



THE LION OF ST. MARK'S

MARCH 2012

Houseguests

Some of our most senior members are making truly heroic efforts to be present on Sunday mornings at St. Mark's. They are such delightful people to know and with whom to serve. But it is rumored that some very demanding house-guests have taken up residence with a number of other members of the parish in recent months. These house-guests don't want there to be any noise in the household on Sunday morning, and so to be good hosts, our members quietly stay in bed.

Then, the guests request fresh bagels, and so our members join the traffic jam at our local bakeries and coffee shops to fetch some straight from the continuously-fired ovens. And then our members need to get an early start on the road for afternoon activities...so there just is no time left to join the rest of the congregation at worship either at 8:00 or 10:30 on Sunday morning.

These house-guests from the Sloth family whom we have been politely entertaining have managed to distract us from our true responsibilities and delights. It really needs to change. The Sloth family needs to be told to leave our homes. Now! The Lord has too much for us to be doing and saying and singing and praying for us to be wasting time entertaining deadbeats like the Sloths.

Lent is an excellent time to "clean house", kick out the Sloths, pick up some new habits, remember one another in prayer, invite a different sort of person into our lives, remember our Baptism whenever we are discouraged, and worship with our brothers and sisters in Christ.

Pastor Elkin

Lenten Study Schedule

Oh, if only becoming a disciple of the Lord Jesus were a simple and straightforward event...but it is not. All of us struggle with understanding and are caught in conflict with one another over what it means to be faithful servants of the Lord. On Wednesdays this Lent, we're exploring pairs of persons from scripture to see how we can interpret our lives through their experience.

Mar. 7, 3rd Wednesday

Mar. 14, 4th Wednesday

Mar. 21, 5th Wednesday

Mar. 28, 6th Wednesday

David, Saul, and us

Elijah, Jezebel, and us

Paul, Barnabas, and us

Jesus, the rich ruler, and us

1 Samuel 18:6-16

1 Kings 19

Acts 15:34-41

Mark 10:17-27

The Wednesday schedule:

Mid-day Prayers at 11:30 in the chapel, lunch following.

Evening Prayer at 7:00 in the chapel, with supper preceding at 6:15.
on **April 4, the Passover Seder in Fellowship Hall** at 6:15



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Council Notes

1 The Congregation Council met in regular session on
 1 February 20 in the Crossways room. The Council:
 2 ♦ received the regular reports of the Pastor, officers,
 2 and committees
 2 ♦ adopted the Worship and Music recommendation to
 use the Parsons Company for organ maintenance.
 3 ♦ engaged in a general discussion about worship,
 3 sound, and related matters
 4 ♦ heard about the impending gathering of Lutheran
 4 Shared Ministry leaders.
 4 ♦ gathered in the chapel for Prayer at the Close of
 5 the Day.

Parish Register

Funeral

6 Pastor Elkin officiated at the graveside service for Ira
 6 Tuxford on February 10, 2012 in Greenlawn Memorial
 7 Park.

Milestones

7 *All the Languages of Good News* was presented to
 7 Emma Elkin, daughter of Sean and Maria Elkin, and
 7 Abby Robertson, daughter of Rick and Jen Robertson
 8 on February 5, 2012.
 8 *Prayer Pillow* was presented to Audrey Bower, daugh-
 8 ter of Tanya Sheets and Jonathan Bower on February
 8 25, 2012

Staff & Officers Contact Information

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Hosting for Family Promise

From Sunday, March 25, 2012 until Sunday, April 1, 2012
we, with help from our friends at First Presbyterian,
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 bottled water, apple juice, fruit snacks, applesauce or fruit cocktail, single-size snack crackers & individual cups of pudding
- ◆ donate money to offset the cost of fresh foods, milk & needed supplies,
- ◆ 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. Check your calendars for your availability.

With assistance from Larue Dieter (433-3453), Jane Zimmerer (433-3324) and Becky Miller Pryor (321-9523) will be contacting folks who have previously served during hosting week in one capacity or another. Be expecting a telephone call from one of us soon or contact Larue with your preferred date(s).

**If you have never volunteered but would like to find out more,
contact either Jane or Becky for more information.**

Also Needed: Cookie Makers and Cake Bakers

To assist with our Family Promise hosting and to lighten the load of the people who donate dinners we are looking for folks who will donate a cake or a batch of cookies for use as dessert with the dinners we serve each evening. For those who enjoy baking, this is a wonderful way to volunteer during Hosting Week.

We would need two cakes and a batch of cookies at the beginning of our hosting week. Two additional cakes and possibly a batch of cookies would most likely be needed mid-week. Speak with Jane, Becky or Larue if you can provide a dessert.



In Addition:

As we begin our third year of hosting families being served by Family Promise of Lycoming County, Jane and Becky would like to thank the congregation for its commitment to this outreach. Without the many ways in which the congregation supports this work, children and their families would not have a roof over their heads during their housing crisis. Thank you for sharing in the caring.

Please mark your calendars for the additional weeks St. Mark's will host during 2012. Those weeks, in addition to this month, are

- ◆ June 24th to July 1st
- ◆ September 23rd to September 30th
- ◆ December 23rd to December 30th.

Home Bible Study

When God's Gift Comes Specially Wrapped

This Bible study was developed by Charles R. Swindoll for parents or grandparents with special needs children.

Meeting March 10th & April 14th
5:00 – 6:30pm at the Comini home
336 Bennett St. Montoursville
Bring your kids and your Bible with you.
Materials will be provided.
In Christ's love ~ Eric & Sharon



"Every child has been divinely formed to be a unique creation of the Father, and God makes no mistakes"

SUNDAY CHURCH SCHOOL



Our teachers for March are:

Pre-K and K: Sharon Comini
1st and 2nd: Brenda Gair
3rd and 4th: Pam & Mike Jensen
5th: Eric Comini

Thank you for volunteering! Teachers are still needed for several months this year. Please call Michele to volunteer or sign up on the sheet outside her office door.

GLORY



God Loves Our Rockin' Youth!

Join us if you want to rock!

HOME BIBLE STUDY
WITH FUN GAMES & SNACKS
SATURDAY, MARCH 17th
4-6 PM



at the COMINI'S, 336 Bennett Street, Montoursville
971-5434 / 651-9062

Spring Cleaning for the Fall Bazaar

Although the Women of St. Mark's will not have a spring clothing sale, we do need your house wares, gadgets, puzzles, toys, pictures, knickknacks, jewelry, handbags and other treasures for our Fall Bazaar. Items may be placed in the Bazaar Room in the basement.

We are not accepting car seats, textbooks or encyclopedias.

Your clean seasonal clothing in good condition may be donated to Daniel's Closet at Redeemer Lutheran Church on Washington Boulevard.



Medical Equipment Available



Are you, a loved one or someone you know in need of a walker, porta-potty, or another piece of medical equipment that will hasten one's recovery? St. Mark's has several items in very good condition that are available.

If a need exists, please call the church office or Becky Miller Pryor (321-9523) for additional information.

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.

March

7- **Ms. Susan Duchman**, VP of Operations, Chief Nursing Officer, Susquehanna Health System, *"The Tower from a Caregiver and Patient Perspective"*

14- **Rev. Dr. Pamela Ford**, Pastor Pine St. United Methodist Church, *"Understanding Your Grandchildren"*

21- **Ms. Wendy McCormick**, Harpist
Ms. Lucy Henry, Flutist
"Celtic and Old Time Favorites"

28- **Mr. Eugene Breisch, Ms. Marciline Brown, and Mr. Scott Williams**, Project Impact and Bridge Haven, *"Helping Families of Inmates"*



24 hour Devotion Line

is available to encourage you in your relationship with God. Devotions are under three minutes and change weekly. Call 570-322-5762.

FOOD PANTRY



Our Food Pantry is getting settled into our new space at 600 Campbell Street, on the corner of Campbell St. and Memorial Ave. in Williamsport. We're still working hard to 'refine' our new space and procedures to serve both clients and food donors. We are all enjoying the space, great parking and flat side-walks with no sewage to wade through ... it's just a blessing every day.

- | | | |
|--|---------------------|------------------------|
| Jelly | Granola Bars | Raman Noodles |
| Saltines | Canned Tuna | Tea and Coffee |
| Jello | Mac-N-Cheese | Spaghetti Sauce |
| Flavored Oatmeal Packets | | Pork-N-Beans |
| Canned Veggies (NOT corn) | | |
| Pastas: egg noodles, elbows, spaghetti, penne | | |
| Plastic Grocery Bags (recycle them with us) | | |

As always we appreciate all that you do for us and since this is February, the 'heart' month, know that we pray from our hearts for blessings for each of you.

News in Our Pews

I had a chance to visit the learning fair at Sheridan School and was pleased to see many of our St. Mark's young people exhibiting their projects. The exhibits ran the gamut of everything from baboons to forest fires and everything in between.

The youngster of our children, **Elizabeth Haussmann** selected Snow for her presentation – even though we have seen very little snow this winter. Elizabeth is in second grade as is **Amalie Robertson** whose project was entitled Fashion. **Sean Jensen** was complete in costume as Zeus for this exhibit of Greek Myths – you might have recognized the beard from one of our St. Mark's performances and **Hannah Haussmann**, a fourth grader, researched and presented Magnets. Hannah was also student of the month for January.

Also receiving scholastic honors were **Riley Weber** at WAHS and **James Newcomer** at Curtin who were named to their respective honor rolls. WAHS students are working hard on their production of Sweeney Todd which will be presented in March. **Emily Newcomer** is a member of the cast and is excited to see the final product.

Lots of members were featured in the local newspaper for a variety of reasons: **Levi Gair** watched a friend struggle with chopsticks at the Nursery School's observance of the Chinese New Year, **Beth Shafranko** was pictured attending a memorial service for Joe Paterno and **Shirley Miller** with a selection of recipes from the Sun-Gazette in 1941. Corn fritters, snail rolls and curly kale and salt pork crisps were the order of the day.

Just a personal note- my aging eyes do not always catch the names in the tiny print of the honor rolls so if you want me to mention your high achiever, keep in touch!

~Joyce Anne Hershberger

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

Just "Sew" You Know...



Cookbook

Our Synod Women's organization is planning to publish a cookbook and is requesting recipes. If you would like to include your favorite recipes, please hand them in at the office or to Shirley Hill.

Quilters Alert!

Our quilters have been busy but are currently in great need of knotters. Several of our knotters have become ill. If you would like a pleasant morning-out, bring a pair of scissors and come any Wednesday morning. You will enjoy it!

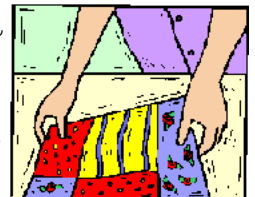


Reminder

We are no longer collecting used clothing. If you have clothing to recycle, we suggest giving them to Daniel's Closet or any of the other local churches who have free clothing programs.

Fabrics Needed

Large pieces of fabric that can be sewn together to make tops, fillers, or backings for quilts are needed by our quilters. Old sheets in good condition transform into backings. Old blankets or flannel sheets make excellent fillers. Your donations are greatly appreciated.



SUPER SOUPER BOWL SUNDAY!



**Thank you to all who contributed to the Souper Bowl this year!
 \$117.00 has been contributed to Shepherd of the Streets
 and 55 cans of food has been sent to the Food Pantry!
 Thank you again for your generosity!**



Let's go bowling!!

On March 24, we're going bowling!! Pam, Mike & Sean Jensen are helping us organize this family event! Keep checking the bulletin for more information!

Stamp Collecting

We are collecting used stamps again. There is a basket for collection in the Narthex. The stamps are used at the Veteran's Hospital by patients for their therapy. Thank you for your contribution.



Tab Collecting

We are still collecting soda tabs in the crossways hallway! These tabs are sold at a recycling center and the money will be used by the Ronald McDonald House for the operation of the facility. Even a few tabs add up, so please keep collecting. There is a collection container for tabs in the Narthex,



Fishing Derby at Doeblers!



Future activity for the whole family!

We are planning a Fishing Derby at the Doeblers farm.
 On Saturday May 19th from 2:00- 6:00pm

There will be prizes awarded for the following:
 The top 3 biggest fish caught for the day. (Inches)

There will be one Grand prize for catching
 the big catfish that lurks in the lake.

Worms will be provided

Bring a dish to share for food.



More information will be coming in the next few months.

Contact Eric Comini if you want to help in the planning. 337-3226

(Morgan's outreach project assignment for his confirmation.)

Passing On Faith: Milestone Ministry

Kindergarten Milestone: All the Languages of Good News

This milestone for those members in Kindergarten was celebrated on Sunday, February 5, at the 10:30 service, followed by a luncheon. Abigail Robertson and Emma Elkin were the recipients of a personalized tote bag, an icon, a CD and a book. After eating, they sat with Pastor Elkin to discuss their gifts and to decorate their bags.



Two-year-old Milestone: Prayer Pillow

On Sunday, February 26, we celebrated the Prayer Pillow Milestone at the 10:30 service. Audrey Bower received her pillow during the service and her parents, Tanya and Jonathan received a book of prayers and about praying in the home.

REMINDER: 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!!***

Family-Friendly Wednesday Night Lenten Services

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



As was done last year, the children will be included in the evening meal.

When it's time for evening prayer at 7:00, the children will meet in the Nursery for a movie or story.

Michele Owen supervises 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:

everyone at supper, adults at evening prayer, and children for a story time.

UNITED CAMPUS MINISTRY



The students at UCM have been very busy since the semester started. On January 14, some students volunteered and worked at Albright Life for the Martin Luther King Jr. day of service. Some of the students worked cleaning and organizing the storage area while other students painted the hallway. It was a very worthwhile day of service and we were happy to help. We also helped Messiah Lutheran Church with their clothing drive that was held at the beginning of the month. UCM is always looking for ways to help in the community, so if your congregation needs some work done, we'll see what we can do to serve.

Thanks to Pastor Paul Doriani from Covenant Central Presbyterian Church, Father Shane Kirby and Amanda Bair from St. Joseph the Worker Catholic Church, and Pastor Rob Manzinger from First Baptist Church for leading our Faith Talks since the semester started. If you have a Bible study or discussion that you feel may benefit the students at UCM, we have openings in March and April. Let me know if you are interested.

Mission Fundraiser Soup Sale Thank You!

Your support of our ministry to Pennsylvania College of Technology students is vital to our continued outreach is to students who are on their own for the first time. Your financial support enables us to support them spiritually during this time of transition.

Our Annual Soup Sale raises money to fund our annual mission trip. Every quart of homemade soup is donated so the entire \$5 purchase price goes toward funding our mission trip.

The students & I would like to thank everyone who has made soup for our sale and everyone who is purchasing soup! We could not do what we do without you!

May God richly bless you for partnering with us,

Sharon Comini, UCM Coordinator & UCM Students

Expectations Women's Center

Expectations Women's Center (formerly Pregnancy Care Center) is conducting training sessions for anyone interested in serving as a volunteer. If you have a few hours you can spare each week, please prayerfully consider joining the staff and volunteers as they minister to women in our community who are experiencing unplanned pregnancies.

The seven-session class begins on Thursday, March 1, 2012, at 6:00 p.m. Five of the seven classes are held on Thursday evenings through March, from 6:00 – 9:00 p.m.; the remaining two on Saturdays, March 10 & 17, from 9:00 a.m. 'til 3:00 p.m.

The cost of training materials is \$30. For more information or to register, please call Julie at 532-6874 or Pam at 321-8254.



VBS IS HEADED TO BABYLON!



Our vacation bible school this summer, June 10-14, is a family event called Babylon, exploring Daniel's courage in captivity. We are really excited about this because you are encouraged to enroll as **families**, which means that many parents who volunteer will be able to spend the entire evening experiencing everything their children do! All participants will be grouped into intergenerational "Tribes," blending **families** and children who are there on their own.

Families step back in time at Babylon, exploring Daniel's adventures as a captive in a foreign land. **Kids and adults** participate in a memorable Bible-times Marketplace, sing catchy songs, play teamwork-building games, dig into Bible-times snacks, visit Daniel, and collect Bible Memory Makers to remind them of God's Word. Plus, everyone learns to look for evidence of God all around them through something called God Sightings. Each day concludes at Celebration—a time of upbeat worship that gets everyone involved.

Everyone is encouraged to join in! We need volunteers to run stalls in the Marketplace, portray Daniel and other characters, organize games, and create scenery and tribal "costumes." There's something for everyone who wants to be involved!

We will be taking orders this year if anyone wants to purchase the music CD. This item is non-reproducible, so there will be a charge to order one for your family. Look for forms in the staff hallway!

Our Catechetical students are on the road again!

On Saturday, March 3, 2012

they travel to points southeast to visit Augustus Church in Trappe, Pa, Hopewell Furnace, and Ephrata Cloister.

April's Lion will have a report of their journey!



FOR TEENS ONLY!

March 25th, at 6:00 pm

Bring a friend!! Spread the word!! Hope to see you there!!
Please use the office door and enter into the front lounge.

IRON CHEF

Williamsport



The competition between St. Mark's Lutheran Church and this year's challenger, Balls Mills United Methodist Church, begins in Fellowship Hall at 5:00 P.M., Sunday, March 18, 2012.

A tasty meal of salad, Chicken Monterey, green beans, baby red potatoes, and roll with a chocolate indulgence for dessert will be served. Once the meal begins, the cooking challenge will commence. St. Mark's team of Pastor Elkin, Gary Weber, and Bernadette Jones, face off against the Balls Mills team, led by Pr. Jay Morris. The contest will be projected on the large screen on stage and on large TVs in the Hall. (It will also be streamed live on the web at <http://www.ustream.tv/stmarkschurch> for those unable to attend.)

75% of the \$25 ticket cost will go directly to Family Promise of Lycoming County. Your funding goes to supply and maintain the day center, pay for insurance, fuel the van, and compensate our director of the program!

If you cannot attend (or even if you can!), you can become a patron of this event in support of Family Promise of Lycoming County. We will place patrons in the

- a la carte* listing (\$1 - \$49),
- cordon bleu* listing (\$50 - \$99),
- haute cuisine* listing (\$100 and more),
- restaurateur* listing (\$180 and more) of our program.

Please contact the office regarding your donation.

Please support our team, as they come back from their one-point defeat of last year, in this fourth annual competition. They'd love to see you there!

btw...a huge thank you goes out to all those who participated in the filming of the challenge for the fundraiser! It is available to see (along with previous challenges) on <http://www.youtube.com/user/StMarksChurch>.

Feel free to forward it to others after enjoying it yourself.

Palm Cross Making



Please join us on Saturday, March 31st, at 10:00 A.M. and help us make palm crosses for distribution at our Palm Sunday services.

We will show you how to make them..

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 Beginner Pee Wee, Pee Wee, and Midget teams all played well—great seasons for everyone!! All-in-all, we have a fantastic group of kids representing us!!

A celebratory party was held February 26 in Fellowship Hall with pizza, snacks, games and awards. These special youth and their coaches were also recognized at service on Sunday, Feb. 26.

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



They are:

Coaches: Rick Robertson, Kirk Owen and Mike Jensen

Beginner Pee-Wees:

- Melesse Buxton
- Mairead Ferry
- Owen Gair
- Abbigail Robertson
- Amalie Robertson
- Joseph Signor
- Braeden Beck
- Mia Nieto

Pee-Wees

- Hannah Haussmann
- Mark Halterman
- Sean Jensen
- Ashton Ott
- Dylan Ott
- Annika Waffenschmidt
- Logan Nieto
- Dawson Owen

Midgets

- Evan Barone
- Liam Breasette
- Makensie Doebler
- Caden Fisher
- Benjamin Haussmann
- Aimee Holzapfel
- Dalton Nash
- Lynna Robertson
- Cody Shimp

Devin Owen, one of our high school students, played for the senior team of St. Joseph the Worker and did a fantastic job of representing our church.

Pysanky Egg Dying

Learn how to dye these beautiful eggs! Bernadette will be having a workshop on the art of Ukrainian egg dying beginning at 9:00, Saturday morning, March 31. Learn this or the American form of egg decoration in which the eggs are "dyeed" 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.



Calling All Kids and the Young at Heart!



CHILDREN'S CHURCH meets Sunday, March 11, at 10:30, in the Chapel.

For anyone who has never joined us, this is a special service for our young people during which they fill roles as acolytes, readers, ushers and greeters.

It contains the four parts of service: Gather, Word, Celebration and Sending. After the sending, the children process in the nave with their offering, and then join their parents for Holy Communion. See you in the Chapel on March 11!

CHILDREN & YOUTH CHOIR

presented the song, "Creature Praise," on Sunday, February 26!



WHAT'S NEXT? JOIN US AND SEE!

WE REHEARSE EACH SUNDAY AT 9:00 IN THE CHAPEL!

Parents, please make sure your children join us at that time and not later, as it cuts into the Sunday School hour.

We will sing after the offertory procession from Children's Church.

Worship Assistant Schedules Now on the Web

Have you ever misplaced your communion server schedule or forgotten whether you ushered this week or next? You might have emailed Susan in the office or called Bud at home, to check on the schedule.

NOW all you need to do is go to the Web – because as of February, all the worship assistant schedules are posted on the St. Mark's Website, www.stmarkswilliamsport.org. Just go to the home page and click on the "Worship Task Schedules" box to take you to the up-to-date schedules. There you can find schedules for acolytes, lectors, ushers, communion servers, greeters and assisting ministers.

Need to contact someone to change your assignment? Contact information is there too.

Health, Healing & Wholeness

For everything there is a season, and a time for every matter under heaven... (Ecclesiastes 3:1)

What do garden gnomes, daffodils, robins and kids sneaking outdoors without wearing coats have in common? You guessed it – they're signs of spring! Add to the mix, a sore throat, runny nose, and frequent sneezing, and you know your child (who snuck outside without a coat) has a spring cold that he just can't seem to shake. Or is it? Could it be seasonal allergies? How do you determine the difference?

Here are several hints from doctors Paul Linder, of the Allergy and Asthma Center in Stamford, Connecticut, and William Anderson, MD of the Asthma and Allergy Center of Bellingham, Washington.

Does your child have a fever? Fever is never a symptom of seasonal or environmental allergies. A runny nose, sneezing, itchy eyes are a symptom of both; but colds are accompanied by general body aches (the doctors point out that one exception would be chest soreness caused by prolonged coughing; this can be a sign of either cause).

Is your child coughing up phlegm that is cloudy/yellow/greenish? This is the sign of a cold. Clear or watery phlegm is a sign of allergies.

How long do your child's symptoms typically last? If the answer is a week to 10 days, he probably has a cold. Allergic reactions usually occur as long as the child is exposed to the allergen; once away from it, the symptoms disappear.

Allergies tend to run in families. If both parents have allergies to a particular irritant, their child has a 70% chance of being allergic as well.

Does your child have dark circles under his eyes? Kids with itchy, watery eyes seem to rub them continuously. So much so, that they develop what's known as an "allergic shiner" – bruised areas underneath the eyes which are similar to your child having received a "black eye".

Colds typically develop over the course of a few days; allergies come on relatively fast.

The cold season typically hits its peak mid-winter; allergies are most common during spring, summer and fall.

How long do your child's symptom last? Colds typically run their course in 5-14 days; allergies linger – depending on the allergen, sometimes for months.

How quickly does your child recover? Allergy symptoms seem to reoccur with symptoms lasting several weeks. In addition, it may appear that your child's symptoms improve much more slowly than other kids his age. Finally,

Your child may develop a small crease near the bottom of the bridge of his nose. This is caused by him constantly push upward when he rubs his itchy nose.

It is estimated that more than 50 million people in the US have some sort of allergic disease (American Academy of Allergy, Asthma, and Immunology). If you suspect your child may have allergies, or has cold-like symptoms that don't seem to go away, consult with his physician. Testing can be done. Basic skin testing is still the gold standard for determining allergens in children over the age of two. Results are typically evident within 15 minutes. You and your physician can then begin to map out a plan of treatment, which, depending on the allergen, may include elimination of the offending irritant. For environmental causes such as dust or pollen, it may mean making some longer-term lifestyle changes such as using air filters, frequent cleaning, or limiting time spent outdoor when pollen counts are highest.

As always, consult your child's physician before symptomatic treatment with any medications – including those sold over-the-counter.

Spring Blessings!
Debbie Best RN, BSW, MHA

SPECIAL CONCERNS LIST

Patricia Alexander

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

Edith Anderson

The Hillside, Room #104
2725 Four Mile Drive
Montoursville, PA 17754

Jane Angle

Rose View Court
Rm. 316
1251 Rural Ave.
Williamsport, PA 17701

Cindy Bates

26 Stephen Rd., C7
Camp Hill, PA 17011

Dottie Bingaman

Williamsport Home, Apt. 708
1900B Ravine Rd.
Williamsport, PA 17701

Marie Byerly

Sycamore Manor
Rm. 547
1445 Sycamore Rd.
Montoursville, PA 17754

Bonita Crossley

73 Pine St.
Hills Grove, PA 18619-9300

Art Decker

338 Sherwood Ave.
South Williamsport, PA 17702

June Decker

Williamsport Home
Rm. 404
1900 Ravine Rd.
Williamsport, PA 17701

Larue Dieter

2150 Warrensville Rd, Apt. 2
Montoursville, PA 17754

Beatrice Doebler

Williamsport Home, C-1212
1900 Ravine Rd.
Williamsport, PA 17701

Catherine Goertz

Williamsport Home,
Apt. B816
1900B Ravine Rd.
Williamsport, PA 17701


Bill Hibschan

Apt. 709
1900 Ravine Rd.
Williamsport, PA 17701

Chuck Homan

2215 Warrensville Rd.
Montoursville, PA 17754

Charlotte Hughes

140 Blueberry Lane
Williamsport, PA 17701

Gene Jacobs

Williamsport Home. Rm. 312
1900 Ravine Rd.
Williamsport, PA 17701

Reba Jacobs

1306 Faxon Parkway
Williamsport, PA 17701

Irma Logan

811 Woodland Ave.
Williamsport, PA 17701

Anne Miller

947 Hepburn St.
Williamsport, PA 17701

Elizabeth Ruesskamp

2500 Federal Ave., Apt 145
Williamsport, PA 17701

Mary Helen Scinicarello

Danville St. Hosp. #311
Danville, PA 17821

Eleanor Sobers

425 W Highland Ave.
S. Williamsport, PA 17702

Robert Smith

Muncy Valley SNU
215 E. Water St.
Muncy, PA 17756

Frank Vognet

12 Rice lane
Williamsport, PA 17701

Beulah Wrede

Valley View Nursing Center
312
2140 Warrensville Rd.
Montoursville, PA 17754

Ralph Zeigler Sr.

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

HAPPY BIRTHDAY!

03/01 Ruth U. Pile	03/14 Romain Bastian	03/18 Diana Davenport
03/03 Richard Hafer Jr.	03/15 Kimberly Caster	03/21 Beatrice Doeblor
03/04 Jessica Curry	03/15 Roxanna Larson	03/21 Randy Lukens
03/05 Trisha Harvey	03/16 Eileen Georg	03/22 Lauren Sims
03/05 Barbara Switzer		03/23 Christopher Hoagland
03/06 Pamela Lehman		03/24 Gary Weber
03/06 Robert Shaible		03/25 Sara Larson
03/06 Madison Walz		03/27 Jonathan Bower
03/08 William Hibschman		03/27 Raymond Stiller
03/09 Rose Marie Hafer		03/28 Sandra Edler
03/09 Robert Lynn		03/28 David Walz
03/09 Patricia Thayer	03/16 Dinah Labenberg	03/29 Mark Bittenbender
03/09 Beulah Wrede	03/16 Hannah Lynn	03/29 Tyler Bower
03/11 Michael Kinney	03/17 Henrietta Tyson	03/29 Carl Hieber
03/13 Aletha Swartz	03/17 Alan Matthew Zimmerer	03/29 April Lewis



Happy Anniversary!

03/01 Ralph & Elda Zeigler Sr.	03/06 Gary & Donna Clark	03/19 Kenneth & Lois Winters-Goldy
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Thank You!

Thank You!

Thank You!

To St. Mark's Lutheran Church,

Thank you very much for your monetary contribution. It is greatly appreciated.

Family Promise of Lycoming County

Looking Ahead

Saturday, March 31st

* *Dysanky Egg Dying, 9:00 am*

* *Palm Cross Making 10:00 am*

Palm Sunday, April 1st

Holy Communion, 8am & 10:30 am

Wednesday, April 4th

* *Seder Meal, 6:15 pm*

Thursday, April 5th

Holy Communion, Noon, Chapel

Holy Communion, 7:30 pm, Nave

Good Friday, April 6th

Ecumenical Service, Noon to 3 pm

Tenebrae Service, 7:00 pm

Saturday, April 7th

Decorate the Nave, 9:00 am

* *Pastor's Breakfast & Egg Hunt, 9:45 am*

Great Vigil of Easter, 8 pm

Easter Sunday, April 8th

Holy Communion, 8am & 10:30 am

* *Please RSVP for these events*

ST. MARK'S MARCH CALENDAR OF EVENTS

1 Thursday

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

2 Friday

9:00 AM Morning Prayer

3 Saturday

6:00 AM Catechetical Trip

4 Sunday**Lent II**

8:00 AM Holy Communion
9:00 AM Youth Choir Rehearsal
9:15 AM Sunday School
10:30 AM Holy Communion
11:45 AM Family Handbells
12:15 PM The Way Gathering

5 Monday

Pastor at STS Retreat
9:00 AM Morning Prayer
7:00 PM Handbells
7:00 PM Wmspt. Civic Chorus

6 Tuesday

8:00 AM City Pastors
9:00 AM Morning Prayer

7 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 Prayer

8 Thursday

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

9 Friday

9:00 AM Morning Prayer

10 Saturday

12:00 PM JBBL Award Party
5:00 PM God's Gift Home Bible Study

11 Sunday**Lent III**

8:00 AM Holy Communion
9:00 AM Youth Choir Rehearsal
9:15 AM Sunday School
10:30 AM Children's Church
10:30 AM Holy Communion
11:45 AM Family Handbells
12:15 PM The Way Gathering
6:00 PM Catechetics meal/mtg

12 Monday

9:00 AM Morning Prayer
7:00 PM Handbells
7:00 PM Wmspt. Civic Chorus

13 Tuesday

9:00 AM Morning Prayer
6:00 PM Brownies

14 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
5:30 PM Executive Committee
6:15 PM Lenten Evening Meal
7:00 PM Lenten Evening Prayer

15 Thursday

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

16 Friday

9:00 AM Morning Prayer

17 Saturday

4:00 PM GLORY Youth Group

18 Sunday**Lent IV**

8:00 AM Holy Communion
9:00 AM Youth Choir Rehearsal
9:15 AM Sunday School
10:30 AM Holy Communion
11:45 AM Family Handbells
5:00 PM Iron Chef Williamsport

19 Monday

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

20 Tuesday

9:00 AM Morning Prayer

21 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 Prayer

22 Thursday

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

23 Friday

9:00 AM Morning Prayer

24 Saturday

9:00 AM Daniel's Closet
12:00 PM Bowling Party

25 Sunday**Hosting FPLC****Lent V**

8:00 AM Holy Communion
9:00 AM Youth Choir Rehearsal
9:15 AM Sunday School
10:30 AM Holy Communion
11:45 AM Family Handbells
12:15 PM The Way Gathering
6:00 PM Teen Movie Night

26 Monday**Hosting FPLC**

9:00 AM Morning Prayer
7:00 PM Handbells
7:00 PM Wmspt. Civic Chorus
8:00 PM Pastor @ UCM

27 Tuesday**Hosting FPLC**

9:00 AM Morning Prayer
6:00 PM Brownies

28 Wednesday**Hosting FPLC**

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 Prayer
7:30 PM Worship & Music Comm.

29 Thursday**Hosting FPLC**

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

30 Friday**Hosting FPLC**

9:00 AM Morning Prayer
9:15 AM Lion Crew

31 Saturday**Hosting FPLC**

9:00 AM Pysanky Egg Dying
10:00 AM Palm Cross Making

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



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How's Your Memory?

Remembering is important. Lent is all about remembrance.

It's a 40 day period when we remember Jesus' journey to the cross.

His journey to the cross began in the wilderness. He was tempted far beyond what any of us will face.

And what was His weapon? The Word. He knew God's promises because He was the Promise.

He was in the Father and the Father was in Him,
so He could quote chapter and verse and send the enemy packing.

He fasted to show that "man does live by bread alone,
but on every word that comes from the mouth of God."

He showed us that we are more than bodies, and more than our bodily wants.

Our spirit must be fed also. We can fast—from food, TV, Facebook, anything that could become a distraction from spending time with the Father, anything that keeps our hearts from the true Source of Life.

Lent is also like communion every day, "Do this in remembrance of me."

We remember His body and blood shed for us. He came to give us life, both now and forevermore.

We cannot forget that we were ransomed, that we were bought for a price.

It cost God something—His Son. Anytime I think that I've done something great,
or achieved some goal, and think I've accomplished it on my own, I forget Him.

I need grace every day. I need to remember His life, His suffering, His death, His victory.

Through mercy, His victory becomes ours.