



The *Lion* of St. Mark's

APRIL 2006

HOLY WEEK ACTIVITIES AT THE CROSSROADS

Perhaps because of St. Mark's location on the crossroads of transportation in the area, we hear this verse from the book of Lamentations with special poignancy: *Is it nothing to you, all you who pass by?* The traffic rushes past; everyone is so busy with so many things. But are they all things that are worth the time devoted to them? This year in Holy Week, let's set aside the time we need to think about this, and to hear again how much the Lord God wants to be in conversation with us about things that truly matter.

The conversation started long ago, with the covenant to Abraham and his descendants. The covenant with Moses is prefaced with God's own declaration to us *I am the Lord your God*. The conversation reaches its climax in the life, death, and resurrection of our Lord Jesus. Through the events of Holy Week, we are drawn into the conversation in awe and wonder.

April 9, Sunday of the Passion – Palm Sunday

After the bittersweet excitement of the procession with palms, we settle down to hear the whole Passion-story, this year from Mark. Our regular service times are 8:00 and 10:30.

April 12, the Passover Seder Meal

We retell the story of God's saving action in the Exodus, an earlier chapter in our story that we must not forget. The event takes place at table in Fellowship Hall at 6:15 PM, where with story and song, scripture and symbolic foods, we tell each other of the determination of God to transform us into his people. Since a served meal is involved, reservations are necessary. Please phone the church office or use the form located on page .

April 13, Maundy Thursday

The Thursday of the Command (mandamus—mandate—Maundy) which can refer to several things: to the command to wash feet ...*even as I have done to you*; it can refer to the mandate of Holy Communion *Do this in remembrance of me*; and it can also refer to the command to *love one another even as I have loved you*.

We have opportunity to gather for Holy Communion at 12:00 in the Chapel and at 7:30 in the Nave.

April 14, Good Friday

The community service will be held at noon, beginning with the procession around the center city for those who wish to participate. We also gather at 7:30 PM for the Tenebrae, the Service of Shadows, a time of thoughtful reflection on our sin and Christ's redemption.

April 15, Holy Saturday

We prepare to gather at sundown, 8:30 PM, for the most important service of the entire year, the Great Vigil of Easter. The entire sweep of salvation-history is celebrated, from the beginning of creation to the culmination in the fullness of heaven, centering on the resurrection of our Lord. Every member of the parish is most strongly urged to come and take part. All the senses are used, all the means of telling the story are utilized, everyone has a role. The Sacrament of Holy Baptism is celebrated, as well as the Holy Communion. The participants of The Way renew their baptismal promises, and the Easter celebration begins.

Inside this issue: *Council Update*, p. 2; *Youth & Family Ministry*, p. 4; *Milestone Ministry*, p. 5; *Upcoming Events*, p. 2,3,6,7; *Notes from the Past*, p. 7; *Seder Meal Reservation form*, p. 8; *Special Dates*, p. 9; *Thank you's*, p. 10; *Special Concerns*, p. 11; *Health*, p. 10, 12; *Church Calendar*, p. 13

COUNCIL UPDATE

The Congregation Council met in regular session on March 20, 2006. The Council:

- 1) continued learning about the Rule of the Society of the Holy Trinity, and how it's purpose is the strengthening and encouragement of good Lutheran pastoral practice.
- 2) approved a facility use for March 25
- 3) approved the names of several persons for the ballot for Church Council in May.
The full slate will be developed and presented next month.
- 4) received reports from the pastor, officers, and committees.
- 5) approved an idea for preparing a small hospitality gift for Sunday visitors.
- 6) asked that the parent's roundtable idea be developed on summer Sunday mornings.
- 7) agreed to help serve the Seder meal on April 12.
- 8) set the next meeting date as April 17, 6:30 PM.

Please make the following changes to your Church Directory:

Beulah Wrede	address	Faxon Commons, Apt. 305, 1804 Loyalsock Drive, Wmspt.
Robert Lynn	address	2115 Stopper Drive, Montoursville, PA 17754
Charles Kuntz	address	3220 Grasshopper Drive SW, Albuquerque, NM 87121
Kirk & Ashley (Goertz) Hallabuk, Makaylee Goertz		
Noah Hallabuk	address	38 Green Street, Muncy, PA 17756

A warm thank you goes out to all those who so generously donated to the cost of our heating fuel this winter! The total offering was \$4,999.00 and was a tremendous help in financing this expense. The following is the breakdown of your contributions toward the heating fund:



Income from "Heat Help" contributions:

January	\$	1,371.00
February		2,145.00
March		1,483.00
Total Contributions	\$	4,999.00!!

Thank you once again for your support.
The Finance Committee

Lunch 'N' Fellowship will resume on Wednesday, April 19th at noon. Mr. Lakey requests that everyone wear **WHITE** (spaghetti will be served) !!!



FYI: Joan Blank and Christine Saar will be demonstrating the **NEW ELECTRONIC VOTING MACHINES** immediately following lunch on April 19!!

For those who want to come just for the demonstration, plan to arrive by 12:30 that day. For those who cannot attend at all, the Sun Gazette will be publishing schedules of local voting machine demos.

YOU DON'T WANT TO MISS THIS!!

CHRISTIAN COMMUNITY NEWS

Social Ministry Updates

Women of Saint Mark's Clothing Sale!!

Saturday, April 29, 2006
9:00 to 1:00

With spring just around the corner we know the urge to clean out your closets is reaching a fever pitch. Okay so you've thought about it and hopefully will get to it. If it would help your motivation, the Women of Saint Mark's need your family's no-longer-wanted clothing for our spring clothing sale. We are accepting good, clean clothing in all sizes from infant to adult. We are also accepting shoes, suits, coats, and clothing accessories. Your donations may be placed in the Bazaar Room in the basement.

This event qualifies for matching funds from Thrivent. Additionally, any clothing not sold the day of the sale will be sorted and distributed to Lutheran World Relief, NGA, local organizations needing clothing such as St. Anthony's Center and the American Rescue Workers. Please take a few minutes and help us reach out to those in need locally and globally.

If you wish to assist with this event or have questions, please contact Becky Miller Pryor at 321-9523.

Hunger Continues in Williamsport

Gail Burkhart, United Churches Food Bank, reports that they are barely able to keep up with the requests for a three-day supply of food. Rising heating and gas costs coupled with increased unemployment and underemployment for many in our area have emptied their shelves.

Please continue to donate non-perishable food items to help those in need. Items may be placed in the bins in the Narthex.

Ladies To Celebrate Spring WOMEN'S DINNER

All young and old women of St. Mark's family and friends are invited to our annual spring banquet on Wednesday, May 3rd, at 6:00 p.m. The dance troupe of the Hanmaum Korean Presbyterian Church of Williamsport will perform traditional Korean dance numbers.



Since the dinner will be catered (again by Crouse Catering), we must ask for reservations and payments by April 26th. Adult meals will be \$8.00. Age 6 to 12 will be \$3.95, and Age 5 and under will be free. Come and enjoy!



ST. MARK'S MEN

Help is needed to serve the Women's Dinner and clean up on May 3rd. Husbands, fathers, and friends will have the gratitude of the women in their lives. In past years we have been very fortunate to have the indispensable help of the men of St. Mark's. Please contact Lucille Weaver or Shirley Hill to volunteer.

A DIFFERENT TRADITION FOR AN EASTER BASKET

An Easter Basket without chocolate? Yes! A much older tradition is a basket of food and drink, items that are set aside and blessed at the close of the Easter Vigil service and then used in the festivities at home on Easter Day. This is a custom especially favored in Orthodox and Eastern European communities, but we can feel free to borrow it. A sheet describing the contents of the basket is available in the narthex. Let your curiosity lead you to explore this old/new idea!

YOUTH & FAMILY MINISTRY

Faith Life Weekly, a take-home resource, is available in the Narthex every Sunday. This resource offers an at-home plan for nurturing faith and faith practices based on Sunday's worship service. Also, **Kid's Celebrate** is available for youth to use during the worship service or to take home to add to family devotional time throughout the week. Stop and pick up a copy!

Children's Church will be held on Palm Sunday, April 9, 2006, at 10:30 a.m. in the Chapel. We will begin in the Nave with the procession of palms and process directly from there to the Chapel. A special gift will be given to the children to guide family discussion leading up to Easter. The whole family is welcome.



Breakfast with the Pastor and St. Mark's Annual Easter Egg Hunt to take place on Saturday, April 15th, beginning at 9:45 a.m. at church!

Please join us as we have some fun with our youth, ages ranging from toddlers up to grade 5, here at the church during the morning of Saturday, April 15th, starting at 9:45 a.m. We will begin by breakfasting with the Pastor and then we will have our Easter Egg Hunt. Please call the church office and let us know if you will be attending and how many will be in your party.



Anyone wishing to make a donation of a bag of candy, pencils or small items may leave it for Sharon or Bernadette in the staff hallway. Any donation will be greatly appreciated and gratefully accepted.

We look forward to seeing you there!

LUTHERAN YOUTH DAY,

April 8, 2006

"Let us Talents and Tongues Employ"

This event is for youth in grades 6-12, their pastors and advisors, at Weber Chapel, Susquehanna University. Registration is at 9 a.m., with the event concluding at 5:30 p.m. with a concert by **Lost and Found!** Cost is \$10 per person, which includes lunch and the concert. Participants must register by March 31.

It's a FIESTA!!!

Do you want to get fired up about Jesus?! Join us south of the border at Vacation Bible School this year, beginning Sunday, June 11, and ending Thursday, June 15, children will experience the joy of living in God's grace.

MARK YOUR CALENDARS NOW!! VIVA!!!

Adults and teens!! Come share the fun!!!

Anyone interested in helping with this year's event please call the church office or sign up on the sheets located in the staff hallway.

Items needed!! If anyone has any decorative or utilitarian items from south of the border that they would be willing to loan us for this event, please let Sharon or Bernadette know. Blankets, serapes, sombreros, lanterns, baskets, armadillos; anything is welcome that would help set the mood!!!



PIZZA, PINS & POP! About twelve of our young people enjoyed themselves immensely on Saturday, March 25, bowling at Faxon Lanes. Everyone was very supportive of each other—cheering just as much for one pin downed as for spares and strikes. Some local Youth and Family Ministry leaders will not be competing anytime soon against these juvenile athletes, as they barely escaped with their dignity intact.

MILESTONE MINISTRY

PASSING ON FAITH

Our thanks go out to all those who have generously given to the Passing on Faith movement. To date, we have collected about \$50.00.

For those who didn't see last month's article, the Synod Assembly, at Susquehanna University on June 17, is going to concentrate on this vital ministry with workshops, displays and resources available for church leaders, Sunday School teachers, pastors and youth leaders. More information about the assembly will be coming soon from the synod office.

Right now, though, your support is needed in funding this event. In the narthex, you have probably noticed the large cross set up there. In thanksgiving for some of the personal milestones in your life, would you please consider dropping in a token contribution to help raise the awareness of Passing on Faith synod wide? And, again, our thanks to those who have already.

Easter Flowers for St. Mark's

There are several ways that beloved family members can be remembered at Easter time. A gift to the World Hunger Campaign is always fitting and, we know, is always very much needed. Another way is to assist in the purchase of flowers for the decoration of the church at Easter. Please use the envelope you will receive with the April *Lion* or the one attached to this bulletin. You may mail the order and your check to the Church office or place it in the Offering plate on Sunday. Prices for the flowers are listed below. **The last day for orders is Monday, April 10th.**

DONATION TO WORLD HUNGER...ANY AMOUNT
 MADONNA LILIES \$7.50 ASIATIC LILIES \$10.00
 MUMS \$8.00 TULIPS \$8.00
 AZALEAS \$12.00



Passing on Faith: Anniversary Milestone Our next milestone will be taking place on Sunday, May 7, 2006. St. Mark's Lutheran Church will be celebrating those folks

in our congregation that have been married for 58 & 59 years with a Wedding Anniversary Milestone. A sit down lunch will be served with some of the youth of St. Mark's helping. Please look for more information about this milestone in the May newsletter and future bulletins!

We don't want to miss anyone!! If you were married or if you know someone who was married in 1947 or 1948, PLEASE CALL US TO MAKE SURE WE HAVE THAT INFORMATION!

Geisinger Outreach

New regulations have been imposed by Geisinger on our service with the "Dinner & a Movie" ministry at the Children's Hospital. Unfortunately, anyone under the age of sixteen is no longer allowed to volunteer for this program. This decision was reached by the facility after some behavioral and emotional issues with other young volunteers. Even though our youth were of great service and behaved in a manner that made us all proud of them, the regulations have to be applied to all groups.

We still, however, want to continue our involvement with this program. So please look for announcements of future dates and be ready for our phone calls. We really need the older teens for this service.

CHRISTIAN COMMUNITY NEWS

St. Mark's Lutheran Church Men's Ministry

We would like to extend a warm invitation to all men to attend our Thursday morning Bible study held in the Middle Lounge from 6:31-7:04 a.m. Park on the east side of the church and enter the door with the light on. Fresh coffee will be brewing.

In keeping you informed about Men's ministry Bible studies, we have started studying a book by John Piper entitled "The Passion of Jesus Christ, Fifty Reasons Why He Came to Die." We started this on March 23, with reason #1 and by the looks of it could take awhile to finish.

As you can see, we like to stay busy every Thursday morning. We stick to a time schedule, we study God's word and join in some not so bad singing.

If you're undecided about attending, ask one of the loved ones in your family, maybe your wife (if you're married): "Honey, do you think I should attend the Men's bible study Thursday morning. I won't be here to make your breakfast."

How do you think she will answer? Make that your answer. Our prayer today is to encourage all the men of St. Mark's Lutheran Church, young and old, to make very effort to study God's word.

Update on Promise Keepers Men of Integrity Conference 2006:

1. Titled: "Unleashed, Releasing the Raw Power of Your Heart"
2. Online registration at (www.promisekeepers.org)
3. Promise Keepers brochure will be hanging up on a bulletin board in the staff hallway.
4. Schedule:

Ft. Lauderdale, FL	June 2-3
Baltimore, MD	June 9-10
Albany, NY	June 23-24 *

* There are two members (father and son) planning to attend the Albany event.

Prayerfully consider participating in this conference.



NEW WINDSOR TRIP

Twice each year, there is a bus trip planned to the Service Center in New Windsor, MD, where the quilts made by the women of St. Mark's and many other items are prepared for shipment to wherever they are needed around the globe. This year, the bus is going down on Monday, April 24.

The cost is \$25.00 per person for transportation and lunch. Additional money is needed for supper. We would leave St. Mark's at 6:00 a.m. and return approximately 9:00 p.m. Call the church office if you are interested in this great service project.



Camp Mount Luther Booklets for the programs this year are available in the staff hallway, along with a bulletin board of upcoming events!

Senior High Adventure Day:

Youth will be taken to new heights at the Quest climbing wall course at Bloomsburg University on Saturday, April 22. A service project sets the tone, and physical challenges await all youth who are up for the task.

Elementary Floodlight:

This new event for grades 1-6 and their parents is planned for Saturday, May 6, from 10:00-3:30. Come out for some fun in the sun for the whole family!!

Overnight Trip

Kick-off the summer with a campfire, games and cool worship at the CAMP MOUNT LUTHER OVER NIGHT on May 19-20, for grades 6-12, then wake up to pitch in all morning at Camp Work Day! If you can't spend the night, join the crowd for the morning blitz to whip the grounds into shape for a busy summer!

!!NOTES FROM THE PAST!!

March, 1891. 115 years ago, Williamsport had a population of 30,000. A.L. Yount was pastor. The newsletter was called the *Church Chronicle* and published monthly by the authority of the Council of St. Mark's English Lutheran Church, Market Street, below Third.

- ❖ Subscription was 25¢ a year: advertising rates were given on request.
- ❖ Quote: "The seats in St. Mark's English Lutheran Church on Market Street are all free. All are welcome."

The following persons may be your relatives?

Charles H. Schramm and Fred Tepel were ushers; Miss H. Stoetzel and Miss A. Nenninger were the Secretary and Treasurer of the Cotta Society.

The young people's Society included vice-presidents, George Cupp and Miss Amelia Schuman; secretary, Miss Fannie Steinhelper; and treasurer, Miss Mary H. Herander.

The Sunday School Superintendent was H. J. Glosser; organist, Miss Dora Schempp; and Teacher of Infant School, Miss Helen Stoetzel.

Church Council consisted of the Elders: Louis Schneider, C.E. Heim, Dr. Charles Schneider, H.J. Glosser; Deacons: Jacob Schaeffer, Charles Wollmer, Wm. J. Erieg, A.H. Shimp; Trustees: Adolph Niemeyer, Frederick Kimmerer, Wm. Seitz; Treasurer, S.S. Kurtz; and Secretary, A.H. Shimp.

Financial issues were problems back in 1891. It was noted that "...quite a number of our members, who are not straightened for want of money, have just forgotten to pay up..." Church Council was instructed to say, "We need the money which you owe Right Away." Further note was made that, "It is the intention of the Council to send a collector around to see who all will be able to help us out before ____."

A big Thank You to Ruth Burkholder for identifying members of her confirmation class of March 17, 1940. Many of our photos are unidentified and from time-to-time we'll be asking for your help.

NEWS FROM LIBERIA

The Upper Susquehanna Synod work team has returned safe and sound from Liberia. Five members of our West Branch Conference were traveling. Paul Shanner of St. Mark's, Lairdsville, helped with the reconstruction project of Curran Lutheran Hospital in Zorzor. Jean Dickey, Regina Gross and Sandy Nelson of St. Michael's, Quiggleville, helped teaching small business skills to women's groups. Rev. Detlef Huckfeldt, also of St. Michael's, worked with pastors and deacons. He then joined the Curran Hospital reconstruction team.

UNITED CAMPUS MINISTRY

United Campus Ministry is a ministry of the United Churches of Lycoming County serving the people of Penn College. The new Campus Ministry Coordinator is Heather Wagner. She will lead the Wednesday evening dinner and worship gatherings. A one-day retreat is planned for April 29 and a fall retreat is scheduled for September 22-23. The traditional "Feed Your Finals" dinner will be served to the students Tuesday, May 2, from 3:00 PM to 6:00 PM.

"SING FOR THE CURE"

The Civic Chorus will perform a concert Sunday, April 30, at 3:00 p.m.

At the First United Methodist Church on Market Street

Admission is \$10.00 for adults, \$8.00 for senior citizens and students.



Dr. Barlow's Mossy Foot Project

Mossy Foot (Non-filarial elephantiasis) is a debilitating condition found primarily in rural districts on people that work in soil of volcanic origin. This condition causes swelling and ulcers in the feet and lower legs. This deformity, swelling, repeated ulceration and secondary infections make people with Mossy Foot social outcasts equivalent to those with leprosy.

The afflicted are deserted by their friends; their hope of marriage and employment is lost because of others fears of contracting the disease. Currently there are 152,000 registered Mossy Foot patients in Wolaitta.

Over 95% of the population in the Wolaitta Zone (Ethiopia) earns their living farming. This makes soil contact frequent. Digging, weeding, and working when young is the usual way of contacting Mossy Foot. The people's low income does not allow them to wear shoes that they know would prevent this disease. Although this disease begins in early childhood, it may take years for the symptoms of Mossy Foot to appear. The earliest signs of the disease generally appear when a child is about ten years old

The Mossy Foot Project, which provides clinics, supplies, special shoes and socks, is the only one of its kind in Ethiopia. Money is collected from patients if they are able to pay. These payments account for only 1% of total expenses. The other 99% is met by donations from caring Christians.

Treatment clinics are opened with Bible reading and prayer. Medical treatment, shoes, socks and training of some patients will be the means for them to get "back on their feet" and be able to provide for their families.

Dr. Nathan Barlow spent sixty years in Africa treating this disease. He was treating patients until his death on September 18, 2004. His son-in-law and daughter, Jim and Sharon Barlow Daly, have assumed the responsibility of managing the day-to-day operations of Dr. Barlow's Mossy Foot Project.

During April monetary donations will be accepted on behalf of the Mossy Foot Project. Checks may be made payable to St. Mark's Lutheran Church. See the Mossy Foot display in the Narthex or online at www.mossyfoot.com.

SEDER MEAL RESERVATION FORM

It is time to make your reservations for the Passover Seder at St. Mark's on Wednesday, April 12th, at 6:15 P.M. in Fellowship Hall. All ages are welcome to participate; it is intended to be a family event. Since this involves a fully served meal, we need to have exact reservations so as to prepare appropriately. If you can offer assistance at the event, that, too, is wonderful.

Name _____

Telephone _____ Number attending _____

I will be able to assist by:

_____ Initial Preparations, 9:15 am

_____ Later Preparations, 5:00 pm

_____ One of my family might take the child's role.

_____ Serving as one of the wine pourers

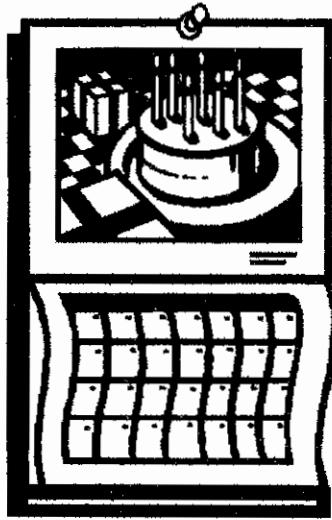
_____ Providing the child's gift

_____ Serving the meal

_____ Cleanup afterward

Please drop in collection plate or mail to church office by 4/5/06. Thank you!

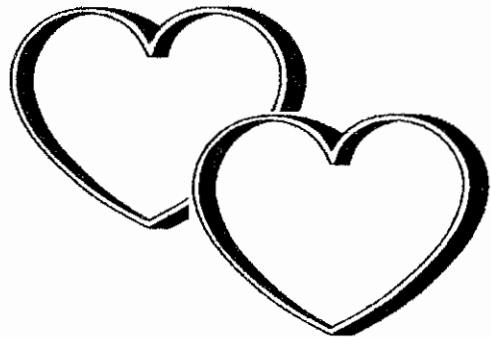
SPECIAL DATES ~ BIRTHDAYS



04/02	Jon Huff	04/15	Steven Bieber
	Bernadette Jones		Jamie Larson
	Mary Helen Scinicarello	04/17	David Hughes
04/05	Tina Harvey		Paiton Patrick
04/06	Linda Rosini	04/18	Beverly Best
04/07	Carol Butters	04/19	Cynthia Hartzel
	John Goertz	04/20	Jeffrey Byerly
	Carol Stackhouse		Doris Griggs
04/08	Zachary Travis		Karen Pelleschi
04/09	Elda Zeigler		Carl Reidy Jr.
04/10	Taylor Wentzel	04/21	Catherine Kneedler
	Sadie Wentzel	04/23	Benjamin Haussmann
04/11	Robert Clouser		Marc Fish
04/12	Nathan Hafer	04/26	Karen Burd
04/13	Geoffrey MacGill		Leah Oberheim
	Michael Ochs	04/27	Lisa Welker
04/14	Ezra Buckman	04/29	Ruth Ditchfield
	Veronica Doane	04/30	Dorothy Bingaman
	Johnny Hinds		

SPECIAL DATES ~ ANNIVERSARIES

4/03	Matthew & Wanda Fortin
4/08	Louis & Kathy Kolb
	Bob & Bernadette Jones
4/16	Joe, Jr., & Annette Peluso
4/20	Frank, III, & Danielle Bardo
4/21	Theodore & Jane Larson
4/23	Carl & Audrey Albright
4/23	Randy & Jeannette Lukens



The Pastor will continue to be available for **Individual Confessions** in the Chapel on Thursdays during Lent, April 6 and 13 between 1:00 and 2:00 p.m. Please come to the Front Lounge and the Pastor will meet you there.

SPECIAL THANK YOU'S

Dear Church Members,

Thank you so very much for your continuous support in donating soda tabs to our tab program.

Those little tabs can make a significant impact on our fundraising dollars. Since 1995, we have collected over \$28,000.00's worth of tabs.

Sincerely,

*Ronald McDonald House,
Danville*

Dear members of St. Mark's,

I am one who thanks the Lord daily for the many wonderful blessings He's given me during my 85 years on earth.

One is the thoughtfulness of my good ole St. Mark's. The receiving of bread, soup, flowers, greeting cards and, above all, the communions. All are received with a big "Thank You," and may God Bless You All.

Chuck Homan

Dear Sharon and Bernadette,

Thank you very much for the blanket that you sent Gabriella in honor of her baptism.

We appreciate you thinking of us at this special time.

Sincerely,

Tracy, Andrea (Doebler)

& Gabriella Gregory

NURSE'S NOTES, APRIL 2006

April 2 The egg has been synonymous with Easter in the hearts of many Christians, as a symbol of rebirth, and new life. For the next three weeks, test your knowledge regarding the humble egg! **True or False, eggshell color [white, brown, blue] affects the taste and nutrition quality of an egg.** *False. Eggshell color has no affect on either. The breed of hen determines shell color.*

April 9 True or False, hardboiled eggs spoil faster than fresh eggs. *True.* Store-bought eggs have a tasteless, natural mineral oil covering the shell to help protect from harmful bacteria. Washing or boiling the eggs removes the coating, leaving them more susceptible to spoilage. Refrigerate hard-cooked eggs within 2 hours, and use within a week.

April 16 True or False, eggs are pasteurized. *False.* Though it can be done, pasteurization to destroy harmful bacteria, is not routinely done, however, if you purchase liquid egg products, such as Egg Beaters, the eggs have been pasteurized.

April 23 30 TO 2 – that is the new compressions-to-rescue breaths ratio recommended for CPR, recently released by the American Heart Association. Now that we are celebrating our "new lives" in Christ, why not go one step further and offer a congregational Spring CPR class. People to target: pastors, secretary, ushers, youth leaders, Sunday/VBS teachers, senior group leader, parish nurses, bible study leadersCertification is good for two years. The worst thing to do if you suspect someone is having a heart attack, is 'nothing'. Call 911 and begin CPR until help arrives.

April 30 If you have asthma and frequent heartburn, the two could be related. Studies show that as many as 70% of people with asthma also have gastroesophageal reflux disease, or GERD, in which acid from the stomach washes up through the esophagus. To reduce reflux, try to avoid acidic or fried foods. (*National Women's Health Report, Vol. 27, No. 4*)

SPECIAL CONCERNS LIST

Patricia Alexander
1745 Chestnut St.
Williamsport, PA 17701

Ruth Best
Sycamore Manor
1445 Sycamore Rd., Rm. 213
Montoursville, PA 17754

Nancy Bohartz
624 Sixth Ave.
Williamsport, PA 17701

June Decker
338 Sherwood Ave.
South Williamsport, PA 17702

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

Jane & Luther Doebler
Wmspt. Home, Apt. #115A
Williamsport, PA 17701

Harriet Fornwalt
729 Wilson Street
Williamsport, PA 17701

Doris Fortin
Rose View Center
1251 Rural Ave., Room 223
Williamsport, PA 17701

Earl Foulkrod
Sycamore Manor
1445 Sycamore Rd., Rm. 403
Montoursville, PA 17754

Jean Gulliver
3039 Elimsport Road
Montgomery, PA 17752

Charles Homan
2215 Warrensville Rd.
Montoursville, PA 17754

Charlotte Hughes
140 Blueberry Lane
Williamsport, PA 17701

Lucille Markel
Rose View Center, Rm. 213 A
1251 Rural Ave.
Williamsport, PA 17701

Geraldine Martin
1900 Ravine Rd. Rm. 109
Williamsport, PA 17701

Anne Miller
947 Hepburn St.
Williamsport, PA 17701

Jane Oakes
833 Funston Avenue
Williamsport, PA 17701

Frank Pile
Manor Care S., Rm. 52
Williamsport, PA 17701

Anne Rhodes
c/o Carole Finn
20308 Cabana Drive
Germantown, MD 20876

Dorothy Rivetti
Manor Care North Room 306 B
Williamsport, PA 17701

Marian Rubendahl
1900 Ravine Road Bldg. C
Williamsport Home Apt. 1010
Williamsport, PA 17701

James Sheaffer
Rose View Court Rm. 321
1251 Rural Ave.
Williamsport, PA 17701

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

James Sechler
Manor Care N. Rm. 202
Williamsport, PA 17701

Geraldine Shipman
1900 Ravine Rd.
Apt. #222A
Williamsport, PA 17701

Fred Stover
600 Bayard St. Ext. SW
S. Williamsport, PA 17702

Kester & Eleanor Sobers
425 W Highland Ave.
S. Williamsport, P A 17702

Ira Tuxford
1838 Blanchard Ave.
Williamsport, PA 17701

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

*The Staff asks you to join
with them in welcoming
Susan Mahserjian-Smith
as our new secretary and
wishing her all the best as
she begins her new duties.*

HEALTH, HEALING AND WHOLENESS

The New Student Bible (NIV) refers to Psalm 22 as "*The Song of the Cross*". Attributed to David, this psalm begins with great pain and anguish, which toward its final verses, becomes one of total trust and of faith in a God who redeems us and eases our pain. It is said to have been the prayer of Jesus, on the cross (Matt 27:46), and indeed foreshadows Christ's death and His triumphant resurrection, "*when all the rich of the earth will feast and worship; all who go down to the dust will kneel before him – " (Ps. 22:29). Physical torment is especially vivid in this text, "I am poured out like water, and all my bones are out of joint. My heart is turned to wax ... my strength is dried up like a potsherd." (Ps. 22:14-15). It is poem as prayer, or prayer as poem.*

This visceral description of the cycle of pain, vividly brings to mind, those who suffer from arthritis. Carrying out everyday living can be an exhausting and painful experience for people with this disease. Day to day activities such as cleaning, mowing, laundry all take a toll on the body. Once the pain subsides, there is a tendency to try to "catch-up" or "get as much done as possible", which then leads to yet another cycle of pain.

Below is a list of tips/activities for daily living, adapted from the folks at www.mayoclinic.com, For the arthritis sufferer, perhaps these may help ease some of the discomfort that can accompany the daily activities that many of us take for granted.

Prioritize – plan out your day; what activities *must* be done, and which can wait until another day; alternate light and heavy work

Standing tasks – consider buying yourself a high stool to use while washing dishes, cooking or folding laundry

Keep scissors in the kitchen – use these to open boxes and bags instead of tearing

Buy prepared vegetables such as salads, carrots, celery to reduce the amount of cleaning and chopping involved in meal preparation.

Switch to lighter weight pots and pans, bowls and dishes.

Ask for brown paper grocery bags – these can be carried between the hip and forearm, avoiding the hand and arm strain of plastic bags

Organize cupboards/closets/pantries – keep the heavier, most used items within easy reach – no higher than shoulder level, nor lower than hip level

Gardening – consider raised bed gardens to eliminate the strain of bending; weed your garden after watering/rainfall, which makes the tugging less difficult

Use proper tools and appliances – many stores now carry kitchen gadgets designed to alleviate strain and pain. Consider purchasing an under-cabinet jar opener. Check your hardware store for gardening and yard tools designed to be kind to the joints.

Keep cleaning supplies in multiple areas of the house – instead of lugging cleaners, buckets and brushes throughout the house – have several sets in different places

Listen to your body – set a time limit on the project you are taking on; sit down and rest joints as needed

Adaptive equipment – speak to your doctor, or local medical supply company to learn of devices that can aid you in getting dressed, such as zipper pulls, extended shoehorns, even Velcro fastened clothing

Continue to exercise as directed by your physician – non-weight-bearing is best (swimming); believe it or not, exercise can help manage pain!



"...he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help." (Ps. 22:24).

Easter blessings to all!

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