



The Lion of St. Mark's

AUGUST 2006

Calling All Adults, to Think, and Do!

There is a place for every adult in Christian education during the summer and fall seasons. Some adults are very much needed as teachers and aides for the younger classes, but many more can also be involved as participants in the adult groups. For the past ten years we have maintained two adult groups in order to offer a variety of subjects and approaches. This is well-worth continuing!

I. The Middle Lounge Group

Bob Schultz has been leading this group for some time, and is asking for a year off. An additional leader or leaders are needed.

What subjects would be attractive to you? Here are a dozen possibilities, and additional ideas are most warmly solicited. Please call Sharon Comini with your reactions for subjects and leadership. We want to get underway on September 10.

1. The Sunday lessons: preparing to hear the Word in worship.
2. Listening for God: Contemporary Literature and the Life of Faith
3. Sing the Faith: Hymns of Comfort
4. Being Disciples of Jesus in a Dot-com world
5. Roots of Our Faith (by James Nestingen)
6. When you pray the Lord's Prayer (by James Nestingen)
7. Gathered and Sent: a study of worship
8. Following Jesus: encouragement from the Beatitudes for a troubled world
9. Faith: confidence and doubt in daily life (by Martin Marty)
10. Jesus, Divine and Human: Reflections from Matthew
11. Kingdom Living: The parables of Jesus
- 12 Off the edge: Faith, science and the future

II. The Crossways Group

Pastor Elkin continues with this group. The group always begins with questions and observations from the week past, and then moves to the topic of the day. This past year, the group spent much time carefully examining the book of Acts. This fall, we move on to the apostle Paul and his letters, especially Romans. This is a great time to join the group; there is a spot at the table for you, beginning on September 10!

III. Video Ventures

Our summertime activity continues through August 27. Thus far we have watched closely as an actor has presented a one-man proclamation of the Abraham, Isaac and Jacob cycle of stories from Genesis, and also a fascinating de-bunking of the currently popular *DaVinci Code* book. Next we turn to a bit of history as we learn about the Knights of Malta and the Crusades. And after that...? Come and find out! It is sure to stir up thoughtful conversation. Seats in Middle Lounge are available. The only problem is that we're not offering popcorn.

IV. Parenting with Purpose

Our second summertime offering began on July 23 and continues through August 27. A video and a small book serve as the springboard for conversation and the encouragement that parents can offer to each other. The group is nearly full, but several more spots in the Crossways Room are available. Come!

COUNCIL UPDATE

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The Congregation Council did not hold a regular session in July. It will next meet on August 21 at 6:30 in the Crossways room.

Just a Reminder



Remember you do not have to miss a single 10:30 AM service! Call Shirley Vognet at 323-0335 or the church office at 323-4619 and we will see that you get a tape of any 10:30 AM Sunday Service.

We would also like to thank the people who make this special service possible:

Duplicating:
Erasing, etc:
Recorder:

Jack Burkholder
Jim Buckman
Frank Vognet

An additional thank you to the many people responsible for delivery of the tapes to your home.

Website & E-Mail Addresses

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Lunch 'N' Fellowship

Wednesday, August 16th
at noon

Chicken cooked in Apple
Juice
&

CHRISTIAN COMMUNITY NEWS

Lutheran Women are now collecting Kits, Quilts & Soap!

Historically, Lutheran World Relief has focused on emergency response overseas. But, given the unprecedented nature of Hurricanes Katrina and Rita, they have provided quilts, School Kits, and Health Kits to survivors of the devastating hurricanes. Please make up the kits described in the Narthex. They are sorely needed.

Kits are due in September

School Kit

- 2 spiral bound notebooks (8"x11" lined, 70 pgs.)
- 1 pair blunt metal scissors
- 1 12" or 30cm ruler
- 1 pencil sharpener
- 6 pencils w/ erasers
- 1 2 ½" eraser
- 12 sheets construction paper
- 1 box of 16 or 24 crayons
- **Pack in cloth bag and secure with cord or rubber bands**

Layette Kit

- 2 shirts
- 2 gowns or sleepers
- 2 receiving blankets
- 4 cloth diapers
- 1 sweater
- 2 washcloths
- 1 bath size baby soap
- 2 diaper pins
- **Wrap in one receiving blanket and secure with diaper pins**

Health Kit

- 1 hand towel
- 1 washcloth
- 1 bar of soap (bath size)
- 1 toothbrush
- 1 tube of toothpaste
- 1 wide-tooth comb
- 1 nail file or clippers
- 6 band-aids
- **Wrap in towel and tie with ribbon or yarn**

Sewing Kit

- 3 yards 45" cotton fabric
- or
- 4 yards 36" cotton fabric
- 1 pack of hand needles
- 1 spool matching thread
- 6 buttons on a card
- or
- 6 buttons tied on string
- **Wrap inside of fabric and secure with yarn or ribbon**

Bath sized bars of soap may also be donated.

Rummage Sale & Bazaar

Saturday, September 16, 2006

9 AM—2 PM

Notice the earlier date this year!

Items being accepted for this event include: household items, small appliances, seasonal decorations, books, treasures from your attic or basement.

No clothing at this event, please.

Items may be brought to the church bazaar room located in the basement of the Fellowship Hall. We will need people to help with pricing, setup, tear down, and on the day of the event people to be stationed at the stands to help.

Can we count on you? Lots of work, but tons of fun!!

Please contact Jane Kline (326-9672) with any questions or to volunteer your time.

Thanks for your consideration.

CHRISTIAN COMMUNITY NEWS

A Dog-Gone Good Time Planned!

Call right now to register you and your canine companion for a series of six sessions that are sure to improve your mutual happiness. Donna Zierdt Elkin is offering to share with members of the parish and their dogs some of the wonderful information and techniques that she has been studying over the past several years. She proposes to meet in the courtyard at church on Wednesday evenings beginning on August 23 at 6:00 PM for 1 hour sessions with those who pre-register. Some of the basics of dog-training will be covered, and the emphasis will be on the specific problems or questions of the participants. Donna is a member of the Williamsport Dog Training Club, and she recently served as the chair of the Agility trials that were held at the fairgrounds in Hughesville, an AKC-registered event that drew participants from across the state. A donation of \$10 per person/canine duo per session will be gratefully received, for the benefit of our local SPCA. Call with your questions, and soon, with your reservation to either Donna Zierdt Elkin the instructor at 323-7367 or chief recruiter Trish Hershey at 321-9180.



Property Committee Family Picnic

August 20th at 5PM

Pavilion, Meat & Beverage provided

Bring a dish to share and your fishing pole!

Rain or Shine

Doebler's 7D Stables

578 Kimble Hill Road

Williamsport



CHRISTIAN COMMUNITY NEWS

How strong is my faith?

Who is God? Who is Jesus?

How could reading and studying God's word regularly change my life?

Why should I go to a worship service every week? What is so important about the Bible?

Is something missing in my life?

Does God really care about me?

What do I really believe?

Do you find yourself asking questions like these?

How and where can we find answers to these questions?

Is there a place where questions can be asked and discussed in a non-threatening and friendly setting?

YES! . . . THE WAY!

THE WAY begins its seventh season Sunday, September 17th at 4:00 PM. This will be an informational meeting for anyone interested in knowing more about this process of Faith Forming for adults in which the basic disciplines of Christian Faith, worship, prayer, scripture study, and ministry in daily life are studied, understood and used regularly.

THE WAY is for people who have little or no experience of faith, people who are questioning their faith, as well as those members in the congregation who think they could benefit from opportunities for conversation, fellowship, and mutual growth in their faith and life.

Why not join us Sunday,
September 17th at 4:00 PM
in the Crossways Room?

Questions? Contact the Pastor at 323-4619
or Bob Schultz at 326-3929



Stewardship Corner

This month the discussion at our meeting concerned *Consecration Sunday* and all the planning that goes into preparing for this day. (10/15/06) We began the meeting with prayer then reviewed *New Consecration Sunday*, a book written by Herb Miller to help us develop our stewardship program. This book provides a procedure, timeline, ideas and suggestion for this important day. As we continue to get ourselves prepared for this day we would like to challenge each one of us and our committee members, to ask ourselves one question, "What is God calling me to do?" Each person can answer that question. The answer can come through meditation on God's word, through our daily prayer and devotion time, and during our worship hours. We can simply ask God, "How should I respond to your grace?" For individual preparation to *Consecration Sunday*, we would like everyone to read 2 Corinthians 9:11-15 where the apostle Paul helps us to understand giving to advance the gospel and to say thanks to God and his indescribable gifts.

God's blessings from,

CHRISTIAN COMMUNITY NEWS

Nurses Notes

August 2006

- August 6** Don't be fooled when it's overcast. Almost 89% of UV light passes through haze and thin clouds. Wear a sunscreen whenever outdoors.
- August 13** Most lipsticks score only SPF 8. Choose lipstick or gloss with an SPF of 30, or apply a sunscreen lip balm before your favorite lip color.
- August 20** Sunscreens stored in your glove compartment or on the backyard picnic table will lose their effectiveness long before the label's expiration date. Store products indoors.
- August 27** Apply sunscreen at least 30 min. before going out into the sun. This allows the active ingredient time to absorb into the skin. Use a generous amount – about the size of a shotglass to cover all exposed skin, and reapply frequently.



Sunglasses: Protect Eyes Against Ultraviolet Radiation

Sunglasses are an important part of summer eye safety! Ultraviolet (U.V.) protection is the most important criteria to look for when shopping for sunglasses. The FDA requires labeling on sunglasses with the words "100 percent U.V. Protection." U.V. rays are invisible and are often called the "sunburn" rays. A very painful sunburn of the corneas is called Photokeratitis.

An important criterion to consider when purchasing sunglasses is finding a pair that provides protection against breakage. Lenses are made of acetate, CR-39, or polycarbonate—all plastics known for their strength.

Sunglasses are grouped into the following categories:

- **Cosmetics:** Lightly tinted lenses that block at least 70 % of U.V. rays. These are recommended for use in non-harsh sunlight.
- **General Purpose:** Medium-to-dark tinted lenses that block at least 95% of U.V. rays. These are sufficient for outdoor activities such as walking or tennis.
- **Special Purpose:** Block at least 99% of U.V. rays. These provide maximum protection for very bright environments like skiing, mountain biking, and water sports.

Look at sunglasses carefully for scratches, bubbles and distortions. These distortions in the lenses may cause your eyes to work harder and result in squinting, blinking, tearing and even slight headaches.

When in doubt about a particular sunglass product, you should ask your eye care professional for advice.

Social Ministry News

Habitat for Humanity

You can help make the dream of home ownership come true by volunteering your time and talent in the construction of four Habitat for Humanity homes in Williamsport. Perhaps you saw the recent press coverage of the project's ground blessing/ground breaking. On a beautiful spring day in April, Habitat broke ground for its four house "Ivy Way" project located at 1131, 1139, 1141 Charles Street and 632 Sheridan Street.

Lutheran Build for Habitat August 7th—11th!

During the week of August 7, 2006, St. John's Lutheran Church of Jersey Shore has graciously agreed to host members of the Lutheran Churches of Lycoming County at the work site. Because four homes are being built simultaneously, there is a need for numerous volunteers. While honed skills are helpful, even untrained persons can be useful.

The Social Ministry committee is in contact with Habitat for Humanity to detail ways St. Mark's may serve on this project. Be looking for those dates and plans soon. In the meantime think of all the ways, from providing food to pounding nails, you can be involved in changing people's lives one family at a time.



Sign up today and say, "I helped build it!"

Food for Thought...

One man came out of his house on his way to church on Sunday morning, just as his neighbor came out with his golf clubs. The golfer said, "Henry, come out and play golf with me today." Henry, with an expression of self-righteous horror on his face replied, "This is the Lord's Day and I go to church. Certainly I wouldn't play golf.

After a moment of embarrassed silence the golfer quietly said, "You know, Henry, I have often wondered about your church, and I admire your faithfulness. You know also, however, that this is the seventh time I have invited you to play golf with me—and you

Social Ministry News

NEW WINDSOR TRIP

Make plans now to go along to the New Windsor Service Center on Monday, August 28. We offer some volunteer time and learn about all of the activities of the center. It is a great day of Christian Fellowship with folks from around the area. We leave at 6:00 A.M. from the church and meet the bus in Shamokin Dam for the balance of the trip. Your check of \$25 made payable to *Christ United Lutheran Church* delivered to the St. Mark's Church office saves you a seat on the bus.



Tuck Aaker

The entire collection of Tuck Aaker's stewardship articles is now available online.

Aaker, who writes the *Stewardship Now* newsletter, is a retired businessman who has his finger on the pulse of continuing changes in our society and our church.

Before he retired Aaker was a "turnaround specialist" who worked with troubled businesses. He brought clarity of purpose and worked to improve positive attitudes. He emphasized the value of honest manager—employee relationships. He taught The importance of integrity, transparency, and the necessity for genuine partnerships. He pointed to present assets instead of needs.

After he retired, Aaker worked in the ELCA Florida/Bahamas Synod where he assisted pastors and congregations in developing plans for whole-life stewardship. Whole-life stewardship pays attention to cultural changes, business realities, and religious commitments.

For an archive of Aaker's articles go to:

www.elca.org/dcm/stewardship

Reprinted from *Seeds for the Parish*, July-August 2006



Comfort those in any trouble with the comfort we ourselves have received from God.

2 Corinthians 1:4

Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. 1 Peter 4:10 (NIV)

The Women of Saint Mark's and the Social Ministry Committee continue Christian outreach to individuals locally and globally. Several opportunities for you to reach out to individuals in need remain available this summer.

- School kits, sewing kits, soap, and baby layette items are being accepted for Lutheran World Relief.
- Hygiene items are being accepted for the clients visiting the Shepherd of the Street's office.
- The United Churches Food Pantry needs non-perishable food items. Research confirms there is no summer vacation from hunger. Your items help provide food to families who are experiencing difficult times on shrinking budgets.

Displays in the Narthex provide additional information on donating to these causes. Donations can be left in the bins in the Narthex. Please accept this call to serve Christ through acts of service.

YOUTH & FAMILY MINISTRY

Passing on Faith: Confirmation

On Sunday, August 13, 2006, Declan Jones will be confirmed at the 8:00 a.m. service. He has worked long and hard to achieve this milestone in his life, as a member of The Way and in individual sessions with Pastor Elkin. This is such an important time in a youth's, as well as our church's, faith journey.

Please join us after the 8:00 a.m. service to celebrate the event with his family. Be sure to congratulate Declan on the next stage of his service in the church.



Camp Mount Luther

Interested in a great camping experience?
Camp Mt. Luther is the place for you!

In the staff hallway, parents, guardians and future campers will find brochures about the Lutheran-based camp that is located west of Lewisburg. If you are interested in more information, please contact Bernadette at the church office, 323-

PARENTING FORUM

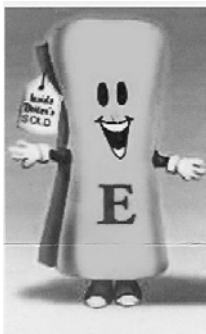
Having started on Sunday, July 23, we are continuing with the last four sessions of this 6-week discussion program. The word is spreading! This is a great program with thought-provoking topics and exchanging of ideas. It promotes conversation at home as well as in the sessions.

We meet in-between the morning services to participate in this series, Parenting on Purpose, from Sheraton House Ministries. It utilizes a DVD and workbooks, with the leaders acting as facilitators for discussion. In order to free up all parents who want to attend, there are supervised activities for younger children in the nursery and opportunity for conversation among the older kids.

See you there!!

CALLING ALL YOUTH! DO YOU HAVE A WAY WITH WORDS??

ECHO FLOORING GALLERY (soon to be set up inside Beiter's Home Center) is having an essay contest. They need to name their *carpet mascot* (pictured here).



They are opening this contest up to anyone under the age of 18. The essay must be a maximum of 100 words including the name and why we chose it.

The PRIZE is, get this, \$1000.00 for use with our youth--that's you!!!

We have to do this by September 12, so start brainstorming!

Call us if you want to see a color picture or if you have any ideas!

CHILDREN'S SUMMER FILM FESTIVAL

On Thursday mornings, there are free showings of films for families. We are organizing a trip each week. Please join us for morning prayer at 9:00 and we will leave directly after, between 9:15—9:30 a.m. Please call to let us know if you want to go. We wouldn't want to leave anyone behind!

- August 3.....*Hoodwinked* (PG)
- August 10.....*Curious George* (G)
- August 17.....*Yours, Mine & Ours* (PG)

If you cannot attend, but can drop off and pick up your child, we would be glad to take him or her with us. We need a signed permission slip and an appropriate car seat.



YOUTH & FAMILY MINISTRY

Shower for Kit Chen!

The ladies of St. Mark's have planned a shower for Kit Chen (our own dear St. Mark's Kitchen) to take place on Sunday afternoon, August 20, at 12:15 in Fellowship Hall. The best news is *all* of you (yes, guys, too!) are invited! Over the years, things have worn out or gone missing or, with a greater variety of events, we've developed a need for something we didn't already have.

What follows is a list of needs and wants for the kitchen. If you plan to attend, please call the office (323-4619) before you purchase anything! We will check the list to see if an item is already being provided or give you more information about the size, style or the best place to buy a gift card! Just like a store register!

Please wrap your gift and don't let Kit know—we want to surprise her!! If you can't attend and join in the fun (you *know* there's going to be games!), Kit would gratefully appreciate anything you could send.

All items that have been replaced will be donated to the Rummage Sale.

Rival Crock Pot – 5 quart or bigger with removable crock
 Coffee Maker – 12 cup home-style
 Mr. Coffee Ice Tea Maker
 Large Roaster – restaurant style – maybe stainless steel – not enamel, not aluminum
 Kitchen Aid silicone trivets – 3 or 4
 2 round metal ice cream scoops
 2 carving boards – 18 x 24 polyethylene
 Tea towels – flour sack material
 – Martha Stewart at K mart
 Kitchen timer
 Dry measuring cups – stainless steel
 Large and long-handled soup ladle – 2
 – stainless steel
 Pot holder mitts with Kevlar or similar inserts for high heat – Wal-Mart has them
 Knife block for in a drawer
 Large stainless steel salt and pepper shakers for stoves
 Cupcake tins

© Cartoonbank.com



"So this is where the magic happens!"

Large serving tongs
 Vegetable peeler – Zyliss horizontal and Kitchen Aid regular
 Microplane grater
 Heavy metal measuring spoons
 Large cookie sheets – at least 3
 Stainless barbeque utensils for grilling
 Wooden spoons – Joyce Chen brand
 Metal pie/cake servers – 2
 Wooden rolling pins – 2 at least
 Funnel set
 Stainless mixing bowls
 Standard Farberware style stainless steel sauce pans and skillets/fry pans
 Relish trays
 Ice cube tray stacker
 Water pitchers – 1 gallon Rubbermaid – at least 2
 Dish cloths
 Instant read meat thermometer with long wire
 Cooking shears
 Rubber spatulas – very large – at least 2

YOUTH & FAMILY MINISTRY

Parents who take their responsibilities seriously would never allow their young children to wander the streets of a strange city alone. Yet these same parents may allow their children to surf the unpredictable and unregulated Internet alone. This manifesto was created by top Computer guru, Kim Komando as a guideline for children's online behavior. Feel free to print this off and have both you and your child sign it as a contractual agreement between you.

10 Commandments for Kids Online

1. My parents and I will decide when I am allowed to use the computer and the Internet. I promise not to ask or fight for more computer time. I will only do things and visit places that they say I can.
2. I will never tell anyone online or post online that I am home alone. I won't give out my last name, my home address or telephone number, the name of my school or teachers, where my parents work or their telephone numbers without getting my parents' permission. I will never give out my friends' screen names, e-mail addresses, names, addresses and telephone numbers, and I will remind them to keep mine a secret.
3. If anyone online does anything that bothers me, I will tell my parents. I will never use bad language, say bad things about other people, or send mean messages in an e-mail, text or instant message, chat room, blog, or on a Web site. I will tell my parents if someone does that to me. If I use "secret" or "code" words online, I will tell my parents what they mean.
4. When I use instant messaging, e-mail, chat rooms, or Web sites where people put information about themselves, I will never send or post a picture of my family or me. If I set up a blog or an online profile, I will tell my parents where it is and how they can read it.
5. I WILL NEVER, EVER MEET WITH ANYONE I'VE TALKED TO ONLINE WITHOUT FIRST TALKING WITH MY PARENTS.
6. If my parents ask me for my password, I will give it to them. I will NEVER give out my passwords or any of our family's passwords to anyone, not even my friends or other family members.
7. If I want to download any games, movies, music, or programs, I will ask for permission. I know I must pay for most of these things. If I take them, that is stealing.
8. I will not try to win free things or buy things on the Internet without my parents' permission. If I get a message that I won something, I will show it to my parents. If I get an e-mail asking for passwords or other secret stuff, I will ask my parents.
9. I will not open any of my parents' files. I will not change any settings or install any new software without my parents' permission.
10. I give my parents permission to look on the computer to see where I have gone on the Internet, the e-mail and text messages I have sent and received, or what I do in a chat room. If my parents installed programs that track what I do on the computer or limit where I go online, I promise not to turn those programs off.

YOUTH & FAMILY MINISTRY

Attention girls: 6th-12th grade and your moms:

JOIN US FOR THE REVOLVE TOUR!

How would you like to go to Philadelphia for a weekend? Join us for a great Mother/daughter getaway to renew your faith, have a wonderful time and reconnect with the world around you.

What is the Revolve Tour?

It's a weekend of awesome music, amazing stories, faith and fun! It's an event designed specifically for teen girls (6th – 12th grades) with stuff they need (and want) to know. According to the girls who've been there . . . it's a life-changing, faith-building, totally sweet, beautiful, real, honest, intense experience specifically for teen girls (6th – 12th grades) with stuff they need (and want) to know.



HOT TOPICS
Friends are sooo important! If only they came with guarantees. Hear how to make the most of your friendships, and how to handle it if one goes bad.

What do guys really think? Why do they say what they say? We hear 'em, but what do they mean? We've got the honest truth from a guy about the view from "the other side."



Our speakers are real - and they've got real-life experience to share with you. Stuff you can pack in your spiritual survival kit in order to successfully navigate your own life journey.

We've all got it in us to be confident and act confident. But where does self-esteem come from? From 'how to think' to 'who to believe', we'll help you find and appreciate the real, wonderful you.



Philadelphia, PA
November 3-4, 2006
Wachovia Spectrum

Check out the website: www.revolutour.com, and see all the artists and events that will take place. Talk to your moms and friends about it and call Sharon or Bernadette if you are interested. Monies will be available to help defer the cost.

EARLY BIRD DEADLINE SEPTEMBER 8, 2006

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!



Wednesday, August 9
Wednesday, August 23

ST. MARK'S SUMMER PLAYGROUP!

Fun-In-The-Sun

10:00 a.m. Memorial Park
10:00 a.m. Indian Park
(bring a picnic lunch to this one)

If you have any question or need directions, please call Vicki Haussmann at 320-0561. We hope to see you there!

YOUTH & FAMILY MINISTRY



Teachers Needed!!! *Just Five Hours a Month*

"You shall love the Lord you God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates."

-Deuteronomy, 6:5-9

The education of our children is a vital part of our entire culture, but more than ever in our church. What they learn here will stay with them forever and give them the moral foundation from which they go out into our society.

Every member of St. Mark's has something to teach our young people and it means so much to our youth to see their parents, grandparents and friends actively involved in their instruction.

Our structuring of the Sunday School program requires a commitment of just one month at a time. If you wish to sign up for longer, of course you may. But, all our youth ask is just 4-5 Sundays out of the entire year. **PLEASE, HELP OUR CHILDREN LEARN ABOUT GOD.** Lead a Sunday School class here at St. Mark's during the 2006-2007 school year.

Thank you to all those who have already volunteered. Anyone interested in filling in the gaps in the schedule, please call Sharon or Bernadette soon about which month you would like to teach. You can also check the list and sign up in the staff hallway. You are essential to the continuing success of St. Mark's Sunday School program.

INVEST IN A LIFE!

"Making This Year Special For The Savior"

Leader - Dr. Ruth Ann Breuninger

Saturday, August 5, 2006

9:00 AM—3:00 PM

St. John's U.C.C., in Lewisburg



"Invest In A Life" is a unique training & equipping experience that is practical & fun. The workshop is designed to aid all adult workers with in the Church & Sunday school by providing resources & training in a way that is enjoyable, encouraging & rewarding.

Contact Sharon or Bernadette if you are interested in attending.

HEALTH, HEALING & WHOLENESS

August 2006

“For you are a people holy to the Lord your God. The Lord your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession.” (Deut. 7:6)

Symptoms of Attention Deficit hyperactive disorder (ADHD) can create special challenges to an adult in the family, workplace, and social situations. For relationships to form, an individual needs to be attentive and responsible. Adults with this disorder, sometimes referred to as an “invisible disability” (www.help4adhd.org), often appear forgetful or inattentive, seem to have poor control of impulsive words or behaviors, or have difficulty in completing projects. Some adults with ADHD go on to very successful careers, while others suffer social rejection.

Adults who might benefit from evaluation for the disorder, display a great deal of difficulty in paying attention or concentrating. Additional problems might include:

- Losing or quitting jobs frequently
- Inability to do as well as peers in work or school
- Problems in day-to-day activities such as doing and completing household chores, paying bills, organizing
- Problems with relationships stemming from forgetting important things or dates to getting easily upset over seemingly little things
- Ongoing stress or worry because of not being able to meet goals and responsibilities
- Ongoing, strong feelings of frustration, guilt or blame
- Frequently blurting out answers, before questions are fully asked
- Difficulty in waiting in line or being patient
- Interrupting others' conversations or activities vs. waiting for a break in conversation
- Making frequent careless mistakes; not following directions or failing to complete an assigned task

If you recognize yourself or a loved one in the above descriptions, speak to your primary care physician or a mental health professional regarding a formal evaluation. If you do not have one, your clergy or parish nurse may be able to help you by making a referral. In the meantime, here are a few tips which may assist you in becoming a bit more focused:

- Learn to use a daily planner
- In dealing with paperwork, use the “handle it once” rule: trash it, refer it to someone, act on it now, file it, or halt it (having your name removed from the mailing list)
- Set up a “launch pad” – a table or shelf by the door. Use small containers to hold keys and glasses. Put your briefcase or backpack there for easy retrieval the next morning.
- Be observant. Try to become more aware of others' body language, tone of voice, behavior; look into someone's eyes to help interpret their message.
- Use ‘white noise’ machines or music to drown out background noise when trying to concentrate
- When focusing on reading material, keep a pad and paper handy. When a thought comes into your mind, jot it down, then immediately go back to your reading.
- Make up a checklist of steps when working on a complicated task

In treating the disorder, medications may assist in impulse-control, however the support of a trusted, knowledgeable therapist is valuable in providing a safe setting in which to practice social behaviors and learn coping skills and strategies.

Finally, sustained change never occurs overnight; never forget that you are God's *chosen, cherished possession*, and that you are His treasure!

May the peace of the Lord be with you now, and always!
Debbie Best, Congregational Health Ministries and Family Life Services
Diakon Lutheran Social Ministries

Caring for those who stand watch



We express our deep concern, love, and care for our troops in many ways. We send them care packages, letters, Bibles, pictures, and e-mails. We tell them that they are missed and that we pray for them.

But what about the families and friends who wait at home? Throughout the ELCA there are mothers and fathers, sisters and brothers, spouses, children, extended families, and close friends of troops.

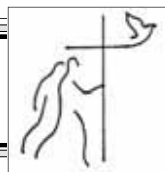
With waiting and worrying, anxiety is high. There is uneasiness during the day, and emptiness that haunts at night. A parent remembers the anxiety she felt during Desert Storm, "There was never any mail from him. I didn't know where he was—was he okay? I saw the Desert Storm news every day, every newscast, but where was my son? I needed someone to help me cope with my nearly debilitating fear."

For some there is great responsibility and more work, which adds to the feelings of anxiousness. All the child rearing, bill-paying, housework, and problem solving, now fall on their shoulders. Finances are tight, on top of the stabbing worry, the throbbing headaches, the addiction to the television, and the weight loss (or gain) that results from a spouse, child or grandchild having gone to war. All this while the children of soldiers act out in school, suffer from anxiety attacks, and cry themselves to sleep.

How can we as individuals and as congregations help the families and friends of our deployed military? The following are a few suggestions for consideration:

- At www.elca.org/peaceandwar/families there are "tried and true" suggestions for congregations and individuals.
- At www.deploymentlink.osd.mil/deploy/famil/family_support.shtml the military has listed all the ways you can help regardless of branch of service.
- Federal chaplains can help, too. Go to www.elca.org/federalchaplains and read the journal entries from chaplains who serve beside our troops, and learn how to support their families back home.
- Yet another Web site (www.elca.org/peaceandwar/help) has tips for supporting military families.

Mission at the Crossroads Update



During three weeks in July, members of the congregation were invited to spend a few minutes each Sunday morning to think about the resources we have available for ministry and what our mission field should be. All of the forms have been gathered together and will now be sent off for tabulation.

The next event will be on Wednesday, September 13, when we will meet for a potluck meal at 6:15 and then view the information we have gathered and begin to make observations about it and the implications for our work together in the coming years. Mark your calendar now. Any member of the congregation is invited to attend, even if one has not been involved in prior steps of the process.

BIRTHDAYS

James Buckman	08/01	Charles Greevy	08/11	Robert Swartz	08/16
Larue Dieter	08/01	Richard Lakey	08/11	Tiffany Jarrett	08/17
Kara Hershey	08/01	Gillian Buckman	08/11	Pamela Travis	08/17
Michele Ramsauer	08/02	Marie Byerly	08/12	Matthew Alt	08/17
Aric Larson	08/03	Louis DeSeau	08/12	Stacie Bieber	08/18
Emily Satifka	08/03	Ashley Winner	08/12	Sean Clouser	08/19
Matthew Welker	08/03			Gregg Dancho	08/21
Alona Hopler	08/04			Renee Hinds	08/21
Frank Ulman	08/04			Andrew Kneedler	08/22
Creighton MacGill	08/05			Janelle Lukens	08/22
Donna Miller	08/06			Prudence Poff	08/23
Dorothy Burd	08/07			Kay Poliska	08/23
Donna Clark	08/07			Nathan Clouser	08/26
Bret Foust	08/07			Andrea Gregory	08/27
Louis Kolb	08/07			Galen Davenport Jr.	08/28
Charles Fortin	08/08			Amanda Weaver	08/28
Zelma Vitolins	08/08			Scott Dietterick	08/29
Audrey Wacker	08/08			Evan Doebler	08/29
Mary Kimble	08/09			Shirley Kinney	08/29
Susan Newcomer	08/10			Lou Ann Zeigler	08/30
Karen Staffini	08/10			Carl Smollinger	08/31
Leigh Travis	08/10			Bobbie Yetsko	08/31
Lynna Robertson	08/10			Melinda Wentzel	08/31
		Ray Huff	08/14		
		Kathleen Dancho	08/15		
		Carl Albright	08/15		
		Frank Doebler	08/15		
		Beverly Hieber	08/15		
		Amie Larson	08/15		



ANNIVERSARIES

Ernest & Nancy Larson	08/01
Ronald & Donna Baker	08/02
Fred & Shirley Dieffenbach	08/03
David & Tracey Heaps	08/03
Martin & Susie Hill	08/05
Theodore & Barbara Larson Jr.	08/06
Carl & Lucille Weaver	08/06
Raymond & Mary Ann Stiller	08/06
Bryan & Karen Pelleschi	08/07
Fred & Patricia Thayer	08/09
Timothy & Deborah Maggs	08/10
Kenneth & Beth Shafranko	08/13
Tony & Bobbie Yetsko	08/13
Edward & Brenda Gair	08/14
William & Shirley Hill	08/15
Carl & Beverly Hieber	08/18
Paul & Jane Zimmerer	08/24
David & Carol Butters	08/25
Charles & Gloria Greevy	08/26
Philip & Barbara Thomas	08/28
James & Virginia Seelye	08/29
Valerie Doebler & Thomas Waffenschmidt	08/30



SPECIAL THANK YOU'S

Fourth of July Celebration

The Social Ministry Committee wishes to thank the many members of the congregation who generously supported our front lawn fireworks fanfare. Your donations of drink mixes, soda, lollipops, paper products, and money fully funded the costs involved in hosting this event. Additional help in the form of snacks and ice was received from Frito-Lay and Wegman's.

Additional thanks go to Pastor, Donna, and David Elkin, Susan Mahserjian-Smith, Creighton MacGill, Shirley, Jackie, and Mike Kinney, Roxie Larson, Lois Smith, Jennifer and Lynna Robertson, Bernadette, Declan and Sarah Jones, Bob and Mary Schultz, and Lou De-Seau for assisting that evening in one capacity or another.

At the conclusion of the evening \$115.00 had been donated to Saint Anthony's Center. Check out our website to see some wonderful pictures of this event.

Dear St. Mark Lutheran Church:

Summer Greetings from Camp Mount Luther! We thank you for your recent gift of \$75 to the Annual Fund (Synod Benevolence). We are indeed grateful for your generosity in helping us make Christ Known through Outdoor Ministries. Your support enables us to continue the tradition of providing a place set apart by God for Worship, study, environmental education and Christian Fellowship.

May God continue to bless you!

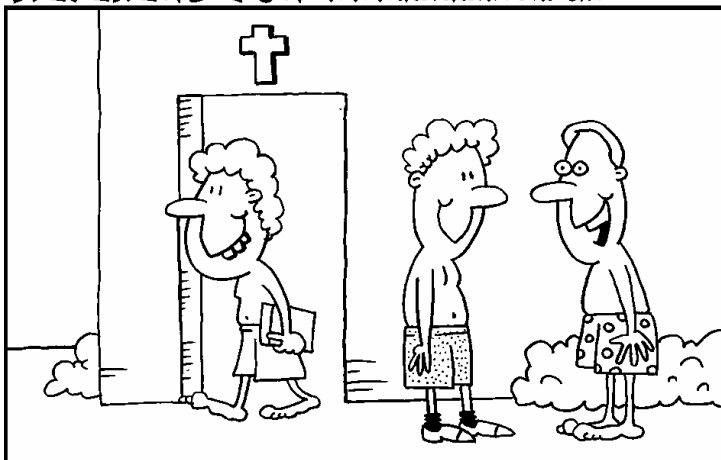
Sincerely,
Chad W. Hershberger
Executive Director

CHURCH OF THE COVERED DISH by Thom Tapp



"Our finance committee has requested that you 'Super Size' the offering today."

REVEREND FUN WWW.REVERENDFUN.COM



WOW!! ... THAT WAS THE BEST SERMON ON TITHING THAT I'VE EVER BEEN TO

SPECIAL CONCERNS LIST

Patricia Alexander
1745 Chestnut St.
Williamsport, PA 17701

Nancy Bohartz
624 Sixth Ave.
Williamsport, PA 17701

Bonita Crossly
Rose View Center
1251 Rural Avenue
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

Joanne Lamade
Sycamore Manor
1445 Sycamore Rd., Rm. # 210
Montoursville, PA 17754



Lucille Markel
Rose View Court, Apt. 307
1251 Rural Ave.
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 108A
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

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

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

Ira Tuxford
1838-Blanchard Ave.
Williamsport, PA 17701

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

SAINT MARK'S CALENDAR OF EVENTS

August 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>1</i> 9:00 AM Morn- ing Prayer	<i>2</i> 9:00 AM Morn- ing Prayer 9:15 AM Staff Meeting	<i>3</i> 9:00 AM Morn- ing Prayer 9:15 AM Movie Madness	<i>4</i> 9:00 AM Morn- ing Prayer 4:30 PM Weddi- ng Rehearsal	<i>5</i> 5:00 PM Grin- nell-Frazier Wedding 7:00 PM Choir Performance
<i>6</i> Pentecost IX 8:00 AM & 10:30 AM HC 9:15 AM Parent- ing Video Series 9:15 AM Video Forum 11:30 AM Family Bells trip to Knobels	<i>7</i> Lutheran's Build at Habitat for Humanity 9:00 AM Morn- ing Prayer	<i>8</i> Lutheran's Build at Habitat for Humanity 9:00 AM Morn- ing Prayer	<i>9</i> Lutheran's Build at Habitat for Humanity 9:00 AM Morning Prayer 9:15 AM Staff Meeting 10:00 AM Summer Playgroup	<i>10</i> Lutheran's Build at Habitat for Humanity 9:00 AM Morn- ing Prayer 9:15 AM Movie Madness	<i>11</i> Council Agenda Deadline Lutheran's Build at Habitat for Humanity 9:00 AM Morning Prayer	<i>12</i>
<i>13</i> Pentecost X 8:00 AM & 10:30 AM HC 9:15 AM Parent- ing Video Series 9:15 AM Video Forum 10:30 AM Affirmation- Confirmation	<i>14</i> 9:00 AM Morn- ing Prayer 12:00 PM Staff Luncheon	<i>15</i> 9:00 AM Morn- ing Prayer 12:00 PM Fin. Comm. Mtg. at Russ Club 7:00 PM Worsh- ip & Music	<i>16</i> 9:00 AM Morning Prayer 9:15 AM Staff Meeting 12:00 PM Lunch 'N' Fellowship 4:30 PM Exec. Comm. Mtg.	<i>17</i> 8:00 AM - 10:30 AM Stephen Ministry 9:00 AM Morning Prayer 9:15 AM Movie Madness	<i>18</i> Newsletter Deadline 9:00 AM Morn- ing Prayer	<i>19</i> Cantor Work- shop at St. Mark's
<i>20</i> Pentecost XI 8:00 AM & 10:30 AM HC 9:15 AM Parenting Video Series 9:15 AM Video Forum 12:30 PM Kitchen Shower 5:00 PM Property Comm. Family Picnic	<i>21</i> 9:00 AM Morning Prayer 12:00 PM Mutual Ministry Mtg. at Ross Club 6:30 PM Council Mtg. 7:00 PM Civic Chorus Board	<i>22</i> 9:00 AM Morn- ing Prayer 9:30 AM Little Lambs Liason Comm. Mtg.	<i>23</i> 9:00 AM Morning Prayer 9:15 AM Staff Meeting 10:00 AM Summer Playgroup 6:00 PM Dog-Gone Good Time	<i>24</i> 9:00 AM Morn- ing Prayer	<i>25</i> 9:00 AM Morn- ing Prayer 9:15 AM News- letter Crew	<i>26</i>
<i>27</i> Pentecost XII 8:00 AM & 10:30 AM HC 9:15 AM Parent- ing Video Series 9:15 AM Video Forum	<i>28</i> 6:00 AM New Windsor Trip 9:00 AM Morn- ing Prayer	<i>29</i> 9:00 AM Morn- ing Prayer 6:00 PM Little Lambs Open House	<i>30</i> 9:00 AM Morn- ing Prayer 9:15 AM Staff Meeting 6:00 PM Dog- Gone Good Time	<i>31</i> 9:00 AM Morn- ing Prayer		

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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QUALITY SEEDS

The Seeds That Grow To Be A Hundred

Words: Victor Mann
Music: Richard Lakey

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pure water
fresh air
and tender,
loving care

SEED GROWERS ASSOCIATION
OF AMERICA
2006

Herbs
Bulk Seed &
Flowers
Fruit
Vegetables
Garden Supplies

PERFORMANCES

SATURDAY, JULY 29TH 7:00 PM

SUNDAY, JULY 30TH 10:30 AM