy Way to Recycle!

We have some gently used altar flowers that are just waiting to bring joy to a shut-in or neighbor near you. If a Sunday delivery isn't convenient you can pick them up in

the church kitchen on Monday or Tuesday. If you don't like hospitals or nursing homes why not give them to someone you know who is having a hard time. Just tell them that St. Mark's wants to give them the flowers so they will know that God loves them. Please sign up in the Narthex today!

## It's a Card Shower!



The 95th birthday of Helen Ochs, long-time member of St. Mark's, is February 12th. Her family would like to shower her with cards.

Cards of well wishes may be sent to:

**Helen Ochs**  
**Apt. B-808, 1900 Ravine Rd,**  
**Wmspt., PA 17701**

# United Churches of Lycoming County

## Ecumenical Lunches

### Wednesdays, 12 to 1 PM

A tasty \$6 lunch, warm, ecumenical fellowship & a thoughtful program designed to enrich your life mentally, physically, spiritually and socially at Pine Street United Methodist Church.

**No reservations are necessary.**

- 2-Rev. Larry Waltz, President, Blooming Grove Historical Society, *"Our Lycoming County Historical Societies and Museums Resource and Encourage Each Other"*
- 9- Rev. Glenn McCreary, Pastor, Resurrection Catholic Church *"St. Valentine - The Reason Behind the Holiday"*
- 16- Mr. Hank Mitchell, Executive Director, The Center, *"Hope, Help & Healing"*
- 23- Mr. Robert & Rev. Gwen Bernstine, Presidential Hobbyists, *"Our Amazing Presidents."*

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!

## 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 weekly.

The phone number is 570-322-5762.

## Campus Ministry

The students at Penn College have headed back to class, and our Monday evening Faith Talks are centered around our Spring Break Mission Trip to Washington D.C. from March 6-9. We will be working with the Center for Student Missions. The mission of CSM is to provide an effective urban ministry experience that transforms lives, influences churches and communities, and honors Christ. We are very excited to be going on this trip. UCM will be staying with Star of Bethlehem Church of God in Christ while we are there and the students will have the opportunity to experience first hand the many needs of the poor in the D.C. area. During our mission trip, we will work with the following groups:

**Brother's Keeper** ministers to the poor and needy in northeast Washington. Sister Jean Campbell runs Brother's Keeper, which strives to meet a variety of physical, economic, and spiritual needs on a 24-hour-a-day basis.

**So Others Might Eat (S.O.M.E.)** serves breakfast and lunch seven days per week to 500-1,000 persons. S.O.M.E. also provides medical and social services to Washington's poorest of the poor. CSM groups help with food preparation and distribution.

**Martha's Table** runs both a day care center for poor moms as well as a kitchen that prepares food for McKenna's Wagon, a food-for-homeless program on wheels. McKenna's vans distribute food to five different locations in D.C. CSM groups help in the day care and kitchen at Martha's Table.

We have been doing a lot of fundraisers for our trip and our next fundraiser will be a soup sale at Sam's Club in Muncy on Sunday February 13, from 12:00-4:00 pm. If you are at Sam's that day, please stop by our table and stock up on some home-made soup.

Please keep the students in your prayers. We thank you for your past support and look forward to working with you again this semester.

**Sharon Comini, Coordinator**

Contact at: 570-419-5376 or [ucm@uclc.org](mailto:ucm@uclc.org)

## ECUMENICAL LENTEN SERVICE 7:30 P.M., Sunday, March 13, 2011

**Speaker: Bishop Robert L. Driesen**  
Bishop, Upper Susquehanna Synod, ELCA

Sunday, March 13<sup>th</sup> will be a wonderful opportunity for each of us 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. Mark the date on your calendar and plan to join us for this ecumenical celebration. Watch for details in our March newsletter.

## FOOD PANTRY NEEDS

These are the items that are currently needed:

- |                      |                        |                      |
|----------------------|------------------------|----------------------|
| <b>Ramen noodles</b> | <b>canned fruit</b>    | <b>mac-n-cheese</b>  |
| <b>peanut butter</b> | <b>spaghetti sauce</b> | <b>tea bags</b>      |
| <b>chunky soups</b>  | <b>snack bars</b>      | <b>hot cocoa mix</b> |
| <b>sugar</b>         | <b>canned veggies</b>  |                      |

Donations are received Monday mornings from 9:30 - Noon. 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.

# ELCA Local & National News

Camp Mount Luther and the Upper Susquehanna Synod Youth Council present,  
**"OMG or How I Came to Love The Ten Commandments,"**

a youth retreat for those in grades 6-12.  
 on **Friday, March 4 to Saturday, March 5.**  
 More information, including registration form,  
 is available at the camp website,

[www.campmountluther.org](http://www.campmountluther.org), or on the synod website at  
<http://www.uss-elca.org/synod-youth-retreat>.

**The early registration deadline is February 11, 2011.**



## Young Adults in Global Ministry Invites You on an Adventure!

The ELCA's Young Adults in Global Mission (YAGM) program invites young adults (age 19-29) to embark on a life-changing journey, serving in one of nine countries, working in a variety of fields, and experiencing the transformation that comes with one year of international mission service. Service begins in August of each year. Participants grow in faith as they engage in various church-based and ecumenical partnerships, supported in community and with a commitment to simple living. Participants are placed according to interest, skills, gifts, or growth-areas. 2010-2011 YAGM Country programs are currently hosted in Argentina & Uruguay, Jerusalem/West Bank, Malaysia, Mexico, Slovakia & Hungary, South Africa, and United Kingdom. Application must be received by March 1st, with priority consideration given to applications received by February 15th. For more information, go to: <http://www.elca.org/yagm>.

## Living Lutheran To Debut Soon

The Evangelical Lutheran Church in America will soon be debuting LivingLutheran.com. This new ELCA Web site will offer a daily blend of stories, culture, and conversation to ELCA members and friends. The idea behind LivingLutheran.com is to create an online destination where ELCA members can talk to each other about what it means to be "living Lutheran." As the finishing touches are put on the website, church members and congregations are invited to complete questionnaires. Go to [www.livinglutheran.com](http://www.livinglutheran.com) for more information.

## Leave a Lutheran Legacy for Life!

For information about how to use your IRA or other assets to make charitable gifts call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the Foundation of the ELCA, 800-638-3522, ext. 2970 or visit our website at [www.elca.org/fo](http://www.elca.org/fo).

## YOUTH & FAMILY MINISTRY

### FRIDAY FUN NIGHT

**February 25th at 6:30 p.m.**



...well I suggest it 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 four whole years already!  
 Time really does fly when you're having fun!!!

# 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 6<sup>th</sup> IS THE LAST DAY TO DONATE FOR THIS SOUPER BOWL!**

Please look for the footballs for 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, dollars will be raised, lives will be changed, and young people will experience the joy of serving Christ by serving others.

## ST. MARK'S LIONS JBBL GAME SCHEDULE

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 and Pee Wee teams are holding their own and playing some great games. The Junior team began game play in January, sometimes playing back-to-back games. All-in-all, we have a fantastic group of kids representing us!!

Our practices continue every Tuesday at Cochran from 6 p.m. to 8 p.m.

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!*

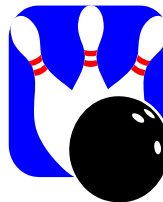
<b>02/05</b>	9:00 am JR	<b>02/12</b>	10:00 am BG
	10:30 am JR		10:00 am JR
	12:00 pm PW		1:00 pm PW
	1:00 pm BG		

**JBBL Basketball Party will be February 26th from 12 PM ~ 2 PM at St. Mark's**

**FEBRUARY 27th at 6:00 PM**  
**MIDDLE & HIGH SCHOOL AGES**



**Bring a favorite snack to share & bring a friend!**  
**Popcorn & beverage provided.**  
**Transportation available!**



**Let's go bowling!!**

Children, youth & interested adults are welcome to bowl with us on Saturday, February 19th. We will meet at ABC Lanes on Park Ave. at noon. We will provide basic costs for kids & youth. There will be a charge for adults and food.

## Children's Church

will be held on Sunday, February 13th at 10:30 a.m. in the Chapel.

Our special collection will be breakfast items for the Penn College students of United Campus Ministry to take along on their trip to feed the homeless in Washington, DC. Breakfast bars, individual cereal boxes, juice packs, and the like are all good ideas for this offering.

**We look forward to seeing you and your family here!**



## YOUTH & FAMILY MINISTRY

### Passing on Faith: Remembrance Service

Thirty-four attended this service on Sunday, January 2, 2011, at 4:00 pm. It was very moving and our thanks go out to Michele Owen and Pastor Elkin for the planning of it,



### Passing on Faith: Remembrance of Baptism

Tanya Sheets and her daughter, Audrey Marie Bower, were presented with their Faith Chests on January 9. Thanks to Ed Gair for making them, John & Ruth Burkholder for providing the anchor crosses and Your Building Center for giving us the lumber!

### Passing on Faith: Kindergarten Milestone

All the Languages of Good News is going to be celebrated Sunday, February 6, 2011, with recognition in church, luncheon and a gift. This milestone is for those now in kindergarten. Letters have gone out to those families. *If you have a child in kindergarten had have not received a letter, please contact the church office ASAP so we can prepare to have your child included.*

### Passing on Faith: Two-Year Olds

This Prayer Pillow milestone is celebrated in two parts: 1) On Saturday, February 26, the parents and the 2-yr-old gather to talk about prayer at home, then enjoy an light lunch together. 2) At church on Sunday, February 27, the youngsters receive their prayer pillows. Letters will be going out soon to the parents of these children.

*As always for any of these milestones,  
if you do not receive notification and you feel your child is in the group being recognized,  
call the church office as soon as you notice so we can include you!*

### **ACOLYTE TRAINING AND REFRESHER COURSE!**

Sara, Devin, Anna, Ezra and Laura participated in this event on Sunday, January 23. Brittany Lynch and Pastor Elkin, ably assisted by Sara and Devin, led the newbies through the vernacular, vestments and ve...okay, can't continue the alliteration...procedures of being an acolyte. They enjoyed tomato soup and grilled cheese for lunch and played Acolyte Concentration after the formal training. Morgan will be trained and ready to go soon! When you see Anna, Ezra, Laura and Morgan, please welcome them to the ranks of service volunteers in worship.



### Look for news about this year's **Vacation Bible School!!**



What will  
the theme  
be this year??



**Bernadette and Michele are in  
the process of planning a very  
special time for all!  
Reserve the week of June 12-16  
for lots of fun!!!!**

## YOUTH & FAMILY MINISTRY



### 13<sup>th</sup> Annual Catechetical Retreat

The 13<sup>th</sup> Annual Catechetical Retreat, 2011, was held on January 8, at Messiah Lutheran Church. 38 youth plus their parents registered for

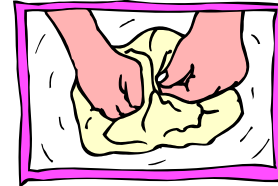
the day of fun and learning.

Presentations and presenters this year were:

**Foods to carry Good News** ~ *Pastor Elkin*; **Parents, Teens and Money** ~ *Mr. Keith Wood*; **Life Around God** ~ *Pastor Aucker*; **2012 - Is It a Big Deal?** ~ *Pr. Frontz*; **Christians Care for God's Creation** ~ *Pr. Huckfeldt*; and **Help! Who am I and why are these people calling me \_\_\_\_\_?!** ~ *Pr. Deibler*. Things went well and ran on schedule in spite of the weather. It was a wonderful day to spend together in fellowship and learning.

**Remember to ask our catechetical students how they enjoyed their day!**

### BAKING ON EPIPHANY!!



Four bakers filled the parish house with heavenly aromas on January 6 as they mixed and kneaded their way through several types of bread. Michele, Pam, Lois and Pastor Elkin flung flour and enjoyed lunch together. Look for the date next year and join us!!

#### Things we did while trying to keep warm in January:

- \* Remembrance Service
- \* Vespers on the Eve of Epiphany
- \* Bread Baking!
- \* Un-decorating the everywhere!!
- \* Catechetical Retreat
- \* Children's Church
- \* Bible study
- \* Milestone: Remembrance of Baptism
- \* Dinner for Parish Life Committee
- \* Snow!
- \* Monthly Catechetical meal & meeting
- \* Packing away all the un-decorations.
- \* John Bower Basketball games!
- \* Dancing on the Premises (every Wednesday @ 3:30)
- \* Lunch-n-Fellowship
- \* More snow!
- \* Friday Fun Night
- \* Staying warm...brrrr
- \* Planning for Iron Chef Williamsport (3/27, mark your calendars)
- \* Teen Movie Night
- \* Three events in Fellowship Hall
- \* VBS planning (yes, already!! June 12-16!)

To keep the blood flowing and warm the cockles of your heart, check out what's happening in February! **Remember: if you need transportation, just call!!**



**Thank you! Thank You! Thank you! Thank You! Thank you!**

**To the members & staff at St. Mark's,**

**Thank you for your cards and condolences on the death of our mother and mother-in-law. Doris' last years were not the best of her long life, 95 years, but your cards and visits meant a lot to her. She loved her church friends but we feel sure she is in a better place and is at peace. God bless all of you,**

**Charlie & Judy Fortin and family**

**P.S. A special thanks to Pastor Elkin, Donna, Bud, Joyce, Lou and everyone who assisted at her funeral service.**

**To the staff & congregation,  
A big thank you to everyone for their presence in our time of sorrow in the death of my mother, Lois Johns. It was a great comfort to me and my family.**

**God bless,  
Judy (Johns) Fortin**

Dear people of God at St. Marks,  
On behalf of the officers, deans and all the members of the Society of the Holy Trinity, I thank you for your generous gift of \$340 during the calendar year 2010. Your gift will help the Society as it seeks to encourage the ongoing formation of a disciplined and faithful ministry of God's Holy Word and Sacraments in the Church and fo9r the world. As we strive for faithfulness in this ministry we pray for your continued support. May God fill you with all faith and bless our common ministry as we celebrate the appearing in the flesh birth of Christ our Lord.

In Christ,  
Rev. John E. Priest, STS Secretary

Dear friends,

The holiday season is a hectic time of the year for everyone. However, despite all the hustle and bustle, you took the time to remember someone less fortunate than yourself and for that I am truly grateful.

As you may already know most of our consumers do not celebrate the holidays like we are accustomed to and many of them don't get the opportunity to go home with loved ones. For these reasons, our Christmas Project was initiated, to assure each consumer has gifts to open Christmas morning. In addition, many activities are planned throughout the month of December, so they feel remembered and not forgotten.

These endeavors would not be possible without the help from volunteers from our surrounding communities. Thank you for your support and compassion. Oh behalf of the consumers and myself, I extend to you and yours a heartfelt thank you for your generosity, and for all of your kind deeds in helping to make the holidays joyful for the individuals we serve. I hop you enjoy a healthy and prosperous New Year!

Sincerely,  
Renee Tworkoski  
Volunteer Resources Coordinator  
Danville State Hospital

**Dear members of St. Mark's Lutheran Church,**

**On behalf of the Society of the Holy Trinity I thank you for your benevolence gift of \$340.00 given to the Society in installments through the calendar year 2010.**

**We appreciate the fact that your congregation regards the Society as an organization that cultivates faithfulness to one's ordination vows on the part of Lutheran pastors who are members of the Society. Your gift makes it possible to continue to gather members of the Society together in retreats throughout the year for prayer and study and mutual conversation in the practice of ministry and the life of obedience to Jesus.**

**I pray for Gods blessing on the life and work of your congregation and your pastor, the Rev. Kenneth Elkin, in this new year of our Lord.**

Yours in Christ,  
Frank C. Senn, STS  
Immanuel Lutheran Church

**Dearest Friends,**

**Thanks for the poinsettia!  
I have it on my dining table.  
They make me so happy!**



**All My Love,  
Liz Ruesskamp**

## Happy Birthday!

02/01 Daniel Boone  
 02/01 Lillian Skeeby  
 02/03 Kelly Foust  
 02/04 Lawrence Bair  
 02/04 Susan Curry  
 02/08 April Biblehimer  
 02/08 Margie Doebler  
 02/08 Matthew Heaps  
 02/08 Paul Zimmerer  
 02/10 Gloria Greevy  
 02/10 Charlene Wright  
 02/12 Betty Diehl  
 02/12 Helen Ochs  
 02/13 Lisa Lewis

02/13 Emily Newcomer  
 02/13 Michele Owen  
 02/13 Elsie Sechler  
 02/14 Robert Curry



02/15 Annette Peluso  
 02/16 Scott Kimble  
 02/17 Jarrett Eyer  
 02/17 Rick Robertson

02/17 Betty Stroup  
 02/19 Amanda Eyer  
 02/20 Tyler Stugart  
 02/21 Donna Elkin  
 02/21 Brandon Pelleschi  
 02/21 Evelyn Ward  
 02/22 Kahla Doane  
 02/22 Seth Greninger  
 02/24 Kenneth Caster  
 02/26 Bianca Wellen  
 02/27 Gary Clark  
 02/27 Patricia Hershey  
 02/27 Irma Logan  
 02/28 Arlene McCoy

## Happy Anniversary!

02/04 Stanley & Susan Baker  
 02/07 Larry & Louella Bair  
 02/10 Bill & Helen Hibschan  
 02/14 Frank & Shirley Vognet



02/23 Wilson & Blanche Doebler  
 02/25 Bob & Mary Schultz  
 02/28 Bob & Marguerite Smith

## Will YOU help in the Nursery?

**Volunteers are sorely needed for the Nursery during the 10:30 service 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). Thank you!!!!**

## News in the Pews

A special Get Well Soon wish is extended to our 'Roving Reporter' Joyce Hershberger who writes our *News in the Pews* column. We appreciate her willingness to scour the newspaper for items related to the St. Mark's family.

Thank you Joyce for all you do to produce your monthly article.  
 We miss you and are keeping you in our hearts and prayers!

# HEALTH, HEALING & WHOLENESS

"When you care enough to give the very best!", may have been intended as a catchy slogan to sell cards, but it may be truer than we realize. The Bible has many references to the heart – over 600, according to Vine's Expository Dictionary. God's acceptance of man is based on the whole heart (Ps. 9:1, Prov. 3:5), God knows the secrets of the heart (Ps. 44:20-21), and God's law must be in our heart (Ps. 37:27-31). Man is taught to keep his heart (Prov. 4:23), and to be pure of heart (Matt. 5:8, Tim. 2:22). Our very existence is meant to mirror the love that God has shown us through the life, death, and resurrection of His Son. When we care for ourselves and for those we love, we can give our *very best* in return to Him.

In addition to Valentine's Day, February is traditionally American Heart month. Just as we often associate a valentine with love, we sometimes automatically associate cardiovascular disease strictly with diseases of the heart. However, cardiovascular disease can affect just one blood vessel, a group of vessels, an organ [such as the heart], or the entire body. Often, one problem will lead to another and another, becoming chronic and progressive, and can ultimately lead to heart attack, stroke, heart failure, or kidney failure. Congestive heart failure, peripheral artery disease, and venous thrombo embolism, are three examples. Here is a brief description of each:

**Congestive Heart Failure** – a condition in which the heart can't pump enough blood to the body's other organs. The heart keeps working, but not as efficiently as it should. The individual becomes short of breath and tires easily.

**Peripheral Arterial Disease (PAD)** – in PAD, fatty deposits build up along artery walls and affect circulation, mainly the arteries leading to the legs and feet. In its early stages, a common symptom is cramping or fatigue in the legs and buttocks during activity.

**Venous Thrombo Embolism (VTE)** – a blood clot that moves through the bloodstream until it lodges in a narrowed blood vessel and blocks circulation. Pulmonary embolism can occur when the clot breaks away, travels through the bloodstream, and lodges itself in a vessel in the lungs.

It is possible to reduce your risk of cardiovascular disease – by eliminating the risk factors you can control, and managing the risk factors you cannot control. These include:

- Eliminating all tobacco products,
- Controlling blood pressure and salt intake,
- Controlling weight,
- Controlling cholesterol,
- With your physician, developing a regular exercise program,
- If diabetic, controlling your blood sugar level, and finally,
- Committing your health and lifestyle choices to the Lord, and asking for His strength in making and keeping your healthy changes.

As we begin our Lenten journey, may we use this time to reflect upon and prepare our hearts ... to emotionally, physically, and spiritually ... in give our very best to Him.

*Lenten blessings,*  
Debbie Best RN, BSW, MHA

## Dogs & Snowstorms...Who Knew?

**Never let your dog off the leash on snow or ice, especially during a snowstorm—dogs can lose their scent and easily become lost. More dogs are lost during the winter than during any other season, so make sure yours always wears ID tags or is microchipped.**



## SPECIAL CONCERNS LIST

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Williamsport, P A 17701

## Lunch 'N Fellowship

**Wednesday, February 16th at Noon**

**Serving Meat Loaf!**



**Bring a side dish & a dessert to share!**

**Why not bring a friend?**



# ST. MARK'S FEBRUARY CALENDAR OF EVENTS

**1 Tuesday**

8:00 AM City Pastors  
 9:00 AM Morning Prayer  
 12:00 PM Finance Committee @ Ross  
 6:00 PM Brownies

**2 Wednesday**

9:00 AM Morning Prayer  
 9:20 AM Staff Mtg & Quilting  
 12:00 PM Bible Study  
 3:30 PM Praisercise  
 6:30 PM Worship & Music Committee

**3 Thursday**

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

**4 Friday**

9:00 AM Morning Prayer

**5 Saturday**

9:00 AM JBBL-JR  
 10:30 AM JBBL-JR  
 12:00 PM JBBL - PW  
 1:00 PM JBBL-Beg

**6 Sunday****Souper Bowl Sunday**

8:00 AM Holy Communion  
 9:15 AM Sunday School  
 10:30 AM All the Languages Milestone  
 10:30 AM Holy Communion  
 11:45 AM Family Handbells  
 12:15 PM The Way Gathering

**7 Monday**

9:00 AM Morning Prayer  
 6:30 PM Property Committee  
 6:45 PM Handbells  
 7:00 PM Civic Chorus

**8 Tuesday**

9:00 AM Morning Prayer

**9 Wednesday**

9:00 AM Morning Prayer  
 9:20 AM Staff Mtg & Quilting  
 12:00 PM Bible Study  
 3:30 PM Praisercise

**10 Thursday**

6:31 AM Men's Ministry

**10 Thursday**

9:00 AM Morning Prayer  
 7:30 PM Senior Choir

**11 Friday**

9:00 AM Morning Prayer  
 4:00 PM Suzuki Group

**12 Saturday**

10:00 AM JBBL-Beg  
 10:00 AM JBBL-JR  
 10:00 AM Thrivent Build Kick-Off Breakfast  
 1:00 PM JBBL-PW

**13 Sunday**

8:00 AM Holy Communion  
 9:15 AM Sunday School  
 10:30 AM Children's Church  
 10:30 AM Holy Communion  
 11:45 AM Family Handbells

**14 Monday**

9:00 AM Morning Prayer  
 6:45 PM Handbells  
 7:00 PM Civic Chorus

**15 Tuesday**

9:00 AM Morning Prayer  
 6:00 PM Brownies

**16 Wednesday**

9:00 AM Morning Prayer  
 9:20 AM Staff Mtg & Quilting  
 12:00 PM Lunch N' Fellowship  
 3:30 PM Praisercise  
 7:30 PM Senior Choir

**17 Thursday**

6:31 AM Men's Ministry  
 9:00 AM Morning Prayer  
 9:20 AM Stephen Ministry

**18 Friday**

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

**19 Saturday**

12:00 PM Bowling at ABC Lanes

**20 Sunday**

8:00 AM Holy Communion  
 9:15 AM Sunday School  
 10:30 AM Holy Communion  
 11:45 AM Family Handbells

**20 Sunday**

12:15 PM The Way Gathering  
 6:00 PM Confirmands, Parents & Mentors

**21 Monday****Office Closed**

9:00 AM Morning Prayer  
 6:00 PM Civic Chorus Board  
 6:30 PM Council Mtg.  
 6:45 PM Handbells  
 7:00 PM Civic Chorus  
 7:00 PM Dog Club

**22 Tuesday**

9:00 AM Morning Prayer  
 6:30 PM Family Promise Board

**23 Wednesday***Pastor Away*

9:00 AM Morning Prayer  
 9:20 AM Quilting  
 12:00 PM Bible Study  
 3:30 PM Praisercise  
 7:30 PM Senior Choir

**24 Thursday**

6:31 AM Men's Ministry  
 9:00 AM Morning Prayer

**25 Friday**

9:00 AM Morning Prayer  
 9:15 AM Lion Crew  
 4:00 PM Suzuki Group  
 6:30 PM Friday Fun Night

**26 Saturday**

9:00 AM Daniel's Closet @ Redeemer  
 11:00 AM Prayer Pillow Luncheon  
 12:00 PM JBBL Player's Party

**27 Sunday**

8:00 AM Holy Communion  
 9:15 AM Sunday School  
 10:30 AM Holy Communion  
 10:30 AM Prayer Pillow Milestone  
 11:45 AM Family Handbells  
 6:00 PM Teen Movie Night

**28 Monday**

9:00 AM Morning Prayer  
 6:45 PM Handbells  
 7:00 PM Civic Chorus

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**United  
Campus  
Ministry**



**Sunday February 13th  
12:00-4:00 pm.**

**SAM'S Club in Muncy**



**Homemade  
soup**

**\$4:00 @ quart**

**To benefit our Spring Break  
Mission Trip to Washington D.C.**