



# The Lion of St. Mark's

FEBRUARY 2009

## "Be My Valentine"



This is a phrase that conjures up a lot of different images associated with the celebration of Valentine's Day: Cards with hearts and little poems on them; candy and flowers given to someone you love; and images of cupids flying around shooting their arrows of love into un-suspecting youths; young and old alike expressing their affection for their sweethearts. February 14th for many means cards, candy, flowers, and cupids.

Our forebears in the faith would be surprised at what Valentine's Day has become: the commercial huckstering, the use of pagan symbols such as cupid, etc. At an earlier time, it was a day to remember and celebrate the life and death of a Christian martyr.

The legends have so greatly multiplied about Valentine so that we are no longer sure what parts of the stories are fact and which are elaborations. But for a moment, let's use the legends as they have been passed to us, for the reason that they were developed – to encourage us in our day to face our problems with courage and faith.

According to church tradition, Valentine was a priest near Rome in about the year 270 A.D., and was imprisoned during this time of persecution of those who refused to worship the gods of the Roman state.

While in prison Valentine continued to minister. He witnessed to the guards. One of the guards was a good man who had adopted a blind girl. He asked Valentine if his God could help his daughter. Valentine prayed and the girl was given her sight. The guard and his whole family, 46 people, believed in Jesus and were baptized. Because these people had come to know Jesus, Valentine praised God right there in his prison cell. When the emperor heard about this he was furious that Valentine was still making converts even in prison, so he had Valentine beheaded.

The Bible Says: "No one has greater love than this, to lay down one's life for one's friends." (John 15:13) God showed us this love by coming in Christ to die for our sins. And St. Valentine demonstrated this love when he died for his friends. This is the kind of love that Valentine's Day is really about.

"Be my Valentine" is not a casual throwaway line. When it is spoken truly, it is a earnest request that someone give you the love and encouragement that you need, in the name of Jesus. What a special request this is! May you give it and receive it generously.

# COUNCIL UPDATE

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## COUNCIL MEETING NOTES

Council did not meet in January

**Souper Bowl Challenge:  
how to turn 75 cents into a dollar,  
instantly!**

**Thrivent Financial for Lutherans  
has given us a challenge. They will give  
25 cents for every 75 cents that we con-  
tribute to the *Souper  
Bowl* in the next two  
weeks. Simple, straight-  
forward, easy to under-  
stand. They will give  
\$250 if we contribute  
\$750, and make it an  
even \$1,000 for the local Food Pantry.**



**Will you help this happen? Look for  
the Soup-pot or other special container  
in the narthex. You know that it is  
needed.**

Please help.

## Parish Register

The funeral service for Doris Brownlee was held on January 8, 2009

## 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 Schultz, Adult Catechumenate	326-3929

## Christian Community Service Opportunities



Volunteers are desperately needed to staff the Nursery during the 10:30 service on Sundays. The commitment is only an hour and a half of your time about every other month—no outside preparation time is required.

Most of our helpers have been staffing it for years and the number available to do so have begun to dwindle.

Even if you do not have children or never use the nursery for your own children you may still volunteer.

This is an excellent opportunity for those who usually attend the early service and would like to get to know some of our younger families that attend the later service. Or perhaps your grandchildren live too far away to visit regularly or your children are out of the nest. Whatever your situation we can use your help and promise to fill your hearts and arms with love.

Please call or e-mail Vicki Hospes at **326-7318** or [i2luvny@verizon.net](mailto:i2luvny@verizon.net) if you are available to help.

## Family Promise of Lycoming County



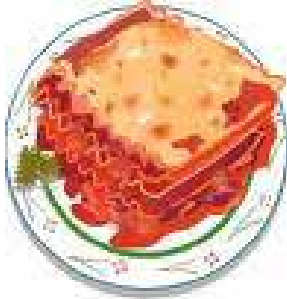
Family Promise, the process of faith communities assisting in temporarily housing homeless families, is still in the organizing phase here in Williamsport, and it is moving with success in many communities nationwide. In the past year 13 new community affiliates opened, bringing the total to 136 communities around the nation that are benefiting from this hands-on ministry in 148 networks comprised of 5,000 congregations, making use of 120,000 volunteers! What a wonderful effort.

Here in the Williamsport area, we have begun a new year and with a fresh start and are continuing to look for a few more host congregations to reach at least our magic number of 13 (and a spare or two would be even better!) You'll be hearing shortly about our first fund-raising efforts, as well as our continuing friend-raising work. We will need support of all sorts as we move ahead. Church Council members will be receiving the latest newsletter from the national Family Promise organization that currently is celebrating its 20<sup>th</sup> year of service to the nation, service that began in nearby northern New Jersey.

We know in these difficult economic times, the need for this ministry is even greater than it has been. Let's look for the chances we have to speed the formation of our local Family Promise organization. Ask questions about it. Talk about it with friends in other congregations. Begin to set aside money for this work. Offer prayers of thanksgiving and intercession on behalf of the persons we need to be assisting. Keep talking.

## *United Campus Ministry*

*Mission Possible  
fundraiser*



# **Lasagna Dinner**

With  
Special Musical Entertainment

**Wednesday, February 13th 5-7 P.M.**

**St. Paul-Calvary United Methodist Church  
1427 Memorial Ave., Williamsport., PA**

## **DINE IN OR TAKE OUT**

Meat or meatless lasagna, salad, bread & dessert

**\$7 Adults, \$3 Children**

(suggested donation)

*Proceeds will go toward our Spring Break  
Mission Trip to feed the hungry in Pittsburgh.*

For more information contact Sharon Comini 419-5376

## Women of St. Mark's

### RECYCLE - RECYCLE - RECYCLE

Recycling not only improves our environment, it can generate funds to aid some worthy institutions. The Women of St. Mark's request that you bring in the following items:



**OLD CELL PHONES** - to benefit the "Good Deed Foundation" and to reduce greenhouse emissions

**USED EYEGLASSES** - to provide clear vision to those in need

**SODA CAN TABS** - to benefit the Ronald McDonald House in Danville

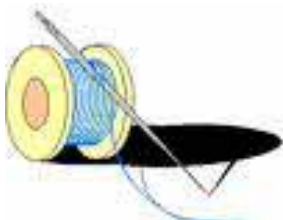
**OLD BLANKETS & FLANNEL SHEETS** for quilt fillers

**SHEETS** in good condition - for quilt backings



P. S. We **no longer collect** cancelled postage stamps or Campbell soup labels.

## HAS WINTER GOT YOU DOWN?



Here's one answer. **SEW!!!**  
There is something very satisfying about creating something beautiful out of leftovers that are not wanted. You can battle the winter blues this way.



We need HOME sewers to:

(1) bind the edges of our quilts



## Creation Corner

A publication in the past year was *The Green Bible*, a New Revised Standard Version edition in which the editors have highlighted in green ink those passages of scripture that they feel give an important perspective on the care of the earth. Also are included short papers by a number of writers concerning the care of creation. If one is curious about this, the book can be ordered through Sandy Grier at [walkalongtheway@comcast.net](mailto:walkalongtheway@comcast.net) at a cost of about \$35.00

## News from the Pews

The winds of January are blowing, the snow is flying and I am looking forward to the breezes and tulips of Spring –I console myself that I know it will come and winter is a great time to sort and clear away the detritus of last year- perhaps the last several years.

Our residents in the local nursing homes are in the news – **Dorothy Berndt** , past president of the Independent Apartment Resident Assembly at the Williamsport Home, asked for assistance from the residents to knit and crochet scarves for Daniel's Closet and the response was excellent. The women were pictured with their handiwork. Also looking at the photograph of the Deerfield Building at the Williamsport Home **Anna Stiadle** was spotted in the first row. Anna stood up from her wheelchair for the occasion.

Those of us who enjoy doll houses and miniatures envy **Susan Baker** who became involved in the miniature White House exhibit when it was in Williamsport and has since traveled all over the country- from the Presidential Libraries of Richard Nixon, Gerald Ford, Ronald Reagan, George H. W. Bush, Lyndon Johnson and Bill Clinton to the Texas State Fair in Dallas and the Republican convention in Minneapolis this year – to assist with the presentation of the exhibit, make minor repairs and the like. Susan had a doll house and miniature shop in the Trout Run area so she was eminently qualified for the task.

Some of us who struggle with “modern machines” like computers, ipods and the like could use some of the abilities that our own **Kathy Kolb** has. Her business, Kolb Net Works, has announced that she has qualified as an advertising professional with search engine giant Google. Requirements include passing a time test and handling at least a \$1000 Google Ad Words advertising budget. Congratulations Kathy!

Warm congratulations to **David Elkin** and **Emily Rosenberg** who became engaged recently. David is finishing his master's degree in horn performance at Duquesne University and Emily is completing her master's degree in speech pathology at the University of Pittsburgh. Both have music degrees from Temple University. A November 2010 wedding is planned.

And last we are delighted that **Sean Buckman** is back in the United States however he leaves very soon for Afghanistan. His address is 216 Crain Court Circle, Apt. 1D, Glen Burnie, Md. 21061.

*- Joyce Anne Hershberger*

*Please submit news items to Joyce Hershberger via her email [deermountain2@comcast.net](mailto:deermountain2@comcast.net) or by phoning her at 322-0410.*

## Where's the Pastor?

**Right here waiting for your invitation to visit  
with you in your home, at church,  
or another suitable meeting place!  
Please call the office at 323-4619 or email:  
[pastor@stmarkswilliamsport.org](mailto:pastor@stmarkswilliamsport.org)**



## United Churches of Lycoming County

### A 24 hour Devotion Line



is a way for everyone in our community to have "A

Closer Walk With God". Devotions are three minutes or less and change daily and at least once on the week-end. Devotionalists change weekly.

The phone number is **570-322-5762**.

### Food Pantry Needs

These are the items that are currently needed:

egg noodles	canned vegetables	Coffee
chunky soups	cakes mixes & icing	Granola bars
canned fruits	spaghetti sauce	saltine crackers
stuffing mix	spaghetti pasta	Powdered milk
peanut butter	microwave popcorn	regular tea bags
hot chocolate	oodles-of-noodles	powdered drink mix
tuna helper	hamburger helper	Jell-o & pudding mixes
instant flavored oatmeal packets		clean plastic bags

Your donations are best brought Monday mornings from 9:30 - Noon. Persons needing food should call and leave their name and number on the answering machine. Appointments may be made to receive food on Tuesdays and Thursdays from 10 am - 3 pm and when necessary at other times as well. Gail Burkhart is the UCLC Food Pantry Coordinator and may be reached at 322-1657

## Ecumenical Luncheons

Join us from 12 to 1 p.m. for the Wednesday Noon Ecumenical Lunch Program. You're always assured of a tasty \$4 lunch, warm, ecumenical fellowship and a thoughtful program designed to enrich your life mentally, physically, spiritually and socially. The parking is free in the Pine Street lot north of the church from 11 to 1:30 p.m.

No reservations are necessary.

- 4- **Mrs. Susana Falk**, Member, St. Boniface Catholic Church,  
*"Mission Equador: Making a difference in the 'Middle of the World'"*
- 11- **Mrs. Michelle Brague**, Executive Director, Sycamore Manor &  
Presbyterian Home at Williamsport,  
*"Advocacy for Seniors"*
- 18- **Rev. Veronica Chappel**, Pastor, Trinity Episcopal Church, Jersey Shore,  
*"The Labyrinth: A Spiritual Journey"*
- 25- **Mr. Greg Bertanzetti, Rev. Andrew France, Mr. John Miller,**  
**Mrs. Judy Shellenberger and Mr. Wayne Welshans,**  
Exodus Brass Quintet *"Winter Concert"*

## Elca, Synod & West Branch News

### Upper Susquehanna Synod Assembly--June 19-20, Selinsgrove

The annual assembly of the Upper Susquehanna Synod will take place on Friday through Saturday, June 19 and 20, at Susquehanna University, Selinsgrove.

### Synod Youth Council Offers Youth Retreat: Camp Mount Luther

The Synod Youth Council (formerly F.L.O.O.D.) Retreat, "P.P.T.: Keep...it...Holy!" will be held at Camp Mount Luther on Feb. 20-21, 2009 for young people in grades 6-12. The theme this year involves exploring the name of God, keeping it holy and calling on God in Prayer, Praise, and Thanksgiving. Early registration is \$40, due by Jan. 30. Final deadline: received or postmarked by Feb. 6 (no exceptions) for \$45. Contact Pastor Patrick Sipes at [sgtmuddy@gmail.com](mailto:sgtmuddy@gmail.com).

### Bishop's Day for Confirmands—Mar. 29, Kratzerville

Bishop Driesen is again inviting senior confirmands and their families to a special Bishop's Day event on Sunday, March 29, 2009 at 2:30 PM at Zion, Kratzerville.

### "Girls on the Run" Program for Youth Begins Feb. 3, Williamsport

"Girls on the Run" is coming to Messiah Lutheran Church in South Williamsport! Girls on the Run is a character development program for girls in grades 3 through 5 that incorporates running into a variety of lessons designed to prepare young girls to face the challenges of adolescence with confidence. The program provides girls with the tools they will need to make healthy choices and emphasizes self-esteem and concern for the community while maintaining fitness. Girls will discover their *inner* beauty and learn to like themselves the way they are as they become strong from the inside out.



Messiah has the unique opportunity to offer the first faith-based version of this program in our area. Besides the normal Girls on the Run Curriculum, a prayer and devotional has been added to each session to help the girls connect their faith to the everyday life. Faith plays an important part in standing up to peer pressure and making healthy decisions. The lessons the girls will learn are things that are not always covered in the classroom, and the girls will have an opportunity to make new friends with whom they can share their faith. Girls on the Run International is not affiliated with any particular faith; girls of all faiths are welcome to attend.

The eight-week program will run for 8 weeks and will be held on Tuesdays and Thursdays from 6:00 to 7:30 PM, beginning on February 3 and ending March 26. For more information, contact Kathy Wither at [wither15@comcast.net](mailto:wither15@comcast.net) or by calling the office at 570-326-9171 ext. 203.

**Tour de Revs Information on page 16**



## *Social Ministry*

### *Spring Clothing Sale* **Saturday, April 25, 2009**



The Women of St. Mark's will once again host their annual clothing sale on April 25th. Donations of clean clothing and clothing accessories in sizes infant to adult may be placed in the Bazaar Room.

**Coats, jackets, suits? We'll take it!**  
**Shoes, boots, ties, belts? We'll take it!**  
**Handbags, scarves, jewelry? We'll take it!**



This is a "win-win" situation for everyone involved! You get to clean out your unwanted items, the buyer is able to provide for their family at a bargain price (and during these economic times that's a big bonus to many families) and the women raise funds for mission support. Who knew those unused items could benefit someone on the other side of the world?

Please contact Shirley Hill or Becky Miller Pryor with questions or to volunteer for this event.

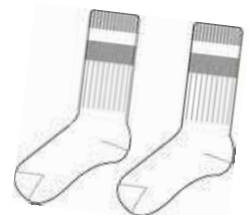


Despite bitter cold temperatures more than 25 people were working at the current Habitat site in Newberry when we arrived to serve brunch on Saturday, January 17, 2009. The Social Ministry Committee wishes to thank Becky Miller Pryor, Roxie Larson, and Pat Thayer for their help in donating food, setting up and serving brunch to the volunteers. The committee also wishes to thank members of the congregation who donated funds to purchase additional food for this event. St. Mark's always receives a warm welcome from the folks at Habitat. Hopefully with the support of the congregation this outreach can continue.

### *We want you to Sock it to us!*

During February the Social Ministry Committee will be collecting new socks in all sizes from infant to adult for men and women, boys and girls. All socks will be given to Daniel's Closet for their outreach to the community. Please donate a pair or a package of socks this month. Donations may be placed in the container in the Narthex.

For more information on Daniel's Closet speak with Megan and Clint Eppleman or Becky Miller Pryor.



## YOUTH & FAMILY MINISTRY

### Passing on Faith: REMEMBRANCE of BAPTISM

This event was marked by a lasagna dinner on January 11, the celebration of the Baptism of our Lord. Seven babies and four children were to be remembered in the Worship Service and to receive their Faith Chests and Baptismal Medallions.

Unfortunately, inclement weather limited attendance for the event.

The following children were remembered for having been baptized in the past year:

- ✝ Mariah Ashley Hallabuk, daughter of Kirk & Ashley Hallabuk
- ✝ Liam Andrew Elkins, son of Sean & Maria Elkin
- ✝ Levi Gair, son of Ed & Brenda Gair
- ✝ Adam Douglas Cokey, son of Robert & Shelly Cokey
- ✝ Alex Michael Cokey, son of Robert & Shelly Cokey
- ✝ Dylan Michael Ott, son of Michael Ott & Beth Miller
- ✝ Ashton Tyler Ott, son of Michael Ott & Beth Miller
- ✝ Hudson Luther Ott, son of Michael Ott & Beth Miller
- ✝ Nolan William Ott, son of Michael Ott & Beth Miller
- ✝ Makensi Doebler, daughter of Wilson & Barbara Doebler
- ✝ Kameera Smith, daughter of Amanda Weaver & Kareem Smith



Any of the above families who have not received their faith chest, please call the office or check with Sharon or Bernadette when they attend service or Sunday school.

## TAIZE SERVICES

Wednesday, February 4th at 6:30 p.m.

will be held at

Trinity Episcopal Church, 844 West 4th St

Members of St. Mark's are being asked to provide a meal at Trinity for the students immediately following the Taize service. We need people to set up tables & chairs, cook the main dish and side dishes, donate beverages, serve the meal to the students and to help clean up afterwards. Obviously this is a lot of work and Sharon cannot do it all on her own.

Please join the students for this special time of worship and stay to help Sharon with the meal. This is an excellent opportunity to see the campus ministry in action.

# YOUTH & FAMILY MINISTRY

## ST. MARK'S LIONS

Our athletes have been playing great games with lots of fantastic teamwork! Our coaches have been awesome in the guidance of these young players. Our Beginners are having a blast—and scoring a lot more with the hoops at eight feet instead of ten! We're building a great bench for next year!



Our Beginner's are very young with plenty of learning to be had: the teams they're facing are mostly 2nd graders, but our kids are having a great time. The Pee Wees are holding their own and playing some great games. And our first Junior team began game play in January! All-in-all, we have a fantastic group of kids representing us! Our practices continue every Wednesday, at the Y. The Beginners team practices from 6 p.m. until 7 p.m.; the Pee Wees and Juniors from 7p.m. to 8 p.m.

A schedule of their remaining games is included below. Players, please arrive a half-hour early for your games!! *To all members of the congregation, please take just on half of an hour out of your day to cheer on some our young ambassadors. Your support could make a difference!*

### JOHN BOWER SUNDAY SCHOOL BASKETBALL LEAGUE 2008-2009

#### SCHEDULE FOR *ST. MARK'S LIONS'* BEGINNERS, PEE-WEES & JUNIORS

##### BEGINNER PEE-WEES

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>COMPETITORS</u>
Feb. 7	12:30 pm	Arena Center	St. Boniface vs. <u>St. Mark's</u>
Feb. 14	9:00 am	Arena Center	Newberry Catholic vs. <u>St. Mark's</u>

##### PEE WEES

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>COMPETITORS</u>
Feb. 7	10:30 am	Arena West	Annunciation vs. <u>St. Mark's</u>
Feb. 14	10:00 am	Arena West	Immaculate Concp Raiders vs. <u>St. Mark's</u>

**YOUTH & FAMILY MINISTRY**

**Friday Fun Night**

February 27th

6:30 p.m.



*...well I suggest is was... Cardinal Crimson...  
in the Oratory with the rosary chain...*

This is our anniversary month!!!  
Yes—we've been enjoying each  
other's  
company with no agenda  
(except good sportsmanship)  
for two whole years already!!!  
Time really does fly when you're hav-  
ing fun!!!



**St. Mark's  
Summer Choir Camp**  
Sunday, August 9, thru  
Sunday August 16, 2009

presenting a musical  
retelling of Noah's Ark

**NEEDED:** lots of young animals and  
adult singers

Please set this week aside  
now so you and your family  
can participate!

## YOUTH & FAMILY MINISTRY

# Catechetical Retreat 2009



The Eleventh Annual Catechetical Retreat, 2009, was cancelled on January 12, due to a winter storm. **The event has been rescheduled for Saturday, February 14, and will be held here at St. Mark's.**

For those of you who missed reading about the retreat last month, topics of discovery include:

**Running the Race: Sports in the Letters of Paul**, by *Pastor Frontz (Messiah Lutheran)*  
Picture a place where athletic achievement is highly valued. Sports are on everyone's minds. America in the 21st century? Guess again. It's the 1st Century world that the Gospel of Christ was first proclaimed in;

**Dating is Mating: sexuality and the social process** (including some "hot dates" in Scripture) by *Pastor Zetto (Bethany)*;

**Help, I am an Alien!** by *Pastor Deibler (St. Luke) & Pastor Showers (Church of the Savior)* We will look at God's design for the human race according to the Beatitudes and see if it works for us;

**The Village**, by *Pr. Huckfeldt (St. Michael's)*: We are the church in the village. And we are the church in the world – a world that has become a "global village". Christians make a difference in our community and in the world. We will explore together what the church is and what the church does, and learn why serving others is fun and easy, and why fun is not everything, and everything is not easy;

**Parents, Teens and Money**, by *Mr. Keith Woods (Thrivent)*; and

**Growing Up Faithful**, by *Pastor Elkin and Mr. William Hill (St. Mark's)* Small groups of students come across a box of papers and memorabilia from the 1940's, and as they investigate the contents, discover what a person coming of age in that era may have been thinking about faith and life as a Christian. How is that compared with our experience today?

## Children's Church will be held on Sunday, February 8, 2009, at 10:30 a.m. in the Chapel.



The special collection that day will be breakfast items for the Penn College students of United Campus Ministry to take along on this year's trip to feed the homeless in NYC. Breakfast bars, juice packs, individual cereal boxes and the like are all good ideas for this offering. We look forward to seeing you and your family there!

## YOUTH & FAMILY MINISTRY

### BREAD BAKING EMPANADAS WITH KATY



Fourteen novice-to-intermediate bakers gathered on Wednesday, January 2, to learn how to make these Chilean treats!! This was the fourth anniversary of these baking seminars with Katy Elkin.

A variety of fillings were used for these pastries: ground beef, ham, cheese, corn, olives and raisins were the choices that day. The ham fillings are pictured here. Each type had a special fold to differentiate the flavors. In Wales, the larger versions of these are known as pasties. A raucous good time was had by all.

THANKS, KATY, FOR PUTTING UP WITH US!!

- What: Acolyte training and refresher course and lunch!
- Who: new candidates and “veteran” acolytes
- When: Sunday, February 1<sup>st</sup>, after the 10:30 service
- Where: Fellowship hall, the nave, the chapel. . .
- Why: to train new acolytes and brush up on procedures and skills and knowledge of the older kids



Look for news about this year's Vacation Bible School!! What will the theme be this year??



Sharon and Bernadette are in the process of planning a very special time for all!

Reserve the week of  
June 7-11  
for lots of fun!!!!



### LUNCH N' FELLOWSHIP



Wednesday,  
February 18th  
Noon

*featuring Dick's  
Heart-shaped Meat-  
loaf*

## Special Thank You's

Thank you for the beautiful poinsettias delivered to us by Connie Shaible and Lois Smith—we are enjoying it so much. A very Happy New Year to all at St. Mark's. Elda & Ralph Zeigler

Dear St. Mark's, Thank you so much for the care package! I really appreciate it and I am glad that you were thinking of me! I enjoyed all of it! Thanks again! Jamie Larson

St. Mark's Lutheran Church Members, Thank you for your recent tab donation received 12/10/08. This fundraiser has grown through the generosity of many. Since the start in 1995 we have raised well over \$47,000. We appreciate your support in this program. Sincerely, Ronald McDonald House

The Pregnancy Care Center of the Susquehanna Valley would like to wish God's blessings upon each of you for the wonderful baby things you gave us. It is truly appreciated and needed.

Joy W. Grafius, PCC Volunteer

To fellow members, Pastor Elkin and staff of St. Mark's Lutheran Church, Your prayers, notes, cards, cookies and poinsettias gave me much comfort and helped me through my unfortunate accident and illness! I pray that I will follow your example in caring for others. May God bless you all in your endeavors.

Thank you one and all! Love, Jane Angle

Pastor Elkin, Thank you to our friends from St. Mark's for sharing some of the joy of Christmas with us. The carolers singing was heavenly and the cookies were delicious. Before I got this note written, we also received a beautiful Christmas flower. Thank you for the flower too. Phyllis and Deb Holmes

Dear St. Mark's, Thank you for the poinsettia. I really appreciate it and I am touched that you thought of bringing it to me. Patricia Alexander

Dear St. Mark's, Enclosed is our check for the Christmas flowers in memory of my parents( *Earl & Hazel Foulkrod*) and brother Earl (*Foulkrod.*) Thank you for helping me with this matter. We pray all is well at St. Marks. My eyes fill with tears as I have no idea if I will ever return to Williamsport. We love you and pray for you and our precious nation. Days ahead may be difficult but Our Heavenly Father is here to comfort us. Love you dearly. Love in Christ, Nita Foulkrod Peck & Colonel Jim too.

*Ed Note:*  
Col Jim & Nita Peck,  
Apt #644  
5100 John D. Ryan Blvd.  
San Antonio, TX 78245-3552

Dear friend,

Your generous response to our Thanksgiving Basket appeal made it possible for us to be able to provide a holiday meal for 306 families this year. This represents over 1,400 people, mostly children.

Women from the Pre-Release Center, Scouts, teens, and volunteers from all walks of our community put in long hours taking applications, filing the baskets and helping with distribution. Our coordinator, Gail Burkhart, again proved to be the key person that put it together, held it together and kept it going, from the registrations to the last minute clean-up.

Your gift of money and/or food, as well as those who gave time and energy is the collaborative partnership that makes this happen year after year, and it is always such a blessing to us at the Shepherd of the Streets and at the United Churches of Lycoming County.

May the Lord richly bless you, now and in the year to come. Again, thank you.

Sincerely and truly yours, J. Morris Smith, Th.D., Shepherd of the Streets

Dear People of God at St. Mark's,

On behalf of the officers, deans and all the members of the Society of the Holy Trinity, I thank you for your contributions of \$300 during the 2008 calendar year. Your gifts will help the Society as it seeks to encourage the exercise of a disciplined and faithful ministry of God's Holy Word and Sacraments in the Church and for the world. As we strive for faithfulness in ministry, we pray for your continued support. May the Lord fill you with all faith and bless our common ministry with many fruits of his Spirit as we celebrate his humble birth in Bethlehem.

In Christ, Rev. John E. Priest, STS Secretary

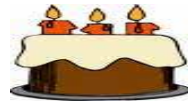
## Directory Changes

<b>Mr. Henry Fornwalt</b>	1900 Ravine Rd., Apt #212	Williamsport, PA	17701-2063
<b>Donna L. Hutchinson</b>	2500 Federal Ave., Apt #135	Williamsport, PA	17701-4255
<b>Mr. &amp; Mrs. Matthew Schuster</b>	PO Box #13	McClure, PA	17841-0013
<b>Mrs. Irma Super</b>	25 Amherst Ave.	Swarthmore, PA	19081-1613

**Addresses Needed for: Cynthia Hartzel & Mariah Lundy**

## Happy Birthday!

Daniel Boone	02/01	Michelle Owen	02/13	Betty Stroup	02/17
Lillian Skeeby	02/01	Elsie Sechler	02/13	Amanda Eyer	02/19
Kelly Foust	02/03	Robert Curry	02/14	Tyler Stugart	02/20
Lawrence Bair	02/04			Donna Elkin	02/21
Susan Curry	02/04			Brandon Pelleschi	02/21
April Biblehimer	02/08			Evelyn Ward	02/21
Matthew Heaps	02/08			Kahla Doane	02/22
Paul Zimmerer	02/08			Seth Greninger	02/22
Gloria Greevy	02/10			Kenneth Caster	02/24
Charlene Wright	02/10			Gary Clark	02/27
Betty Diehl	02/12	Annette Peluso	02/15	Patricia Hershey	02/27
Erick Fortin	02/12	Scott Kimble	02/16	Irma Logan	02/27
Helen Ochs	02/12	Jarrett Eyer	02/17	Arlene McCoy	02/28
Emily Newcomer	02/13	Rick Robertson	02/17	Bianca Wellen	02/28



## Happy Anniversary!

Lawrence & Louella Bair	02/07		
Frank & Shirley Vognet	02/14		
Wilson & Blanche Doebler	02/23		
Robert & Mary Schultz	02/25		
Robert & Marguerite Smith	02/28		



## Tour de Revs Is Coming!



Three Lutheran pastors are riding a bamboo bicycle built for three, in order to raise awareness for the issues of world hunger and dollars for the ELCA World Hunger Appeal. They will be in our Upper Susquehanna Synod June 4, 2009, and invite people to join them in riding from Mifflinburg to the synod office in Lewisburg.

Their goal is to raise \$5 million for World Hunger. Our synod's World Hunger Committee is challenging the Upper Susquehanna Synod to raise \$55,000. We are asking each congregation to sponsor at least a mile. Think what you can do in your congregation to help reach this goal. Be creative!



## HEALTH, HEALING & WHOLENESS

*"To watch over mouth and tongue is to keep out of trouble." (Proverbs 21:23, NRSV)*

Though this verse from Proverbs likely implied that we should continually guard ourselves from the kind of sin caused by verbal attack, it also seems appropriate to use when referring to good dental health. February is Children's Dental Health Month. An October 2008 report out of the University of South Carolina ([www.newswise.com/article/view/546350/](http://www.newswise.com/article/view/546350/)), indicates that nearly 25% of our nation's children had no dental care in the 12 months prior. Colorado University's *Health Sciences Update* ([www.cumc.columbia.edu/newsreleases/Febexp.html](http://www.cumc.columbia.edu/newsreleases/Febexp.html)) also reported that "more than 51 million school hours are lost each year to oral health related illness" – making it the leading cause of missed school hours, in addition, more than 33% of low income children ages 2-9 have at least one decaying tooth that goes untreated. They also noted that "tooth decay is the most chronic childhood disease" – five times more prevalent than childhood asthma. But why worry – most of these statistics include baby teeth - they will just lose anyway – so it's no big deal, right? Wrong.

Enamel formation begins within the womb, and is very sensitive to changes in the health and well-being of the mother. We've known for many years that certain types of drugs, for example Tetracycline, have adverse effects on the infant's unerupted teeth. We have also learned that a form of severe gingivitis (inflammation of the gums) can release bacteria into the mother's bloodstream, stimulating the release of prostaglandin (a fatty-acid type hormone), which in turn, can lead to premature birth and low-birth-weight babies. This simply reinforces the need for good pre-natal care (both with the physician and the dentist as well), use of prenatal vitamins as directed, and good nutrition throughout the pregnancy.

A child's primary [baby] teeth are important for numerous reasons – for the development of speech, for guiding the growth of the jaw, they are vital for eating and good nutrition, they "hold space" for permanent teeth, and contribute to self-esteem. Tooth decay occurs when the tooth's enamel is destroyed by acid-producing bacteria that thrive on carbohydrates (sugars and starches) and erode the enamel. Regular brushing and flossing help decrease the harmful bacteria that leads to decay.

When should you begin brushing? Pediatricians and dentists recommend that you "brush" the gum areas after feeding, even before the first tooth has erupted. This can be done safely using gauze. Begin regular dental check-ups after the first tooth has emerged – this helps to establish a healthy and less threatening pattern of preventive care. Once teeth have erupted, use a special infant's soft bristled brush and water. Swallowing fluoride toothpaste can itself have adverse dental affects, so stick to using a non-fluoride toothpaste until the child understands how to spit when brushing (around age 3). It is also important that parents supervise brushing until the child's motor skills are mature enough to enable him/her to reach all tooth surfaces (around the third grade) and to use floss successfully. Flossing should begin as soon as two teeth have emerged side-by-side.

To protect from "baby bottle mouth" – a severe form of tooth decay - infants should not be given milk, formula, or juices by bottle when in their cribs. Only water should be given at those times, and only as needed. Be aware that if you obtain your water from bottled sources, most do not contain fluoride. It is important you share this information with your child's doctor and dentist, so fluoride can be obtained through other avenues. Your dentist may also suggest that your child have a "sealant" applied to his/her teeth. This liquid applied to the tooth surface, fills in the pits and grooves of the tooth, where food and bacteria can accumulate. Good preventive care also includes having your child wear a mouth guard when involved in "rough play" such as baseball, football, basketball - those times when mouth injury is common.

If you, as a parent, do not have dental insurance, contact your state's SCHIP program (State Children's Health Insurance Program) through your state's Department of Health, and learn how you can access funding for care – many states have at least one program or plan in place to cover dental services for children. In addition, colleges and universities that train dentists and/or dental para-professionals, may offer free or greatly reduced preventive care services to community members.

Parish nurses - if dental care is scarce in your area, you may find yourself needing to advocate on behalf of parent and child to obtain appointments for dental care. You may need to offer transportation, or child-care – or perhaps provide gentle appointment reminders – all identified barriers to children receiving the care that they deserve. Never assume that children are receiving dental care education via their schools. Proactive dental health education is often among the first curricula cut when anxious school administrators attempt to balance yearly budgets. Instead, consider partnering with local colleges and universities that train students. Arrange for or provide educational opportunities for your congregation's pre- and after-school programs. Invite a community educator from your local hospital, dental clinic or Department of Health to speak to parents about the importance of preventive care, or invite them to provide a table during a congregational event. Teach proper brushing to children during church gatherings, such pot-lucks or vacation Bible school. No matter how you look at it, the statistics [above] are appalling. No child should be without adequate dental care.

*Debbie Best, Program Coordinator  
Diakon Congregational & Community Services*

## SPECIAL CONCERNS LIST

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

Edith Anderson  
Roseview Center, Rm. 336  
1201 Rural Ave.  
Williamsport, PA 17701

Nancy Bohartz  
624 Sixth Ave.  
Williamsport, PA 17701

Bonita Crossley  
R.R. #1, Box 1001  
Hills Grove, PA 18619-9300

June Decker  
338 Sherwood Ave.  
South Williamsport, PA 17702

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

Charles Ditchfield  
Valley View, Room 308  
Montoursville, PA 17754

Henry Fornwalt  
1900 Ravine Rd., Apt #212  
Williamsport, PA 17701-2063

Doris Fortin  
Rose View Center  
1201 Rural Ave., Room 223B  
Williamsport, PA 17701

Lois Graybill  
Williamsport Home, Nursing Unit  
1900 Ravine Rd., Rm. #306  
Williamsport, PA 17701

Jean Gulliver  
Rose View Center  
1201 Rural Ave.  
Williamsport, PA 17701

Gail Hoffman  
153 Hampton Way  
Montoursville, PA 17754

# Remember



# Our Valen- tines

Jane Oakes  
Presbyterian Home  
810 Louisa St., Apt. 204  
Williamsport, PA 17701

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

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

James Sheaffer  
Rose View Center, Room 306B  
1201 Rural Ave.  
Williamsport, PA 17701

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

Anna Stiadle  
1900 A. Ravine Rd., Apt. 112  
Williamsport, PA 17701

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

Zelma Vitolins  
Sycamore Manor,  
1445 Sycamore Rd., Rm. 325  
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, PA 17701

## St. Mark's Calendar of February Events

### 1 Sunday *Epiphany IV*

*Souper Bowl Sunday*

8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
11:45 AM Kantorei  
12:00 PM Acolyte Training  
12:15 PM *The Way*

### 2 Monday

9:00 AM Morning Prayer  
6:30 PM Handbells  
7:00 PM Civic Chorus  
8:00 PM Pastor at UCM Penn College

### 3 Tuesday

8:00 AM Center City Pastors  
9:00 AM Morning Prayer  
6:00 PM Girls on the Run @ Messiah  
6:30 PM Brownies  
7:00 PM Family Promise Training (tentative)

### 4 Wednesday

9:00 AM Morning Prayer  
9:15 AM Quiltmaking  
9:30 AM Staff Mtg.  
12:00 PM Bible Study  
6:00 PM BB Prac. Beginners  
6:30 PM Taize Service w/ UCM @ Trinity  
7:00 PM BB Prac. PeeWees/Juniors

### 5 Thursday

6:31 AM Men's Ministry  
8:00 Stephen Ministers I  
9:00 AM Morning Prayer  
6:00 PM Girls on the Run @ Messiah  
6:15 PM Choir Dinner  
6:30 PM Evening Prayer  
7:00 PM Divine Drama  
7:30 PM Choir

### 6 Friday

9:00 AM Morning Prayer

### 7 Saturday

9:30 AM JBBS Juniors @ Upstairs Main  
10:30 AM JBBS Pee Wees @ Arena West  
12:30 PM JBBS Beginners @ Arena Center

### 8 Sunday *Epiphany V*

8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Children's Church  
10:30 AM Holy Communion  
11:45 AM Contemporary Choir  
12:00 PM Acolyte Training  
5:00 PM Family Handbells

### 9 Monday

9:00 AM Morning Prayer

6:30 PM Handbells  
7:00 PM Civic Chorus

### 10 Tuesday

9:00 AM Morning Prayer  
12:00 PM Finance Committee @ Ross Club  
6:00 PM Girls on the Run @ Messiah  
6:30 PM Property Committee Mtg.

### 11 Wednesday

9:00 AM Morning Prayer  
9:15 AM Quiltmaking  
9:30 AM Staff Mtg.  
10:00 AM Pastor @ Little Lambs  
12:00 PM Bible Study  
6:00 PM BB Prac. Beginners  
7:00 PM BB Prac. PeeWees/Juniors

### 12 Thursday

6:31 AM Men's Ministry  
9:00 AM Morning Prayer  
5:30 PM Stephen Ministry II  
6:00 PM Girls on the Run @ Messiah  
6:30 PM Evening Prayer  
7:00 PM Divine Drama  
7:30 PM Choir

### 13 Friday **\*\*Newsletter Deadline\*\***

9:00 AM Morning Prayer

### 14 Saturday

9:00 AM Catechetical Retreat @ St. Mark's  
9:00 AM JBBS Beginners @ Arena Center  
10:00 AM JBBS Pee Wees @ Arena West  
10:00 AM JBBS Juniors @ Arena East

### 15 Sunday *Epiphany VI*

8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
12:15 PM *The Way*  
6:00 PM Catechetics

### 16 Monday *President's Day*

**\*\*Office Closed\*\***

9:00 AM Morning Prayer  
6:30 PM Handbells  
7:00 PM Dog Training Club  
7:00 PM Civic Chorus

### 17 Tuesday

9:00 AM Morning Prayer  
6:00 PM Girls on the Run @ Messiah  
7:00 PM Brownies

### 18 Wednesday

9:00 AM Morning Prayer  
9:15 AM Quiltmaking  
9:30 AM Staff Mtg.  
12:00 PM Lunch N' Fellowship Meatloaf  
5:00 PM UCM Lasagna Fundraising Meal

6:00 PM BB Prac. Beginners  
7:00 PM BB Prac. PeeWees/Juniors

### 19 Thursday

6:31 AM Men's Ministry  
9:00 AM Morning Prayer  
6:00 PM Girls on the Run @ Messiah  
6:30 PM Evening Prayer  
7:00 PM Divine Drama  
7:30 PM Choir

### 20 Friday

9:00 AM Morning Prayer  
9:15 AM Lion Crew  
Synod Council Youth Retreat

### 21 Saturday

Synod Council Youth Retreat  
JBBS Make Up Game Day

### 22 Sunday *Transfiguration*

8:00 AM Holy Communion  
9:15 AM Sunday School  
10:30 AM Holy Communion  
11:45 AM Kantorei  
12:00 PM Acolyte Training Snow Day  
5:00 PM Family Handbells

### 23 Monday

9:00 AM Morning Prayer  
6:30 PM Handbells  
7:00 PM Civic Chorus

### 24 Tuesday

9:00 AM Morning Prayer  
10:00 AM Pastor @ Little Lambs  
6:00 PM Girls on the Run @ Messiah  
7:00 PM Family Promise

### 25 Wednesday *Ash Wednesday*

9:00 AM Morning Prayer  
9:30 AM Staff Mtg.  
12:00 PM Holy Communion  
6:00 PM BB Prac. Beginners  
7:00 PM BB Prac. PeeWees/Juniors  
7:00 PM Holy Communion

### 26 Thursday

6:31 AM Men's Ministry  
9:00 AM Morning Prayer  
6:00 PM Girls on the Run @ Messiah  
6:30 PM Evening Prayer  
7:00 PM Divine Drama  
7:30 PM Choir

### 27 Friday *Dick on Choir Tour*

9:00 AM Morning Prayer  
6:30 PM Friday Fun Night

### 28 Saturday

9:00 AM Soup Making

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

Phone: 570-323-4619  
Fax: 570-323-2452

Website: <http://www.stmarkswilliamsport.org>  
Email: [stmarks@stmarkswilliamsport.org](mailto:stmarks@stmarkswilliamsport.org)



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Williamsport, PA 17701

"Lord, as we enjoy the Super  
Bowl football game,  
help us be mindful of those



We are on a mission to fight hunger and poverty.  
You can help.



**FEBRUARY 1ST IS THE LAST DAY TO DONATE FOR THIS SOUPER BOWL!**

Please look for the footballs for soup and the pots for cash donations  
in the narthex and near the sacristy entrance.

Your donation will go directly to a charity right here in our community.

With your help, more dollars will be raised, more lives will be changed and more young  
people will experience the joy of serving Christ by serving others.