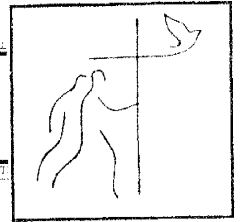




# The Lion of St. Mark's

May 2006

## MISSION AT THE CROSSROADS



It is a good time for the members of St. Mark's to do some intensive thinking about our work together as people of God in this congregation. We need to evaluate the things that we have been doing, discern the strengths of the parish and what has been working well and also note the continuing challenges and opportunities for ministry that are yet to be met, and plan how best to approach them.

To accomplish this, the Congregation Council has selected a resource called *Mission at the Crossroads* as the process for us to use. This resource was developed last year by the ELCA and the Seminary at Gettysburg for use especially in the congregations of central PA. At various points in the process, it will involve a

leadership team, the Council, committees, and other leaders, and also as many members of the parish as wish to participate. The more who immerse themselves in the effort, the broader the cross-section of information and observation, and the better the plan and result!

To help facilitate the process, we will have the assistance of Mrs. Beth

Yenchko, deployed staff from the ELCA with her office in Gettysburg. Her title in this process is called "companion." She will help us frame the questions, gather the results, and outline the plans. She met once with the Council last year for her to get a flavor of the congregation and give us a taste of the process. Now we are ready to move forward together. It is sure to be a thought-provoking and lively time over the next several months.

The first gathering will take place on Wednesday, May 17, 2006 in Fellowship Hall. The Leadership Team appointed by the Council with Nancy Larson, Secretary of the Congregation as the Chair of the Team, will meet at 6:00 with Mrs. Yenchko, and the general gathering of Council, committees, other leaders, and any other curious members of the parish will be at 7:00 P.M. Don't wait for a special invitation: any member is welcome to come that evening and get aboard the first stage of the process. If participation on that particular evening is not possible, there will be subsequent times to be involved also. To make the evening even a bit more pleasant, we'll enjoy dessert together at 6:45 as we prepare to begin. The Leadership Team will be setting the schedule for additional gatherings, and will announce it in the next *Lion*. Questions about the process can be addressed to the chair, Nancy Larson, and each Council member also has a packet of information available. A telephone call to the church office answering machine would be helpful so that adequate arrangements can be made.

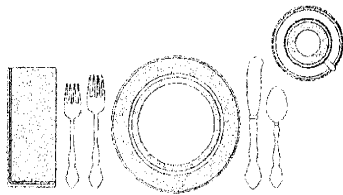
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## COUNCIL UPDATE

The Congregation Council met in regular session on April 17, 2006 in the Crossways Room, and they:

- Accepted Melvin and Melinda Wentzel as new members of the congregation, by transfer and affirmation of baptism at the Easter Vigil.
- Noted the acceptance of Steven Eyer as a member of the congregation by the Sacrament of Holy Baptism as an adult at the Easter Vigil.
- Granted letter of transfer to Eric Hieber to River Road Presbyterian Church, Richmond Virginia.
- Granted permission to the Synod Cantor, Donna Zierdt Elkin, to hold a workshop for musicians from around the Synod at St. Mark's on May 6.
- Received as study information recently available materials concerning stewardship.
- Noted the congregational picnic planned for June 4 in the Montoursville Park.
- Approved the additional nomination of Beth Shafranko to be added to the ballot for the Annual Congregation Assembly for a two-year term on Congregation Council.
- Received regular reports from pastor, officers, and committees.
- Approved the purchase of a printed resource for a series of gatherings on Sunday mornings beginning July 16, intended especially for parents.
- Moved to select the date of May 17 for the initial meeting of the planning and evaluative process called *Mission at the Crossroads*, and to appoint Nancy Larson as chair of the process and to establish a group of six persons to serve as the leadership team for the venture.
- Expressed thanks to members concluding terms of service on the Council: John Burkholder, Dorothy Berndt, Frank Doebler, Robert Miller, and Deborah Maggs. Deb will be on the ballot for election to a second term.
- Moved to call the Annual Congregation Assembly for Sunday, May 21 following the 10:30 service in the Nave; with reports due to the office by April 28, and the booklet of reports to be in print and available for inspection by everyone on May 7 and 14.
- Concluded the meeting, as is our custom, by moving to the chapel and singing together the office of *Prayer at the Close of the Day*.



### Lunch 'N' Fellowship—2 for 1 Special Bring a friend!

**Wednesday, May 10th at Noon**

**POT ROAST, POTATOES & CARROTS! YUM!**

### From the Parish Register

- ❖ Melvin & Melinda Wentzel were received as new members by transfer of letter and affirmation of baptism at the Easter Vigil on April 15.
- ❖ Steven Eyer was received as a new member by the Sacrament of Holy Baptism at the Easter Vigil on April 15.
- ❖ The funeral service for Fred Stover was celebrated on April 17.
- ❖ A transfer of membership for Eric Hieber to River Road Presbyterian Church, Richmond, Virginia was granted on April 17.
- ❖ The funeral service for Ruth Best was celebrated on April 18.
- ❖ The funeral service for Geraldine Martin was celebrated on April 26.
- ❖ Lisa Rose Lewis, daughter of Daryl & Elizabeth Lewis was baptized on April 30.

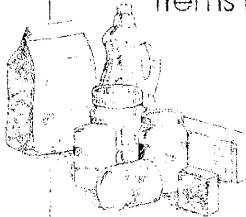
## CHRISTIAN COMMUNITY NEWS

Thank you for helping to make this years Clothing collection and sale a success! We couldn't do it without your continued support.

### Hunger Continues in Williamsport

Gail Burkhart, United Churches Food Bank coordinator, reports that donations of food barely are keeping pace with requests from needy individuals and families in our area. Please consider a donation of non-perishable food to sustain their efforts on behalf of those in need.

Items most needed are coffee, tea, sugar, pasta, sauces, canned meat, canned fruit, peanut butter and jelly. Donations may be placed in the containers in the Narthex.



### Pregnancy Care Center Update

Recently a box of items for newborns and their mothers was donated to The Pregnancy Care Center from our congregation. Our con-made baby and blankets. Other items of clothing were given to the Social Ministry Committee by NGA (Needlework Guild of America) to support our outreach to individuals and organizations. Contributions of goods are always welcome at the Pregnancy Care Center.



A thank you note is posted by the Middle Lounge.

### 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 fear of others contracting the disease. Currently there are 152,000 registered Mossy Foot patients in Wolaitta (Ethiopia.)

Dr. Nathan Barlow spent sixty years in Africa treating this disease. He continued to treat patients until his death in 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. A donation from us will enable this vital work to continue in the name of our savior, Christ Jesus.

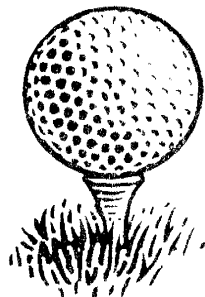
The Mossy Foot Project, which provides clinics, supplies, special shoes and socks, is the only one of its kind in Ethiopia. Money is collected from patients if they are able to pay. These payments account for only 1% of total expenses. The other 99% is met by donations from caring Christians.



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.

We continue to accept monetary donations on behalf of the Mossy Foot Project. Checks may be made payable to St. Mark's Lutheran Church. Please give generously!

# CHRISTIAN COMMUNITY NEWS



## Camp Mount Luther Bishop's Open Golf Classic May 15<sup>th</sup>, 2006

Susquehanna Valley Country Club  
Rtes. 11 & 15, Hummels Wharf  
Sponsorship Per Player \$100  
Lunch from 11:30-12:30 p.m.  
Golf begins at 12:30 p.m.

Proceeds benefit the *40 By Faith Campaign*, a one million dollar capital campaign to enhance the ministry of Camp Mount Luther.

### **Bishop Level - \$1500**

includes 8 players, hole sponsorship, name mentioned in program and formal lunch recognition.

### **Gold Level - \$1000**

includes 4 players, hole sponsorship and mention at lunch along with name included in program.

### **Silver Level - \$600**

includes 4 players and a hole sponsorship with name included in program

### **Bronze Level - \$400**

includes 2 players with a hole sponsorship and name included in program

### **Individual - \$100**

includes golf, cart & dinner

### **Hole Sponsorship - \$100**

### **Prizes will be awarded to:**

- Hole-in-one winners
- Closest to pin
- Longest drive
- Straightest drive
- Join the fun at the

*Beat-the-Pro-Hole and Putting contest!*

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place prizes

for two flights by Calloway handicap.

Or compete in the Congregation Division!



### **Make Checks payable to:**

Camp Mount Luther  
Memo: Golf Tournament

### **Mail your contribution to:**

Camp Mount Luther  
355 Mt. Luther Lane  
Mifflinburg, PA 17844

## PROMISE KEEPERS MEN OF INTEGRITY CONFERENCE 2006

"Unleashed,  
Releasing the Raw Power  
of Your Heart"

Online registration [www.promisekeepers.org](http://www.promisekeepers.org)

Promise Keepers brochure will be hanging up on a bulletin board in the staff hallway.

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.

## "DANCE WITH JOY"

The dance troupe of the Hamaum Korean Presbyterian Church of Williamsport will delight us with their culture as they perform traditional Korean dance numbers at the Women's Dinner on Wednesday, May 3rd, at 6:00 p.m. in the Fellowship Hall. See you there!



## Walking the Bible

### "A Journey By Land Through the Five Books of Moses"

### Wednesday Bible Study 12:00 PM

The stories in the first five books of the Bible, also known as the Torah, come alive as bestselling author, Bruce Feiler searches across three continents for the stories and heroes shared by Christians and Jews. You'll visit the slopes of Mount Ararat, where Noah's ark landed, trek to the desert outpost where Abraham first heard the words of God, and scale the summit where Moses received the Ten Commandments. Dramatic scripture readings will bring our Christian history to life! We hope you'll join us for some spiritual lunch!

# CHRISTIAN COMMUNITY NEWS

## NURSES NOTES, MAY 2006

**May 7** Though transmission of the Avian Flu virus (Bird Flu) directly from birds to humans is rare, it is wise to take a few simple precautions. Because the virus can be spread by droplet and via bird droppings or feces, be especially careful when uncovering the family pool, cleaning bird feeders and bird baths. Small particles can be inhaled, so consider wearing protective face covering and gloves when cleaning. Because wild waterfowl can be carriers, try to avoid direct physical contact when feeding ducks and geese. In addition, thoroughly clean soles of shoes to avoid inadvertently bringing droppings into the home.

**May 14** Spring is here, and with it pollen and spores, which may have asthma sufferers, reaching for their inhaled medications. If this describes you, here is a gentle reminder to thoroughly clean your inhaler daily, and rinse your mouth after medication use! Ask your doctor or pharmacist to demonstrate how to determine when your medication may be running low.

**May 21** Allergy Fact: Did you know that someone with a food allergy can have a severe reaction simply by touching that food? Just one more reason to carefully clean food preparation areas!

**May 28** Hesitant to use "cooking sprays" when cutting down on fats? Try this trick: Measure out a half teaspoon of cooking oil (about 20 calories) and apply it to the pan with a clean white paper towel or a basting brush. Use canola or olive oil for extra heart protection!

## PREGNANCY CARE CENTER WALK FOR LIFE

The Pregnancy Care Center of the Susquehanna Valley is holding their annual Walk for Life on Saturday, May 20th at 4 locations in Milton, Selinsgrove, Williamsport and Shamokin. It is a major fundraising event at which they hope to raise \$75,000 in sponsorship to help continue serving the families in Union, Snyder, Northumberland, Lycoming and Montour Counties. Participants collect donations from sponsors and walk a 3 mile course. Call your Pregnancy Care Center at 570-523-6874 to get more information on how to participate!



The Pregnancy Care Center provides Pregnancy tests and Counseling, Post Abortion Counseling & Support Groups, Maternity and Baby Clothes, Childbirth & Parenting classes, Baby Furniture, Adoption Counseling & Referrals, Referrals to doctors & Community Services, Abstinence Programs for Schools and Youth Groups, Maternity Home Program and Parenting Skills Training.

The proceeds from the walk will help to provide these necessary services right here in our own community, perhaps for someone you know with an unplanned pregnancy. Won't you help by walking or sending a donation today?

*Williamsport  
Area  
High School*

*Presents*

*Fauré Requiem*

*May 10, 2006*

*7:30 PM*

*St. Mark's*

*Nave*

**WANTED ST. MARK'S  MEN!!**

The women are in need of men to volunteer to help set up, serve and clean up after the Women's dinner.

## 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!

### WE NEED YOUR FEEDBACK!



In looking through past newsletters and with talking to parents, we have noticed that some good ideas have dropped by the wayside or are waiting to be put in place. WE

NEED TO HEAR FROM YOU IF YOU ARE INTERESTED!! Don't wait, pick up the phone or jump on line and please let us know NOW!

323-4619 or

[youthandministry@chilitech.net](mailto:youthandministry@chilitech.net)

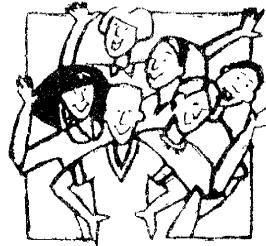
### Parenting Forum (by the wayside)

The first parenting forum was held on April 17<sup>th</sup> of last year with four couples in attendance. "It was a successful event with much discussion about how to parent our kids in these tough times." This is quoted from last May's *Lion*. On Sunday morning, July 16, we will start a 6-week discussion program in between the services, based on the book, *Parenting on Purpose*. Interested? We are!

### Summer Playgroup (new)

The suggestion has been raised to organize a playgroup to meet bi-weekly (weekly?) through the summer at a local park (Indian?) in the morning or afternoon. This would be a great opportunity for fellowship and exercise for the children and parents. *Who's up for this one?!*

### Camp Mount Luther



**CALLING ALL YOUTH**

Interested in a great camping experience? Mt. Luther is the place for you! Parents, guardians and future campers will find brochures about the Lutheran-based camp located in the outskirts of Lewisburg in the narthex or the staff hallway. If you are interested in more information, please contact Bernadette at the church office, 323-4619.

☉**Elementary Floodlight:** This is a new event for kids in grades 1-6 and their parents—or parents and their kids! It takes place on Saturday, May 6, from 10:00 AM to 3:30 PM at the Camp. Enjoy games, crafts, nature activities and a concert!! Cost for the day is \$8 per person, or \$7.50 each for two or more from the same family. Registrations are due by April 29! **Sign up now!**

☉**Grades 6-12:** Get a jump on summer fun with an overnight at camp on Friday and Saturday, May 19 & 20! Enjoy field games, campfire songs and snacks under a starry sky, meaningful worship and making new friends. In the morning, join with a crew of other volunteers for the Camp Work Day service project and end with lunch together. Cost is \$5 per person. Register by MAY 12.

### Peer Ministry for Youth Training

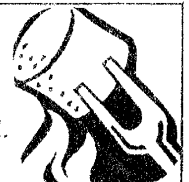
Rev. Kerry Aucker, Certified Peer Minister Trainer, leads this 2 day session, July 25-26 from 9-3 to enable 7<sup>th</sup> thru 12<sup>th</sup> graders, at St. Mark's. Teens will learn how to overcome barriers that separate people of diverse populations from living, working and ministering together. They'll learn to talk to their peers about the big questions...What do they do when ...

- ❖ One of the kids start talking about the scary stuff like suicide, drug use and sex?
- ❖ Someone is really struggling?
- ❖ Someone is searching for answers?
- ❖ Someone wants to give up?

Class size is limited. Call 570-323-4619 to register.

### Mark your calendars!

The **ST. MARK'S LUTHERAN CHURCH PICNIC** will be held on Sunday, June 5, at Indian Park in Montoursville, beginning at 1 p.m. Please plan on bringing a dish, your appetite and a chair! Meat and drinks will be provided.



# PICNIC

# YOUTH & FAMILY MINISTRY

## VACATION BIBLE SCHOOL



JOIN US SOUTH OF THE BORDER FOR A **FIESTA!!!**

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.

**SIGN UP NOW IN THE STAFF HALLWAY!!**

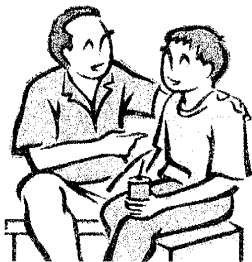
**Items needed!!** If anyone has any decorative or utilitarian items from South of the Border that they would be willing to loan us for this event, please let Sharon or Bernadette know. Blankets, serapes, sombreros, lanterns, baskets, armadillos; anything is welcome that would help set the mood!!!

## VIVA, VOLUNTEERS!!!

**We need help!!** To date, only four adult volunteers have signed up! We require more in order to run a successful program. Please check your schedules to see if you can free up your evenings during this week. It's a wonderful chance to share the children's joy in learning about God's love.



## FOLLOWING GOD TO VBS



My dishes went unwashed today;  
I didn't make the bed.  
I took God's hand and followed him  
to VBS instead.

Oh, yes, we went adventuring,  
All the children and I;  
Exploring the whole Bible  
for truths we can't deny.

My house was sure neglected;  
I didn't sweep the stair.  
In twenty years, no-one on earth  
will know, or even care.  
But that I've helped a boy or girl  
to fine adulthood grow,  
In twenty years, the whole wide world  
may look, and see, and know.



-author unknown

## MILESTONE MINISTRY

### PASSING ON FAITH

At St. Mark's, we have been involved with the Passing on Faith: Milestone Ministry, formerly "Child in Our Hands," for almost three years now. Many of you have directly participated in some of the milestone events, while still more have witnessed the observances of these special times in your friends' lives. This focus for building faith in our church members, young and old is spreading throughout the synod, with more and more churches needing information and inspiration to advance this ministry with their congregations.

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.

Thank you to all those who have supported this effort to date. For those who are just reading of this, 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?



### 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 the special people 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.

This year, the following couples are being honored:

☪	Robert & Marguerite Smith	2/28/1946
☪	Frank & Shirley Vognet	2/14/1947
☪	Mary & Donald Armstrong	6/21/1947
☪	Robert & Aletha Swartz	1 2/20/1947
☪	Henry & Harriet Fornwalt	2/1/1948
☪	Lawrence & Louella Bair	2/7/1948
☪	John & Ruth Burkholder	6/19/1948

Please congratulate these people on their continuing love!

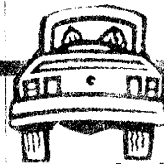
### RECEIVING BLANKET MILESTONE

*Lisa Rose Lewis*



daughter of  
Daryl & Elizabeth Lewis  
received her blanket  
on April 23, 2006.

She was baptized on April 30.



### Don't be Fuel-ish!

**Be a fuel miser**—Most mechanics will tell you that high-octane gas won't extend the life of your engine or improve gas mileage. But, it will cost the average driver upwards of \$100 more per year than 87 octane fuel—which, contrary to rumor, won't void your warranty.

If you get reward points for buying gasoline with a particular credit card, use it—but only if you can pay off the monthly balance when it's due. Otherwise, the amount you're paying in interest is likely exceeding your rewards savings.



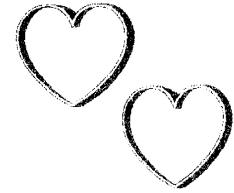
## SPECIAL DATES ~ BIRTHDAYS



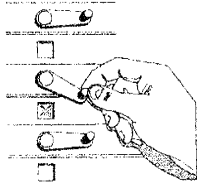
05/02	Robert Clokey	05/16	Robert Schultz	05/25	Joe Peluso Jr.
	Ruth Homan	05/18	Stephen Boone		Kenneth Goldy
05/07	Alex Larson		Arthur Decker	05/26	Jane Angle
05/10	Carl Weaver	05/19	Candace Dewar		Harriet Fornwalt
	Kline Alt		Amy Stugart	05/27	Norma Prato
05/13	Catherine Lundy	05/20	Michael Fillnow		Audrey Albright
	Lori Ann Zimmerer	05/21	James Seelye		Joyce Hershberger
05/14	Karen Boone	05/22	Eugene Larson	05/29	Kyseem Smith
	Doris Buzzerd	05/23	Owen Lukens		Kathleen Gilbert
	Elizabeth Kreider	05/24	Catherine Drake	05/31	Owen Gair
05/15	Heather Merrill		James Kreider		Steven Bieber III
	Jane Larson		Dawson Owen		
	Frank Vognet				

## SPECIAL DATES ~ ANNIVERSARIES

05/01 Jeffrey & Patricia Hershey	05/15 Galen & Pamela Davenport Jr
05/02 Hugh & Marie Byerly	05/16 Erick & Stephanie Fortin
05/07 Randall & Lillian Miller	05/25 James & Debra Buckman
05/08 James & Elizabeth Kreider	05/28 Creighton & Christina MacGill
05/12 Matthew & Alice Alt	05/30 Michael & Pamela Jensen



### ► NEW ELECTRONIC VOTING MACHINES ◀



On Wednesday, April 19, those who attended Lunch 'n' Fellowship learned about the County's new voting machines. THEY'RE EASY!! If you missed that, please see the following schedule of demonstration dates and locations. May 16 is fast approaching and you may want to familiarize yourself with the procedure. The new machines are also on display at the Voters' Services office, downtown in Executive Plaza.

Tuesday, May 2	8:00AM--Noon 12:30--2:30PM 6:00--9:00PM	Dunkin Donuts, Newberry First Church of Christ-Disciples Shick Elementary
Wednesday, 5/3	9:00AM--Noon 2:00--4:30PM	Lycoming County Courthouse Lobby Lycoming County Courthouse Lobby
Thursday, 5/4	8:00AM--1:00PM	McDonald's, Golden Strip
Friday, 5/5	Noon--5:30PM	Citizens & Northern Bank, Court St.
Monday, 5/8	8:00AM--Noon 7:00--9:00PM	Dunkin Donuts, Golden Strip Lairdsville Fire Department
Tuesday, 5/9	8:00AM--1:00PM	McDonald's, South Williamsport
Wednesday, 5/10	9:00AM--Noon 2:00--4:30PM	Lycoming County Courthouse Lobby Lycoming County Courthouse Lobby
Thursday, 5/11	8:00AM--1:00PM	McDonald's, Lycoming Creek Road
Friday, 5/12	4:00PM--8:00PM	Giant Food
Saturday, 5/13	10:00AM--9:00PM	Lycoming Mall

## SPECIAL THANK YOU'S!

Pastor & Members,

We are so glad to be members of this church where the people care about each other. We want to thank the Pastor and everyone who so graciously prayed for us, sent cards, food and expressions of love and sympathy.

Russ & Lois Smith

Thanks to everyone who helped with and participated in Breakfast and had a 'hopping' special thank who donated Hunt, it happened



the Easter Egg Hunt. We all good time! And a you to everyone items for the couldn't have without you!

Sharon & Bernadette

*Although I am slow getting this to you, please do know I really appreciate the bread & soup. Both were delicious. In fact, I ate the whole loaf of bread myself.*

*Many thanks for your kindness.*

*Fondly,  
Shirley V.*



Members of Saint Mark's,

The Smollinger family thanks you for the memorial message for Betty who passed away last year. Thank you for caring!

Carl Smollinger

Pastor, Staff & Congregants,

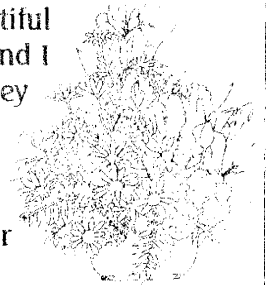
Thank you so much for the warm welcome and all the words of encouragement I have received since starting as your parish secretary. I am enjoying meeting you and I'm looking forward to getting to know you better. It is a wonderful gift to be excited about coming to work in the morning! Thank you for that gift! Also, thank you for your patience during this time of learning. It is my prayer that I will become a valuable asset to Saint Marks.

God's love and mine,

Susan Mahserjian-Smith,  
Parish Secretary

Thank you so much for the beautiful flowers that was sent to Ralph and I after the service on Sunday.—they are beautiful and we are truly enjoying them.

Sincerely,  
Edna Zeigler



St. Mark's,

Thank you ALL for making my Baptism, during the Easter Vigil, a special and memorable occasion. I also want to thank everyone who prepared the celebration after the service. It was very nice and the wooden Baptismal Chest is beautiful!

May you be blessed by the Lord with the same warmth and joy you have given.

Thank You again,  
Steve Eyer & family



## SPECIAL CONCERNS LIST

Patricia Alexander  
1745 Chestnut St.  
Williamsport, PA 17701

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  
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## HEALTH, HEALING AND WHOLENESS

As Christians, we recognize that God is the giver of all life, and that each breath we take bears witness to His life-giving and sustaining nature. In Genesis, we hear "...and He breathed into his (Adam) nostrils with the breath of life, and the man became a living being" (Gen. 2:7). Ruach (Hebrew) or ruha (Aramaic) translate as "breath/spirit". Most of us take breathing for granted, easy to do of course, unless you suffer from allergies or asthma.

No one can completely escape from irritants or pollutants, but here are a few strategies you may not have considered, that may lessen their effects:

- ❖ During peak pollen or pollution times, try to remain indoors as much as possible.
- ❖ Dry clothing in a vented dryer, not on the clothesline.
- ❖ If you use air conditioning in your home and car, make sure to clean filters to prevent the circulation of mold spores. Your auto supply store should have products for your car AC.
- ❖ Beware of thunderstorms, why? The wind stirs up both mold and pollen, actually beginning before the storm rolls through via updrafts, which bring pollen and spores up to face level.
- ❖ Pollen counts are lowest 1-2 hours after a hard rain. They are highest at about 6 AM on days with sun and light wind.
- ❖ Stuffed animals have long been identified as sources for allergies. Kapok, used as stuffing in pillows, teddy bears, sleeping bags and upholstered furniture, was long felt to be the cause of allergic symptoms. However, the stuffing in itself is not the problem—it is the dust mites and mold spores they harbor. Wash items in hot water (130 degrees) and dry in a vented dryer on a weekly basis.
- ❖ If your child has a pet such as a hamster, guinea pig, gerbil, keep the cage away from heating vents or air returns.
- ❖ Shower and change clothes after working or playing outside. Also shower and change after grooming or washing the family pet.
- ❖ Keep rain gutters and drains free from debris or leaves and insure that rainwater flows away from the house.
- ❖ Do not burn trash—recycle as much as possible; put the remaining items in the garbage.

Sometimes our churches inadvertently contribute to allergic sensitivities. How? In larger buildings such as churches and offices, heating, cooling and ventilation systems can be sources of mold, mildew or dust, which are then inhaled. To combat the problem, clean or replace filters regularly, and use a dehumidifier. Good ventilation is also vital when doing renovations, due to formaldehyde-containing bonding agents in carpet, paneling and furniture.

Choose altar flowers carefully. Check with your florist for flowers with little or no scent when decorating your worship space. Many Easter services are missed because congregation members are sensitive to hyacinths, lilies or other fragrant flowers.

Finally, modern soap, lotion and cologne fragrances are more potent than in the past. On a daily basis, the average person may use half-dozen, or more, scented products. Multiple that by many people—in a poorly ventilated room—and it becomes difficult for the allergy sufferer to function. One of the most challenging aspects for the person who is sensitive to fragrances is the lack of understanding by others. The same person, who would be offended by "second hand smoke", may not see the parallel with "second hand perfume". A good rule of thumb, if you can smell the product on yourself, you've probably applied too much.

*May He who daily breathes into us His Spirit, be with you and strengthen you in every way. (John 20:22)*

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