



The Lion of St. Mark's

AUGUST 2008

The Way Begins Anew



Are you interested in a spiritually exhilarating, uplifting, rewarding and challenging experience? **Sunday, September 14th**, we begin with a new group, for the **tenth** season, the process we call *The Way*. Why not join the seventy-five plus members of St. Mark's who have participated in this process, in the past, as a candidate or sponsor? Here is what a few recent members have to say about their experience:

"The Way has provided me with the opportunity to learn, discuss, question, and grow in my faith. I especially appreciated the camaraderie of meeting with the same group of people week after week, learning with and from each individual." ~ Vicki Haussmann

"As someone who has been away from the Church for over 20 years, The Way proved to be a wonderful opportunity to renew my faith in Jesus Christ. This was accomplished in an atmosphere of great Christian fellowship and familiarity. I was most nervous at first, but soon relaxed when I realized that I was hardly alone regarding my past separation from the faith. For anyone like me who may feel the pull of the Spirit to re-connect with the Christian faith, I can only strongly recommend The Way at St Mark's."

~ Todd R. Smith

The Way is a wonderful opportunity to learn more about our church and also myself. I'm actually sorry to see our time on Sunday afternoons end. I feel The Way has given me the discipline and direction that I needed in my spiritual life." ~ Ruth Sherlinksi

"The Way has helped me restudy the basics of worship and the catechism and will allow me to become more focused on my relationship with God: The responsibilities of being His child and the joy of His love. It has already helped me be a better Christian parent."

~ Drew Haussmann

For **anyone interested** in knowing more about this process the first gathering will be an informational get-together on **Sunday, September 14th at NOON** in the **Crossways Room**.

COUNCIL UPDATE

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COUNCIL MEETING NOTES

Council did not hold a regular meeting in July. Several matters were discussed in committees & council by e-mail and they will be reported at the next regular meeting on August 18.



Pastor Dave Slodman indulges in one of his favorite daydreams.

Parish Register

- Pastor Elkin officiated at the funeral service for James Applegate on July 5, 2008 at Twin Hills Cemetery.
- Liam Andrew Elkin, son of Sean & Maria Elkin was baptized on Sunday, July 20, 2008.
- Pastor Elkin officiated at the funeral service for Pam Malick on July 21, 2008 at the Wildwood Cemetery.

Staff & Officers Contact Information

Church Office 323-4619	stmarks@stmarkswilliamsport.org	Church fax number	323-2452
The Reverend Kenneth Elkin, Pastor	pastor@stmarkswilliamsport.org	Pastor's Home Phone	323-7367
Dick Lakey, Director of Music	rlakey@stmarkswilliamsport.org		
Sharon Comini, Christian Education	scomini@stmarkswilliamsport.org	Harold Hershberger, President	322-0410
Bernadette Jones, Christian Education	bjones@stmarkswilliamsport.org	Gary Weber, Vice-President	322-7149
Susan M-Smith, Parish Secretary	smsmith@stmarkswilliamsport.org	Donna Clark, Council Secretary	998-2290
Richard Wagner, Financial Secretary	rwagner@stmarkswilliamsport.org	Jackie Kinney, Treasurer	323-5980
Lou DeSeau, Environmental Services	ldeseau@stmarkswilliamsport.org	Jane Larson, Stephen Ministry	323-2845
Gary Weber, Website Administrator	gweber@stmarkswilliamsport.org	Bob Shultz, Adult Catechumenate	326-3929

CHRISTIAN COMMUNITY NEWS



SUNDAY SCHOOL- IT'S EVERY MEMBER'S RESPON- SIBILITY!

It's hard to believe that August is almost here. Sunday School will be starting in one month and we still have openings for all of our classes.

Pre-Kindergarten	Kindergarten & 1st	3rd & 4th Grade	4 th and 5 th Grade
September	Grade		November
December		February	December
January	April	March	January
March	May	April	February
April			March
May			April

Just a few facts about Sunday School...

Did you know that teaching Sunday School is a tremendous responsibility. (Read James 3:1)

Sunday school teachers aren't just teaching trivial facts and figures.

They are teaching God's Holy Word!

They have a tremendous influence over persons of all ages.

They can even have influence over people for eternity! It's not a job to be taken lightly.

Please prayerfully consider teaching Sunday School this year.

You will benefit from it as much as the students will.

After all, didn't someone take the time to teach you?

Please call Sharon at the church office to sign up.



DO YOU WANT A BETTER SUNDAY SCHOOL HERE AT ST.

Summer Forum Continues

Please join Pastor Elkin and Becky Miller Pryor in the Crossways Room during the Sunday School hour to learn of missions both locally and globally in our community. Light refreshments will be served.



Dates and guests are:

- August 3:** Angel Food Ministry with Dorothy Thomas
- August 10:** No forum due to preparation for David & the Giants
- August 17:** TBA

Nurse's Notes

August 3 Office Yoga? Sure! Begin by sitting on the edge of your chair with your feet placed squarely on the floor about hip distance apart. Place your palms flat on your thighs and become aware of the length of your spine – head balanced over heart, heart balanced over hips. Inhale and exhale evenly for five counts each. Repeat as many times as you would like.

August 10 People with diabetes need to pay close attention to the condition of their feet, due to poor nerve sensation and blood flow. Here are a few “do’s” of diabetes foot care:

- Inspect your feet every day; look for any cuts or scrapes – if you have trouble seeing the bottoms, use a hand mirror.
- When you go to your doctor, take off your shoes – he/she should be checking your feet at each visit.
- Wash your feet daily, but not in hot water. Use lotion [that your doctor has approved] on dry areas, however do not apply it between toes
- Your diabetes doctor should screen you for any nerve damage
- Wear soft breathable socks – he kind that wick moisture away from skin (not 100% cotton).
- Trim nails straight across without damaging skin. If this is difficult, see a foot doctor regularly.
- Don't walk barefoot.
- Don't smoke! (it decreases circulation)
- Don't cut corns or calluses yourself , or use chemical irritants meant to remove them.
- Don't wear open toed shoes, particularly sandals or flip-flops with thongs between toes!

(Putting Your Feet First, Johns Hopkins Health Alerts, April 24, 2008)

August 17 Signs [Red Flags] of Health Fraud:

- statements that the product is a quick, effective cure-all or a diagnostic tool for a variety of ailments
- suggestions that the product can treat or cure serious or un-curable diseases
- claims such as “scientific breakthrough”, “miracle cure”, “secret ingredient”, or “ancient remedy”
- impressive sounding words like “hunger stimulation point” and “thermogenesis” for weight loss products
- claims that the product is safe because it is “natural”
- undocumented case histories or personal stories by people who have tried it or by doctors claiming amazing results
- promises of no-risk, money-back guarantees
- easy “fixes” for problems such as excess weight, hair loss, etc.

(fda.gov/consumer/updates/cancerfraud061708.html)

August 24 Leaving a whole watermelon on your kitchen counter for 5 days increases its lycopene and beta-carotene content by as much as 20%. Cut fruit should be should be refrigerated.

August 31 Cooking raw vegetables? Bring the water to a boil **before adding the vegetables**. Allowing the water to heat up slowly with the vegetables in it destroys more nutrients.

Social Ministry News

July 4th Celebration... Our Best Yet!

The Social Ministry Committee wishes to thank the congregation for its generous support of our outreach to the community on the 4th of July. Your donations of drink mixes, bottled water, candy, popcorn, trinkets, bookmarks, hot dogs and money provided hospitality to more than 400 people who passed our way that evening.

We served 150 hot dogs, 8 cases of bottled water, 300 cups of ice tea or lemonade, 200+ bags of popcorn, 100+ candy bags, 125 bags of Cheetos, dozens of trinkets, bookmarks, lollipops and pencils, and many religious materials for both children and adults. Seventy-five people enjoyed Dick Lakey's patriotic recital in the nave.

This fabulous night would not have happened without the above donations or without the many volunteers needed to set up our displays, make drinks, grill hot dogs, pop popcorn, run for supplies, serve the 400 and clean up at the



conclusion of the festivities.

A big thank you is extended to Pastor and Donna Elkin, Jim and Deb Buckman (We loved the radio broadcast.), Kay Poliska (Thanks for the extra trinkets, pencils and bookmarks complete with labels.), Lou DeSeau, Shirley, Mike and Jackie Kinney, Bernadette, Bob, Declan, and Sarah Jones, Roxie Larson, Eric and Sharon Comini, Beth and Ken Shafranko, Bob and Mary Schultz, Kirk, Michelle, Devin and Dawson Owen, Gary and Riley Weber, Todd Smith, Rick Robertson, Doug, Beverly and Katie Schmidt, and Cheryl and David Williams. A special thanks is given to Larue Dieter for her behind-the-scene's work in putting stickers or labels on just about everything we gave away that evening.

A bonus of the evening was that St. Anthony's Center received \$200.00 in donations to continue its outreach to the needy in Williamsport.

Please check out our web site to see the fabulous pictures Gary Weber posted. Then pass the site along to family and friends.

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, health kits, sewing kits, soap, and baby layette items are being accepted for **Lutheran World Relief**. (see next page)
- Hygiene items are being accepted for **Shepherd of the Street** clients. Dr. Morris Smith reports that these items are in great need.
- The **United Churches Food Pantry** needs non-perishable food items. Research states there is no summer vacation from hunger. Your items help provide food to families who are experiencing difficult times on shrinking budgets.

Donations can be left in the bins in the coatroom. Please accept this call to serve Christ through acts of service.

Daniel's Closet Needs Your Help

At a recent Sunday Forum, Barbara Berndt Horn, presented information about Daniel's Closet, a free clothing ministry of Redeemer Lutheran Church. This outreach is growing with more than 75 people, many of them children, receiving clothing on a recent Saturday in July.

Although their closet is not bare, there is an urgent need for summer / lightweight clothing in the following categories.

- Girls clothing in sizes toddler to pre-teen
- Maternity clothing
- Infant layette items for boys or girls
- Plus, X-large, 2X, and 3X sizes for men & women

If you have clothing from any of these categories you wish to donate, please call Becky Miller Pryor @ 321-9523.

Elca, Synod & West Branch News

Leaving a Legacy

Qualified Retirement Plans (IRAs, 401Ks, 403Bs) are a great way to save for retirement. Accumulations build up tax-free until you need them for retirement. But when you go to take the money out or worse yet, try to pass the accumulated value on to your heirs, your qualified plan can become an "Internal Revenue Account". That's why qualified retirement plans make great vehicles for making charitable gifts. It's quite possible that by using your qualified retirement plan to make a significant gift to your congregation or other favorite ELCA ministry, you can actually leave more of your estate to your heirs and less to estate taxes.

For more information about how to use Qualified Retirement Accounts to make charitable gifts, please call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the ELCA Foundation, 800/638-3522, ext. 2970 or visit our website at www.elca.org/fo.

ELCA Mission Investment Fund

Providing additional flexibility to investors, the Mission Investment Fund is now offering a one-year, fixed-rate MissionTermSelect term investment. Through July, the investment has a 3.0% APR and a 3.03% APY. The minimum investment is \$100. When invested in the Mission Investment Fund, your funds earn interest as they help to build and renovate ELCA ministries. Not only individuals may invest in the fund. So too may ELCA congregations and related ministries. For more information or to purchase an investment, contact Pr. Mark Wimmer: 267-203-1137 or mark.wimmer@elca.org. For questions related to building concerns, contact building consultant Jeff Spann: 973-625-2568, or visit the Fund's website: www.missioninvestmentfund.org.

Vocational Discernment Retreat Offered for Young Adults

"Can You Hear Me Now?" is the theme for Project Connect's Vocational Discernment Retreat for young adults age 18-30 this Sept. 12-14 at the AmeriSuites in Orlando, FL. This retreat will be particularly meaningful for, but is not limited to, those who are exploring the possibility that God might be calling them to public ministry.

There is no charge for the retreat (under-written by a grant), and travel expenses may be reimbursed by request. Request a flier / registration form from Beth Ann Stone (bethann@uss-elca.org) or go to www.projectconnect.org.

Aids Resource Center Trip

The AIDS Resource Center is sponsoring another bus trip to New York City, on Saturday, September 27th. The bus will leave the parking lot of St. Luke, Williamsport at 6:00 AM; it will leave NYC at 7:00 PM. There is no agenda for this trip; it is simply an easy way for you to visit the city.

The price is \$45 per person. For reservations, contact Tim and Carol Steck at 326-9590.

(Ed. Note: *This is a great way to go Christmas shopping in NYC for only \$45!*)

Synod Bookkeeper Position

Applicants for a 10 hrs/week position as bookkeeper for the Upper Susquehanna Synod should inquire with Bishop Robert L. Driesen by email: (bishop@uss-elca.org) Job includes: computer entry of deposits and expenditures, check-writing, reconciliation of accounts, and preparation of reports.

I want to help with ELCA Domestic Disaster Response Funding!

Name _____ Envelope # _____

A Gift for U.S. Flood Relief \$ _____

A Gift for U.S. Tornado Relief \$ _____

A Gift for Where it is needed most in the U.S. \$ _____

News from the Pews



The next time you run into **Brett Campbell**, ask him to hum a few bars of “Beauty School Drop Out” for you – Brett was the teen angel, one of the leading parts in “Grease”, in a performance at Montoursville High School. Brett, as we reported earlier, was a state champion in a computer technology contest and competed in Atlanta, Georgia where though he did not place, he had a wonderful time and a great experience.

Brett’s older sister, **Ashley Campbell**, will be a third year student in pharmacy at the University of the Sciences in Philadelphia. This summer she is serving an internship at Weis Markets in Jersey Shore. And his twin sister, **Lauren Campbell**, will wait on you for your morning coffee at Dunkin Donuts—busy family!

Nice to see **Sean Buckman** in church this summer – Sean will be home on leave until July 31st when he will report to Fort Meade, Md. I’m sure his family is happy to have him in the states.

One more addition to the honor rolls from our congregation is **Corey Hospes** named to the list for seventh grade at Lycoming Valley Middle School.

There was a nice article about **Bunny and Charles Ditchfield** celebrating fifty-two years of marriage – Charles is a resident of Valley View and a special reception was held there honoring wedding anniversaries. Bunny donated her cake topper and wedding photos to the display at the nursing facility.

Lots of excitement in the Larson family this month – **Amie Larson**, daughter of **Ted and Barbara** and granddaughter of **Dr. Ted and Jane Larson** was married to **Edward (Teddy) Lawson** on July 12 in Eagles Mere. Amie received a master of science/physician assistant degree from the University of New England college of Health Professions and the College of Arts and Sciences. Teddy, of Boston, Ma., is a chemistry teacher and Amie is considering several positions as a physicians’ assistant.

Alex Larson, of the same family, was awarded the president’s award for educational excellence for a cumulative average of 90 or above for his high school years. Alex is an enthusiastic soccer player and will go to Keene State College in Keene, N. H. where he will study architecture and play soccer. Later this month he will attend soccer camp at the school.

Also off to college later this summer will be **Marc Kinney**- Marc will attend California University (near Pittsburgh) to study golf management.

Don’t forget to include me (deermountain2@comcast.net) in your exciting news so that I can share it with all of our members!

~ Joyce Hershberger

Community Service, a Thank You and a Great Time

As many of you may know—or just now are finding out—we are working very hard to move St. Mark's into the 21st century by developing all the means of communication available to us. Most recently, we have produced nine short segments of video on YouTube (go to the St. Mark's home page and click the link in the bottom, right-hand corner). These came from filming about four-to-five hours of conversation with Pastor Elkin.

Carlos Saldivia, executive producer of First Contact, conducted the interview and, along with his crew, filmed and edited the entire process. They have donated, to date, over 100 hours of diligent work to St. Mark's.

Carlos and crew have been working extensively in the Williamsport area for 4 years now: filming commercials, pro bono, for the Williamsport Symphony Orchestra; assisting students with senior projects, and, among myriad other things, filming the definitive documentary, Michael Pilato: Mural Canyon, about the Inspiration Lycoming Mural on West Fourth Street, across from the Community Arts Center.



The Williamsport-Lycoming Arts Council has taken the production of this enterprise under its wing as a not-for-profit organization. For two years, the film crew and friends have staffed the concession stand through several days at the Little League World Series, as a fundraiser for the documentary. Last year, several volunteers from St. Mark's assisted. It was hard work, but a good time was had by all.

This is a plea to anyone who can give four or more hours of their time to work the concession during Little League. There is a special need for during weekday "business hours." All volunteers will be listed as donors to the film, credited as donating \$18 per hour worked. The donor list and more information are available at <http://muralcanyon.org>.

Please call or e-mail Bernadette (bjones@stmarkswilliamsport.org) as soon as possible with your availability. Thanks in advance for your help!!!

Angel Food Ministries



With the high cost of fuel most of us are looking for ways to save money. One way is through Angel Food Ministries which offers high quality food at only \$30 per box regardless of income.

Faith Wesleyan Church prints a monthly menu which will include about 14-15 lbs of meat, 5 lbs of vegetables, shelf-stable milk and other food staples. With each \$30 box you may add on as many of the 3 specialty boxes of meat that are available each month. (ex. 5 lbs of rib-eye steaks for \$20).

There is a deadline for placing your paid order and one distribution Saturday each month when your food must be picked up. You may mail your order with payment or you may drop it off at specific times which will be listed on the monthly menu. You must bring a large box or cooler and your receipt to pick up your food.

Faith Wesleyan will be presenting **Angel Food Ministries** at the **Forum on Sunday, August 3rd at 9:15 am**. If you are unable to attend the forum presentation you may contact Faith Wesleyan church at

YOUTH & FAMILY MINISTRY

Charles Dickens's *A Christmas Carol*



Christmas in August? No, but we have to start thinking about it now. On Friday and Saturday, December 5 and 6, 2008, Lutheran Shared Ministry (LSM) will present A Christmas Carol, dinner theatre style, in Fellowship Hall at St. Mark's Lutheran Church. The meal will be provided by the students of the United Campus Ministry (UCM) of the Pennsylvania College of Technology. All donations will go to UCM.

Actors from all the congregations in LSM are welcome to audition at 6:00 p.m., on Sunday and Monday evenings, September 14 and 15, 2008. The one-act play is adapted from Dickens's story to incorporate straight acting during the staves, interspersed with carolers. Those who are not comfortable singing are encouraged to audition for the character roles; parts are available for five men, two women, six either/or, and 4-6 children. We hope to see a caroling group (not too large) from each congregation; singers may also audition for some solo work.

We would like to see at least one person from each congregation assisting with each of the technical areas (props, costumes, sets, etc.) and all teens with stage fright are asked to help serve the meal.

So, please think about this wonderful opportunity for our churches to get together at this special time of year; pencil us in on your calendars; and join us for Charles Dickens's A Christmas Carol. More information will appear soon in your bulletins and newsletters.



Endings and Beginnings

The confirmation process—and it is a lifelong process—is formally marked by two years of study during the middle school years. At this point, we have students at three stages:

First, we have Christina, Paige, Sara, Hannah and Brandon, who have reached the end their catechetical studies and are being confirmed on Sunday, September 7. Their lifelong journey continues as Hannah and Paige move on to the high school class, while Brandon, Sara and Christina assume leadership responsibilities in the middle school room.

Emily, Stephen, Corey, Devin and Riley end their first year of study and begin their second year of preparation for confirmation.

Our third group is comprised of those entering or already in middle school who have been invited to move from their time as children in their faith and to begin to assume the responsibility for their own faith journey. Letters have been sent to the parents of these youth and we will be calling them soon to discuss their decisions.

To all of these youth: those moving on in their lives as responsible members of the church, those in the middle of their studies, and those beginning their catechetical lessons, we offer our time, our knowledge and our



YOUTH & FAMILY MINISTRY

APOSTLE BUILD NEWS Last month, you learned that we have chosen Saturday, August 2, as our first to provide a crew for the Apostle Build Habitat Home in Newberry. As this goes to print, we have 15 warm bodies (two of those for only half the day). Call Bernadette NOW if you want to be added. One needs to be age 14 and above and breathing. Thank you to everyone who has signed up to work and thanks, too, to those who are providing lunch that day. On Sunday, August 3, all volunteers will be recognized at the morning services. Anyone not able to actively participate, please pray for the success of the whole project and for the safety and camaraderie of the crew and for all of the work crews to follow us as the project continues.



A MONTH OF GIVING Quite a few calendars and banks for the

Month of Giving plan were taken home from the narthex. It's now time to return them! Please bring the banks to church with you on August 3. Your family may join the offertory procession and leave your bank at the front of the church. Thanks go to all those who joined in this eye-opening method of counting your blessings.



RESTORE Have you visited the ReStore yet? Purchase gently used (or unused) items from Habitat's ReStore on Lycoming Street for up to 75% off retail prices. Donate clean, good condition items of your own for a tax write-off.



HOW TO USE YOUR CAR KEY ALARM AS A PERSONAL SAFETY ALARM OR A BURGLAR ALARM



Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain.

It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break in your house, odds are the burglar or rapist won't stick around... after a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that.

And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. It would also be useful for any emergency, such as a heart attack, where you can't reach a phone. A wife suggested to her husband to carry his car keys with him in case he falls outside and she doesn't hear him. He can activate the car alarm and then she'll know there's a problem.

This is something that should really be shared with everyone. Maybe it could save a life or prevent a sexual abuse crime.



YOUTH & FAMILY MINISTRY

The Milestone Celebration of 70, Single and still Praising God!



Last year, a joyous celebration was held for the first time, honoring valued members of our congregation who had attained 75 or more years of age, were single, and still praising God!

This year, on Sunday, August 24, we celebrate those singles who have attained 70 years of age or more and are still praising God! The invitees include all single members in our congregation who are seventy years of age or more and who were not honored at last year's celebration.

The following are on our list of honorees: Beverly Best, Doris Brown, Sis Chrisman, Catherine Drake, Jean Gulliver, Alice Helm, Dick Kneedler, Carl Knowlden, Ann Kuntz, Robert Myers, Prudy Poff, Ray Reams, Ruth Rees, Elsie Sechler, Jean Soars, Eleanor Sobers, Marlene Vollmer, Eleanor Whiting, and Bobbie Yetko.

If you or anyone you know should be on this list, but aren't, please let us know im-

Friday Fun Night

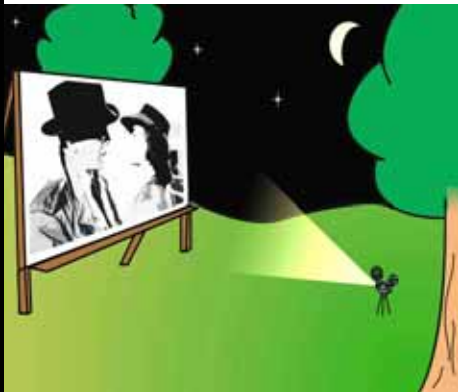
*ONE LAST FLING BEFORE SCHOOL STARTS!
(ADULTS, YOU GET TO RUB IT IN!!)*

August 22

MOVIE IN THE COURTYARD!!

HOT DOGS, POPCORN, DRINKS

MORE INFO TO COME IN THE BULLETIN



Lunch N' Fellowship

Wednesday, August 20th Noon

Susan's Pork Loin with Apples

Bring a dish to share, and a friend!

YOUTH & FAMILY MINISTRY

ST. MARK'S SUMMER PLAYGROUP!



Only two more play dates left !

Wednesday, August 6 10:00 a.m.
Short Park (by Loyalsock Pool)

Wednesday, August 20 10:00 a.m.
Bruce Henry Park (bring a picnic lunch)

Questions or directions,
call Vicki Haussmann at 320-0561.
Hope to see you there!

FREE FAMILY FILM FESTIVAL NEW CINEMA CENTER!



ONLY 2 SHOWS LEFT!

We walk over at 9:15 am for the 10 am show.
Please call to let us know if you want to go.
We wouldn't want to leave anyone behind!

August 5 *How the Grinch Stole Christmas* (PG)
August 12 *Madagascar* (PG)

Special Thank You's

To St. Mark's Lutheran Church Members,
Thank you for your tab donation to the
Danville Ronald McDonald House received on
May 5, 2008. Your thoughtfulness is appreci-
ated very much!! ~ Ronald McDonald

Pastor Elkin & Friends of St. Mark's,
Thank you so much for the lovely flowers that
Shirley and Frank Vognet brought to us on Sun-
day—they are beautiful and we are enjoying them
so much. Wishing you all a glorious summer!
~ Ralph & Elda Ziegler

Dear Pastor Elkin &
members of St. Mark's,
Please accept my deepest appreciation
for the beautiful altar flowers that were de-
livered to me during my "surprise" stay at
Muncy Valley Hospital.
They truly brightened my room and
my life. We send our deepest thanks and
blessings to one and all.
~Georgia Heaps

St. Mark's Lutheran Church,
Thank you so much for your recent donation to
Providence House. The items (paper towels, toilet
paper, baggies, detergent, sponges, cleaning prod-
ucts, etc.) are things we always seem to be in need
of. Your thoughtfulness is appreciated.
May God bless, Linda Bea, RA

Thank you to the congregation of St. Mark's for the
lovely flowers, the welcome visits, the cheerful
cards & well wishes and most especially for your
prayers which are being answered as Don improves
day by day.

Sincerely,
Don & Mary Armstrong & family

Dear St. Mark's:
Thank you so much for the use of your
Son World VBS material & decorations. I'm
sure our children will be blessed by it. The
enclosed gift is for the 7 shirts you had left
over.

Thanks again!
~ Sandra Knopp, Director
White Pine Church,

Happy Birthday!

James Buckman	08/01	Gillian Buckman	08/11	Pamela Travis	08/17
Larue Dieter	08/01	Charles Greevy	08/11	Stacie Bieber	08/18
Mariah Hallabuk	08/01	Richard Lakey	08/11	Sean Clouser	08/19
Kara Hershey	08/01	Marie Byerly	08/12	Lawrence Lehman	08/20
Michele Ramsauer	08/02	Maxine Chubb	08/12	Gregg Dancho	08/21
Aric Larson	08/03	Louis DeSeau	08/12	Renee Hinds	08/21
Emily Satifka	08/03	Meriah Doane	08/12	Steve Eyer	08/22
Matthew Welker	08/03	Ashley Winner	08/12	Andrew Kneedler	08/22
Alona Hopley	08/04			Janelle Lukens	08/22
Frank Ulman	08/04			Prudence Poff	08/23
Creighton MacGill	08/05			Kay Poliska	08/23
Donna Miller	08/06			Nathan Clouser	08/26
Dorothy Burd	08/07			Andrea Gregory	08/27
Donna Clark	08/07			Shirley Brandau	08/28
Bret Foust	08/07			Galen Davenport Jr.	08/28
Louis Kolb	08/07			Amanda Weaver	08/28
Charles Fortin	08/08	Ray Huff	08/14	Evan Doebler	08/29
Zelma Vitolins	08/08	Carl Albright	08/15	Shirley Kinney	08/29
Audrey Wacker	08/08	Kathleen Dancho	08/15	Ashton Ott	08/29
Mary Kimble	08/09	Frank Doebler	08/15	Vanessa Morgan	08/30
Susan Newcomer	08/10	Beverly Hieber	08/15	Lou Ann Zeigler	08/30
Lynna Robertson	08/10	Amie Larson	08/15	Carl Smollinger	08/31
Karen Staffini	08/10	Robert Swartz	08/16	Melinda Wentzel	08/31
Leigh Travis	08/10	Tiffany Jarrett	08/17	Bobbie Yetsko	08/31



Happy Anniversary!

Ernest & Nancy Larson	08/01	Edward & Brenda Gair	08/14
Ronald & Donna Baker	08/02	William & Shirley Hill	08/15
Fred & Shirley Dieffenbach	08/03	Carl & Beverly Hieber	08/18
David & Tracey Heaps	08/03	Robert & Karen Burd	08/23
Theodore & Barbara Larson Jr.	08/06	Paul & Jane Zimmerer	08/24
Raymond & Mary Ann Stiller	08/06	David & Carol Butters	08/25
Carl & Lucille Weaver	08/06	Charles & Gloria Greevy	08/26
Bryan & Karen Pelleschi	08/07	Leonard & Ruth Sherlinski	08/27
Fred & Patricia Thayer	08/09	Philip & Barbara Thomas	08/28
Robert & Rosemary Clokey	08/10	James & Virginia Seelye	08/29
Timothy & Deb Maggs	08/10	Valerie Doebler & Thomas Waffenschmidt	08/30
Kenneth & Beth Shafranko	08/13		



Directory Changes

Mrs. Evelyn Ward
1101 N. Bend Ct.
Lansdale, PA 19446-4066

Mrs. Kathleen Gilbert
1100 Franklin St.
Williamsport, PA 17701-2313

Mr. Travis Rechel
914 South Ave. Apt. A9
Secane, PA 19018-4404

We need updated addresses for: Daniel Boone, Joseph & Rachel Rider and Traci Marriot

HEALTH, HEALING & WHOLENESS

“He will deliver you from the snare of the fowler and from the deadly pestilence; he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, or the arrow that flies by day.” (Ps. 91:3-5)

No matter what your personal attitude toward war, one thing is certain, no one emerges unchanged, none more so than the soldiers and their families. This conflict is different in some ways, because National Guard and Reservists were called up from everyday lives (not from bases with some built-in support systems). As they return, tens-of-thousands will be dealing with the physical, emotional and spiritual trauma, and will be returning to families and communities in which life and its inevitable changes went on [for a while] without them. One of the determining factors in readjustment will be resilience – that ability to bounce back after life has been traumatized – those who possess it may fare better, because they have had a solid system of friends, family and community actively supporting them during deployment. For others, the road may be a bit more rocky. The church can be a powerful source of healing as veterans and their families make their transition into a “new normal” life.

Many congregations have already laid the groundwork by supporting veterans and their families throughout their deployment with care packages, email, letters of encouragement, and prayer. Here are a few additional ideas for congregations to aid in becoming sources of assistance in transition:

- continue to pray for those deployed and those who are returning – praying for healing and wholeness in all aspects of their lives.
- consider inviting a military chaplain or representative from the Veterans Administration to educate the congregation regarding the needs of returning troops and their families, then compile a list of community resources that may help meet these needs (housing, job services, counseling, etc.)
- sponsor an event or events to bring together vets and families throughout the community, and provide childcare so adults can share their experiences and establish mutual support
- develop a special time of worship, thanking them for their service; consider incorporating a service of healing; reassure them of God’s unfailing love for them;
- pastoral staff should be intentional in outreach to the veteran; privately offer opportunity for confession and hearing God’s forgiveness. Become familiar with signs and symptoms of traumatic brain injury and be alert for signs of distress (lashing out, unable to focus, inability to complete tasks, self-medicating, depression, over-spending)
- because many deployments and re-entries occurred rapidly with little time for reflection, consider training trustworthy congregation members in being non-judgmental listeners; older veterans may be especially helpful since it may be easier to talk to someone who has “been there”; reflection and grieving are necessary steps toward healing
- at the same time, try not to overwhelm them– be mindful that there will be role adjustments, and relationships that require some renegotiation; trust may need to be re-established. Chaplain John Morris suggests that we “give them the same pastoral care you’d give a fire victims, a ministry of presence – meet practical needs, and be agents of grace and healing” (Veteran Ministry, *Christianity Today*, July 1, 2008).

Finally, you may want to check out “Returning Home from War” at www1.nmha.org/reassurance/, and “Beyond the Yellow Ribbon” at http://www.minnesotationalguard.org/returning_troops/btyr_overview.php for additional tips and suggestions.

Debbie Best – Congregational and Community Relations; Diakon Lutheran Social Ministries

SPECIAL CONCERNS LIST

Edith Anderson
Williamsport Home, Suite 4
1900 Ravine Road
Williamsport, PA 17701

Nancy Bohartz
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Williamsport, PA 17701

Doris Brownlee
Fulmer's Personal Care Home
201 Woodward Ave.
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Ethel Chambers
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Bonita Crossley
R.R. #1, Box 1001
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June Decker
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South Williamsport, PA 17702

Larue Dieter
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Montoursville, PA 17754

Charles Ditchfield
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Montoursville, PA 17754

Luther Doebler
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Doris Fortin
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Lois Graybill
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Gail Hoffman
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Merritt Hunt
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Danville St. Hospital
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Danville, PA 17821

Eleanor Sobers
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S. Williamsport, PA 17702

Ira Tuxford
210 Louise Ave.
Montgomery, PA 17752-9533

Zelma Vitolins
Sycamore Manor,
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Montoursville, PA 17754

Beulah Wrede
Faxon Commons,
1804 Loyalsock Drive, Apt 305
Williamsport, PA 17701

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

St. Mark's Calendar of Events

Aug. 01 Friday 9:00 am—Morning Prayer	Aug 09 Saturday 9:30 am - Choir Camp rehearsal (tenta.) 4:00 pm—MacGill Wedding 6:00 pm - Pot luck meal (meat provided) 7:00 pm - David & the Giants Musical	Aug 20 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg. 10:00 am—Summer Playgroup at Bruce Henry Park—bring a picnic lunch 12:00 pm—Lunch N' Fellowship
Aug. 02 Saturday 7:00 am - Habitat Apostle Build to 3 pm	Aug 10 <i>Pentecost XII</i> Sunday 8:00 am—Holy Communion* 9:15 am— No Summer Forum 10:30 am—Holy Communion* Festival of Baptism Blessing of the Keys David & the Giants Musical	Aug 21 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer
Aug 03 <i>Pentecost XII</i> Sunday 8:00 am—Holy Communion* 9:15 am—Summer Forum: Angel Food Ministries 10:30 am—Holy Communion* Retirement of Stephen Minister Habitat Volunteer Recognition 5:30 pm - Choir Camp Dinner 6:00 pm - Choir Camp Rehearsal	Aug 11 Monday 9:00 am—Morning Prayer	Aug 22 Friday **Newsletter Deadline** 9:00 am—Morning Prayer 7:00 pm—Movie Night in the Courtyard
Aug 04 Monday 9:00 am—Morning Prayer 5:30 pm - Choir Camp Dinner 6:00 pm - Choir Camp Rehearsal	Aug 12 Tuesday 9:00 am—Morning Prayer 9:15 am - Summer Film Festival 12:00 pm—Finance Committee 6:00 pm— Property Committee at Doebler Farm	Aug 23 Saturday Aug 24 <i>Pentecost XV</i> Sunday 8:00 am—Holy Communion* 9:15 am— No Summer Forum 10:30 am—Holy Communion* 70+ Milestone Service & Luncheon
Aug 05 Tuesday 9:00 am—Morning Prayer 9:15 am - Summer Film Festival 5:30 pm - Choir Camp Dinner 6:00 pm - Choir Camp Rehearsal	Aug 13 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg.	Aug 25 Monday 9:00 am—Morning Prayer
Aug 06 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg. 10:00 am—Summer Playgroup -Short Park by Loyalsock Pool 5:30 pm - Choir Camp Dinner 6:00 pm - Choir Camp Rehearsal	Aug 14 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer 5:00 pm—Stephen Ministers II	Aug 26 Tuesday 9:00 am—Morning Prayer 7:00 pm—Family Promise 7:30 pm—Worship & Music Committee
Aug 07 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer 5:30 pm - Choir Camp Dinner 6:00 pm - Choir Camp Rehearsal	Aug 15 Friday 9:00 am—Morning Prayer	Aug 27 Wednesday 9:00 am—Morning Prayer 9:15 am—Staff Mtg.
Aug 08 Friday **Council Report Deadline** 9:00 am—Morning Prayer 2:00 pm—Graveside service for Roselyn Flock Simmons 5:00 pm—Wedding Rehearsal 5:30 pm - Choir Camp Dinner 6:00 pm - Choir Camp Rehearsal	Aug 16 Saturday Aug 17 <i>Pentecost XIV</i> Sunday 8:00 am—Holy Communion* 9:15 am— Summer Forum—TBA 10:30 am—Holy Communion*	Aug 28 Thursday 6:31 am—Men's Ministry 9:00 am—Morning Prayer
	Aug 18 Monday 9:00 am—Morning Prayer 6:30 pm - Council Meeting	Aug 29 Friday 9:00 am—Morning Prayer 9:15 am—Lion Crew
	Aug 19 Tuesday 9:00 am—Morning Prayer	Aug 30 Saturday Aug 31 <i>Pentecost XVI</i> Sunday 8:00 am—Holy Communion* 9:15 am— Summer Forum 10:30 am—Holy Communion*

ST. MARK'S LUTHERAN CHURCH
142 MARKET ST.
WILLIAMSPORT, PA 17701

Phone: 570-323-4619
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We are now collecting Kits, Quilts & Soap!

WORLDWIDE REQUESTS FOR AID CONTINUE TO INCREASE



Will you help meet the needs?



As the intensity of humanitarian needs increase worldwide, relief requests to Lutheran World Relief have been on the rise. Current inventories are unable to meet all the appeals. Please consider providing any of the following over the summer.

SOAP - Any brand of soap in its original wrapping is welcome.

HEALTH KITS - help maintain personal hygiene to refugees while in exile and when they can return home.

SEWING KITS - provide an opportunity to make clothes to wear or sell.

LAYETTES - furnish the means for mothers to care for their newborns.

SCHOOL KITS - supply children with materials to learn.

