

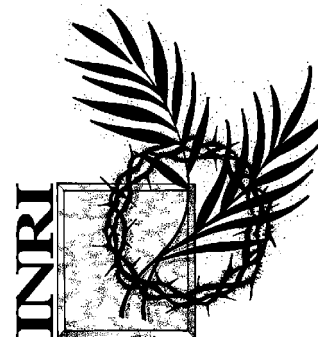


The Lion of St. Mark's

MARCH 2009

A Thoughtful Emphasis for Lent

The emphasis for the midweek-services during Lent this year spring from the hymn of the Passion *O Sacred Head Now Wounded*. We will examine ourselves as ones who have wounded Christ with Betrayal, Apathy, Denial, Mockery, and Abandonment, as they a part of the great Passion narrative in the Gospel of Matthew. It is a time for serious reflection which is best done in the company of other believers.



We meet at two different times each Wednesday in order to accommodate personal schedules. Ash Wednesday begins the season on February 25, when we meet for Holy Communion at noon in the Chapel and at 7:00 P.M. in the Nave. On succeeding Wednesdays, we gather at 11:30 for Mid-Day Prayers with lunch to follow at noon in Fellowship Hall, and at 6:15 for supper in Fellowship Hall with Evening Prayer at 7:00 in the Chapel. It would be helpful for each person to bring their own study Bible along as we begin work on each part of the study. There will be additional things that each person can work on at home to continue the process of thought and prayer.

Campaign 180 begins



What is it worth to you to know that you are taking part in an effective way to tackle part of the problem of homeless children and families in Lycoming County? Could you invest 50 cents per day in this mission shared with a number of other congregations in our community? That amount would then be \$180 for the year, thus the name The 180 Club. Another way to think of it is the 180-degree Club, helping to turn around a family in crisis and show them another path. If \$180 is impossible in your budget, name your own figure. Could you start at 5 cents per day (\$18 per year), and see as the year progresses if you could add to that? Cards are available in the office to make a pledge in any amount to let the Board of Family Promise what are your intentions.

There will soon be other ways to be of assistance. Becky Miller Pryor, the newly-appointed Congregation Coordinator for our congregation, will soon be asking for persons to serve in the 50 different capacities when Family Promise gets underway in a few months. We will need people to prepare meals, others to offer hospitality, a few to stay overnight, and others to play with the kids. It will be a great mission, right here at home. Think about these possibilities, coming soon!

COUNCIL UPDATE

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COUNCIL MEETING NOTES

The Congregation Council met in regular session on Monday, February 15 in the Crossways Room.

The Council:

- received the lengthy reports of the Pastor, officers, and committees.
- noted that the Nominations Committee has been appointed and will be meeting soon.
- approved a proposal that "You're a Good Man, Charlie Brown" be staged at St. Mark's on July 2-4 with a high school-age cast, as a fund-raiser for the Thrivent Build at Habitat this summer.
- moved to invite St. Luke Church to cooperate with us in planning Consecration Sunday this fall, as we did last year.
- approved a plan for worship leadership when Pastor Elkin is away late this spring.
- signed a letter of commitment for Family Promise, and referred the raising of additional money beyond the basic \$1,000 approved in our budget to the Finance Committee for resolution.
- closed by joining in *Prayer at the Close of the Day* in the chapel.

Parish Register

- Pastor Elkin presided at the funeral for Francis Kohler on January 24 at Messiah Church, on behalf of Pastor Frontz.
- The memorial service for Henry Fornwalt is planned for March 22.

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	433-3380
Gary Weber, Website Administrator		gweber@stmarkswilliamsport.org	Bob Schultz, Adult Catechumenate	326-3929

Christian Community Service Opportunities



Why in the world should we be interested in this new medium of information, since we already have clay tablets and papyrus scrolls, illuminated manuscripts and books, newspapers and magazines, radio and television, and now computers... *You Tube* is one of the ways in which people are sharing ideas and information right now around the community and around

the world. Should not the most important message in all the world be able to be found on this medium just as we have used every prior medium?

The answer at St. Marks has been YES! Through the good offices of Bernadette Jones and First Contact Productions of West Fourth Street Williamsport and its principal, Carlos Saldivia, we are in the midst of a wonderful explosion of Good News. Some months ago, twenty video clips were posted. They are available on our website www.stmarkswilliamsport.org and are also on our YouTube channel located at <http://www.youtube.com/user/StMarksChurch>. In them, Pastor Elkin talked about life and faith and other general topics. More recently, twenty-eight more video clips have gone on-line delving into the Gospel according to Mark. The aim of all of this is both to inform the viewer, and also to encourage the viewer to go and open the Bible for him/herself and see what the text has to say to his/her life. Now in preparation is a series of clips on the book of Genesis, and as time goes along, other books of the Bible as well. Your reactions and comments to any or all of the clips is most welcome. Viewers might also take a moment and write an evaluative comments or rate each clip in the place provided.

Take some time to view these clips, to enjoy them, to be informed and intrigued by them, to point them out to friends and neighbors. It is one of the easiest ways in the world for each of us to be an evangelist in this electronic age.



Do you like to walk?
Do you have an hour of free time available?

If so, you can help Lycoming College in its annual Relay for Life on March 20-21st! Your efforts will help the American Cancer Society fund groundbreaking cancer research, provide up-to-date cancer information, advocate for all people to have access to screening and treatment, and offer free programs and services to improve the quality of life for people facing cancer. If you would like to volunteer or make a donation, please contact Clinton and Megan Eppleman at 717-448-4516 or e-mail eppleman@lycoming.edu for more information.

Caring for God's Creation

Energy and Our Environment

These days it seems that everyone is thinking about the decisions that we make concerning the use of energy, not least of which is when we get out our checkbooks and pay our utility bills. We look for economies wherever we can, at home and in the church's buildings also.

The Parish house uses florescent fixtures almost exclusively with more efficient bulbs than in the past. Remaining screw-in fixtures have been fitted with compact florescent bulbs. Some months ago, the downward facing lights in the nave were converted to a newly-developed compact florescent, and the upward facing bulbs will be changed when they next need to be replaced. The chancel spotlights are in the process of being transformed also as each older bulb fails.



The Property Committee has seen the wisdom of maintaining the furnaces rather than waiting for a problem to develop, and so each summer we have had important tear-downs of the furnaces and cleaning, repairs and adjustments, and the additions of improved safety equipment. This has meant that in the past several years we have not had any mid-winter problems, and the systems have been running at the best efficiency for their design. Having a separate heating system for the chapel means greatly increased efficiency for the times when we need to heat or cool that one room.

An additional project in this past summer was the re-piping of the heating system in the choir wing of the building. We abandoned the rusty pipes that are buried in the concrete floor before they could begin to leak in places where we could not detect leakage. We acted in a pro-active way.

The new nave and chapel doors have also been energy-savers. They replaced the old single-pane glass with double-pane, and added a coating to reduce heat gain from the sun, as well as glare. One of the air-conditioner housings has been insulated, and several more are ripe for that treatment. In ways large and small, the leadership of the congregation has been very conscious of energy management.

This past summer when it was clearly time to replace the heating system at their home, the Pastor and his wife decided to invest in a high-efficiency (95% is claimed in their literature) boiler that pulls outside air for combustion, and also an on-demand tankless water heater. It only functions when a faucet is turned on, and it, too, pulls outside air for combustion. The Pastor will be glad to speak with anyone about these products and their use.

The question is continually before us. How can we responsibly use the resources that God has granted to our management?



Women of St. Mark's

ATTENTION KNITTERS !!!

Are you interested in making comfort items for people who are in need physically and spiritually? There are several possibilities. You can make:



- Prayer shawls for people who are seriously ill
- Pocket prayer squares for servicemen serving in Afghanistan & Iraq
- Chemo caps for those who have lost their hair
- Scarves for Daniel's Closet

If you would like to help with this knitting ministry please talk to Shirley Miller (329-2726) or Shirley Hill (323-7546)



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 (323-7546)** or **Becky Miller Pryor (321-9523)**
 with questions or to volunteer for this event.

Volunteers are needed to sort, display, sell & pack up!

News from the Pews

It is always pleasant to see that our members, in addition to being an active part of St. Mark's Church family, are doing things in our community. One of those is **Deb Buckman** recently featured in the newsletter from the Williamsport Civic Chorus in a tribute to her work with that organization. She is currently vice-president and has held most of the elective offices in her thirty years of being part of the group. In addition, **Jim Buckman** and **Nick Buckman** also add their musical talent there and all three are long time members of the Senior Choir.

Art Kline continues his volunteer work at the James V. Brown Library through its Learning Center. The Center offers courses to seniors to help them navigate computer applications. Those interested should contact the library for more information.

The **Elliott** and **Haussmann** families were awarded several prizes at the science fair held at Sheridan School recently. **Owen Elliott** took honors for best overall presentation with his project, "Cats" in the kindergarten group, **Hannah Haussmann** was the winner in first grade for her "Constellations" presentation and brother **Ben Haussmann's** "Garden Poems" was the best overall in the third grade category. Congratulations to all!

As a fourteen-year member of the Williamsport Area School Board I am always delighted to see concerned people run for that difficult office. So I was happy to see that **Stephen Dewar** has thrown his hat into the ring for the position of school board member of the Loyalsock Township School Board.

Remember to keep in touch with me when you have something of interest to share with the congregation. I am always happy to hear from

The Pastor Is Available...

**He is 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**



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 weekend.

Devotionalists change weekly.

The phone number is
570-322-5762.

Food Pantry Needs

These are the items that are currently needed:

chunky soups	cakes mixes & icing	saltine crackers
canned fruits	oodles-of-noodles	hamburger helper
tuna helper	instant flavored oatmeal packets	
sugar	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.

Lenten Series ~ "We Are Not Alone"

Speakers to be Announced

- 3/04 ~ **"Doing Good and Doing Better"** ~ Matthew 4:1-11
- 3/11 ~ **"To Condemn or to Save"** ~ John 3:1-17
- 3/18 ~ **"Boasting in Hope - Boasting in Suffering"** ~ Romans 5:1-11
- 3/25 ~ **"Seeing is Believing"** ~ I Samuel 16:1-13
- 4/01 ~ **"Emerging Faith: Life or Death"** ~ John 11:1-45

Free Income Tax Help Available!



The Salvation Army has volunteers that are willing to help file your taxes. Free tax filing will start February 2, 2009 at three locations: The Salvation Army, Penn College & Muncy Public Library. They will prepare your taxes, electronically file your tax return for free, and make sure that you receive all your credits; earned income credit, child tax credit, etc. For an appointment call (570) 326-9187.

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.

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.

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!

Check out www.tourderevs.org or contact Pr. Carla Volland for more information. You may Email parish05@micro-link.net or call her at 570-546-6381.

Flowers for St. Mark's at Easter



If you would like to assist in the decoration of the church at Easter, please use the envelope attached to this newsletter to place your order. You may mail the order and your check to the Church office or place it in the Offering plate on Sunday. The last day orders will be accepted is Palm Sunday.

You may dedicate your plant to honor someone living or in memory of a loved one.

You may take your flowers with you after the 10:30 a.m. Easter Service.

Please see the enclosed envelope for choice of flowers and prices.

Family Promise

Hear ye, Hear ye!

Be it known to all that the Pastor and Congregation of St. Mark's Church in the city of Williamsport does hereby challenge the Pastor and Congregation of Pine Street Church also of the fair city of Williamsport to a worthy contest of the culinary arts for the purpose of stirring up support for the program in development in our city called *Family Promise*.

We challenge you to enter the field of contest, the kitchen of St. Mark's Church, on Sunday afternoon, April 19, 2009 with your team of three champions, one of whom must be the Pastor of the congregation, and none of whom shall be now or ever have worked professionally in food preparation. A like team from St. Mark's will meet you there, and both teams will prepare a meal using a list of items that will be provided.

The time allotment, menu, counter, stove, and refrigerator allocations and other specifications will be developed and presented to the teams by Nicole Walz, sous chef of the Williamsport Country Club. You may bring such utensils, tools, and supplemental ingredients as you think will be helpful.

The food may be presented to the judges on the standard china and table service of St. Mark's Church or such china and table service as you wish to provide.

The contest shall be judged by a distinguished team headed by Michael Ditchfield, of LeJeune Chef of the Pennsylvania College of Technology.

The contest shall be videographed and presented on the large screen in the Fellowship Hall of St. Mark's for the enjoyment of patrons who have bid on the limited number of seats available in the room, bids starting at \$15.00, all for the benefit of the work of *Family Promise of Lycoming County*.

The food prepared by the teams for judging shall be supplemented by food prepared earlier for the other patrons in the room, so that all will be able to enjoy a festive meal.

The videography will also be made available by live streaming video for those friends not able to be present, courtesy of First Contact Productions of Williamsport.

Play-by-play of the contest shall be provided by Mr. Gary Chrisman of Clear Channel Communications.

To accept this worthy challenge, you may return the gage attached to this scroll, the "Spoon of Doom".

Signed this Tuesday in the Fourth Week of the Epiphany season
in the Year of Our Lord two thousand nine.

The Spoon of Doom has been returned and the challenge accepted.
Stay tuned for exciting new developments in this culinary challenge of gastronomic proportions!

YOUTH & FAMILY MINISTRY

Catechetical Retreat 2009



After being postponed because of snow, the Eleventh Annual Catechetical Retreat, 2009, took place on February 14, right here at St. Mark's. Stephen Boone, Theoron Hershey, Corey and Max Hospes, Katelyn Lauer, Devin Owen, and Riley Weber attended with a parent or mentor in tow.

Our students chose to attend four of the six different classes offered that day. The first session, they split between **Running the Race: Sports and Faith**, offered by Pastor Frontz (Messiah) and **Parents, Teens and Money**, led by Mr. Keith Wood (Thrivent). They separated into two groups again for the afternoon session, with the "big half" going to Bill Hill and Pastor Elkin's offering of

Growing up Faithful. The remaining three attended **Help, I am an Alien!**, led by Pastor Deibler (St. Luke). When you see them, ask how they enjoyed their day!

All the youth were glad it was held here at "home." It was fun being able to help others with directions and other assistance. Sara Jones also attended that day as an aide to her mother, who greatly appreciated her support.

The youth also stuck around to help Lou put things back in order for Sunday morning. Their willingness and energy contributed to us getting home much sooner than we had hoped at the end of the day! Thanks, guys!

Milestone Ministry



REMINDER: Blessing of the Keys: We have a special milestone celebration for the youth in our congregation who attain their junior driver's licenses. It's a meaningful observance, during which the new driver gives up something from his or her childhood in exchange for the new responsibility of driving. We have also developed a means of recognition for those drivers receiving their senior license. **BUT YOU**

NEED TO TELL US WHO SHOULD BE RECOGNIZED!!

Since different families have different timetables for these events, we can't just refer to the church register for the information. We have no idea which youth are reaching this important milestone in their lives—unless you tell us!! Please let the church know if your child has recently received a junior or senior license as soon as possible.

A date for celebration will be set once we know who these special teens are. **PLEASE CALL US!!**



You sacrificed your bishop?
And you call my video games violent????

Friday Fun Night March 20 6:30 P.M.

Celebrate the first day of spring with us!!
Bring your favorite game, snack and enthusiasm to Fellowship Hall on March 20.

What's that?

You don't have any games to bring??

YOUTH & FAMILY MINISTRY

St. Mark's Lions Pee Wees undefeated!

Our athletes have been playing great games with lots of fantastic teamwork! Our coaches have been awesome in the guidance of these young players. The Beginners had a blast and managed to score frequently against teams bigger than they. As stated above, the Pee Wees played an undefeated season! The Juniors worked together very well on the court. All-in-all, we have a fantastic group of kids representing us!

A celebratory party is scheduled for February 28, at noon, here in Fellowship Hall: pizza and snacks, games and awards. Contributions toward the refreshments and awards are gratefully accepted. These special youth and their coaches will be recognized at service on Sunday, March 1.



Beginners:

Annika Waffenschmidt
Taylor Wentzel
Sadie Wentzel
Amalie Robertson
Lynna Robertson
Ian Elliot
Grace Elliot
Owen Elliot
Sean Jensen
Megan Wike

Pee Wees:

Cody Shimp
Jarrett Eyer
Caden Fisher
Kyle Caringi
Morgan Comini
Dylan Garbrick
Dawson Owen
Makensie Doeblen

Juniors:

Devin Owen
Brett Garbrick
Corey Hospes
Max Hospes
Stephen Boone
Chris McGee
Chris Lauer
Ian Faust
Sara Jones
Hannah Ramsauer

When you see any of these players or their coaches, please congratulate them on their dedication and good sportsmanship. These kids and their leaders did an awesome job and were a joy to watch. They are:
Special note: We wish to thank Mike Jensen, Kirk Owen and Rick Robertson for coaching for our teams. We would not have had a program without them. Thanks, guys!!

Children's Church

will be held on Sunday, March 8, 2009,
at 10:30 a.m., in the Chapel. The
confirmation students are in the process of
putting this service together and will lead it
on that day!



We look forward to seeing you and your
family there!

Apartment or Room Rental Needed

A young woman from Lock Haven University will be student teaching in the Williamsport Area School District for the Fall semester of the 2009-2010 school year. She is in need of an apartment or room she can rent in the Williamsport area during this time.

If you have something suitable to rent or would like to learn more about this young woman please contact Sharon Comini at the church office (323-4619).

YOUTH & FAMILY MINISTRY

Habitat for Humanity *YOU'RE A GOOD MAN,* Youth Fundraiser *CHARLIE BROWN*

Six youth (some of our own, some from sister congregations, and some who have aided us before) are joining together to present "You're a good man, Charlie Brown" during 4th of July week. Brett Campbell, Declan Jones, Seth Sponhouse, Rebecca Frazier, Rachelle Horning and Kyle Wilson will portray the beloved characters from the "peanuts" comic strip. While admission is free, donations are gratefully welcomed and will benefit our local Thrivent Habitat for Humanity build.

CHARLIE BROWN



BOOK BY JOHN GORDON, MUSIC + LYRICS BY CLARK GESNER
BASED UPON THE COMIC STRIP PEANUTS BY CHARLES M SCHULZ

THURSDAY + FRIDAY, JULY 2 + 3, 2009

AT 7:00 P.M.

SATURDAY, JULY 4, AT 2:00 P.M.



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

YOUTH & FAMILY MINISTRY

ATTENTION HIGH SCHOOL SENIORS & COLLEGE STUDENTS !!!

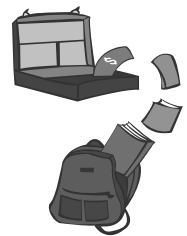
The St. Paul Lutheran Church Scholarship

The Scholarship Program:

The St. Paul Lutheran Church Scholarship Program was founded by the congregation of the former St. Paul Lutheran Church in Williamsport, Pennsylvania. St. Paul Lutheran Church, prior to its closing, established this special scholarship program to benefit Lutheran students in Lycoming County, Pennsylvania, in perpetuity.

Eligibility:

Eligible candidates will be graduating seniors of a high school, or a high school graduate equivalent, located in Lycoming County, Pennsylvania. Candidates must be members of a Lutheran church, and eligible candidates also include those individuals who were members of St. Paul Lutheran Church in Williamsport, Pennsylvania, at the time of its closing. Candidates must be attending, or plan to attend in the 2009-2010 academic year, an institution of higher education (academic, technical, or vocational). Eligible candidates must also have a minimum grade point average (GPA) of 2.5 on a 4.0 scale and demonstrate involvement in church and community. Candidates may reapply in successive years for scholarships available from this program.



Scholarship Awards:

Scholarships awarded in 2009 will be available only for the 2009-2010 academic year. Scholarship awards may be used only for educational expenses, including tuition, books, laboratory expenses, or other education-related expenditures that are approved by the Foundation.

Selection of Recipients:

The number of scholarships awarded, the amount of the scholarship awards, and the selection of scholarship recipients will be determined by the Foundation.

Application Process and Deadline

Students who wish to apply to the scholarship program must complete an application and required letters of recommendation and submit materials postmarked no later than **April 15, 2009**. The application and required attachments will be available in the staff hallway or online at http://www.thelcf.org/grants/scholarship_applications/the_st_paul_lutheran_church_scholarship



BIG BAND DANCE

Friday, March 13, 2009, 6-8 PM!
Williamsport Area HS JAZZ BANDS--
live!

Join us for a night of music and fun!

Light snacks and beverages will be provided.

The jazz bands will be playing in Fellowship Hall, while the Crossways Room and Middle Lounge will be set up for refreshments and conversation.



YOUTH & FAMILY MINISTRY



We're excited about this year's Vacation Bible School to be held Sunday thru Thursday, June 7 -11, 2009. The program this year's is SonRock Kids Camp, a week of fun and adventure!

As they participate in fun-filled activities, children will learn how each one of them is loved by Jesus! We will have a great time with lively songs, hilarious skits, creative crafts, exciting games, Bible stories and tasty snacks—all of the things that make Vacation Bible School so much fun for children.

SonRock Kids Camp can be an inspirational and educational adventure for your entire family. Parents are invited to join in as a volunteer or come on the final evening to find out what's been going on all week!

Directory Changes

Ardath Houser
1100 Radio Club Road
Montoursville, PA 17754-8416

Cynthia Hartzel
1545 Northway Road, Apt. 2
Williamsport, PA 17701



Special Thank You's

The Social Ministry Committee thanks the congregation for the many blankets they donated to the clients of the Shepherd of the Streets. Our Women of St. Mark's also donated many fitted sheets. These linens are sure to be a comfort to folks in need during the cold winter months. A special thank you goes to Lou DeSeau for delivering these items to the Shepherd's office.

Dear Members of St. Mark's Lutheran Church,

I am writing on the behalf of the women in CM-6 who reside at the Selinsgrove Center to thank you for holding your fantastic Christmas party. Your kindness, your thoughtfulness, and your support mean so much to all those lives you have touched, especially during this hard time for the ladies.

Once again, I want to thank you for another successful year and that you are very much appreciated here at the Selinsgrove Center! Have a wonderful New Year and we are looking forward to seeing you next year!

Sincerely, Shannon M. Flurie, TRSW

The entire letter & pictures are posted on the bulletin board in the staff hallway.

Dear Friends and Family,

...From the day our grandson Hunter was born, he and Aunt Anna have been special friends...After her fall and hip surgery, she can no longer walk...she is now strong, has a good appetite and, at times, engages in activities...She occasionally lapses back to her old days at Bell Telephone and organizes the nurses station files and paperwork. I would imagine Aunt Anna with Alzheimer's has them better organized than they were before...She enjoys getting your cards and remembrances and can still read them...Take good care and please pass this on. Suzzie

(The address for Anne Rhodes can be found on page 18)

Dear friends,

Wishing a wonderful Valentines Day to those who fill my heart with happiness.

I'm a little late in thanking you for the Christmas flowers, cookies and the wonderful singing. I want to take this time to thank you for all that you have done for me in making my holiday special.

Beulah Wrede

Dear St. Mark's Lutheran Church,

Thank you for your donation of \$303.20 in 2008. Because of your generosity we were able to accomplish great things last year! One family moved into their new home and five more were selected for our Renaissance Project.

In April 2008 we dedicated a new home for the Belot family. Megan and her daughters were so excited to move into her new home!

In June 2008 we poured the foundations for 5 new homes. The 1st home was an Apostle Build and was built and funded by the faith community for Chris Keebler and his son Jacobee. The 2nd home was a Women Build and was built and funded by local women for Melissa Donahue and her daughters, Mariah and Audrea. The 3rd & 4th homes are being built in partnership with Hope Enterprise and will provide a homeownership experience for individuals with disabilities. The 5th home is being built for Jason and Valerie Thompson and their three children.

We hope that you will continue to be a part of Habitat's mission of eliminating sub-standard housing in Lycoming County. Together we can do great things!

Todd J. Fox, Executive Director
Greater Lycoming Habitat for Humanity

Dear St. Mark's Lutheran Church,

On behalf of Camp Mount Luther, we would like to thank you for your recent Synod Benevolence (Annual) gift of \$99.95. It is with gracious gifts such as your own that the ministry and mission of Mount Luther will continue to grow and thrive in the future. We rely on support from people like you to be able to Make Christ Known Through Outdoor Ministries! Not only do we rely on your financial support, but your prayer and volunteer support as well. Again, thank you for your recent donation and your generosity.

God's Peace,
Chad W. Hershberger, Executive Director

Dear friends:

Thank you for your continuing support of the Gettysburg Seminary Fund through your gift in the amount of \$24.95. May you experience great fulfillment in knowing that your generosity is assisting others in preparing to serve God and God's people.

In Christ,
Emried D. Cole, Jr., Vice President

St. Mark's Celebrations!

Ruth U. Pile	03/01	Aletha Swartz	03/13	Randy Lukens	03/21
Richard Hafer Jr.	03/03	Kimberly Caster	03/15	Lauren Sims	03/22
Jessica Curry	03/04	Roxanna Larson	03/15	Christopher Hoagland	03/23
Trisha Harvey	03/05	Eileen Georg	03/16	Gary Weber	03/24
Barbara Switzer	03/05	Dinah Labenberg	03/16	Nancy Bohartz	03/25
Pamela Lehman	03/06			Sara Larson	03/25
Robert Shaible	03/06			Jonathan Bower	03/27
William Hibschan	03/08			Raymond Stiller	03/27
Rose Marie Hafer	03/09	Hannah Lynn	03/16	Sandra Edler	03/28
Robert Lynn	03/09	Henrietta Tyson	03/17	Mark Bittenbender	03/29
Patricia Thayer	03/09	Alan Zimmerer	03/17	Tyler Bower	03/29
Beulah Wrede	03/09	Diana Davenport	03/18	April Hartzel	03/29
Mason Peluso III	03/10	Beatrice Doeblor	03/21	Carl Hieber	03/29
Michael Kinney	03/11			Philip Thomas Jr.	03/29

Birthdays

Happy Anniversary!

Ralph & Elda Zeigler Sr.	03/01			Gary & Donna Clark	03/06
Richard & Sandra Lakey	03/05			Kenneth & Lois Winters-Goldy	03/19

Special Thank You's



On behalf of United Campus Ministry at Penn College, I just wanted to thank everyone for all the support you have given us. Because of your generous donations, we have more than enough food for breakfast for our mission trip. Despite the icy weather, our lasagna dinner was a success. Thanks to everyone who baked lasagna, made cake, and came out with your family to enjoy dinner. Our ministry cannot happen without you and we are very thankful for the partnership we have with St. Mark's.

Your servant in Christ,
Sharon

Dear Pastor Elkin & Parish of St. Mark's,
Thank you so much for the generous gift of \$200. This gift was very much unexpected, however, it was a wonderful surprise! I do know the Schuster's very well and they are great friends. Thanks again so very much for this great act of kindness. This great act of kindness will always be remembered. Thank you for your support of my ministry.

Love always in Christ, Ryan Viands

We gave this gift to a seminarian in lieu of paying Pr. Schuster as supply for Consecration Sunday.

Dear parishioners of St. Mark's,
What a delight going through the boxes of teddy bears!! Thank you so much! Many of our children will love to receive one.

Joy Grafius, Volunteer
Pregnancy Care Center

Dear Friends at St. Mark's Lutheran Church,
Thank you for your generous contribution. Your recent \$375 donation to the Shepherd of the Streets Ministry is deeply appreciated. May the Lord's peace and blessing be upon you.

Karen Nelson, Volunteer

HEALTH, HEALING & WHOLENESS

"Then God said, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground – everything that has the breath of life in it – I give every green plant for food. And it was so. God saw all that he had made, and it was very good." (Genesis 1:29-31a, NIV)

Indeed it was, and continues to be, very good ... at least as long as we take care of it! We have the gift of hind-sight that has allowed us to see the result of our [at times] poor management of God's creation. What is good for the soil, is good for the water, and what is good for the water, is good for the air, and what is good for the air, is good for the soil – the cycle goes on ... as long as we humans don't disturb that delicate balance. But we have, and we do; however, we also have the ability to learn from our mistakes...which brings us to this month's topic.

This is the time of year when I've often reminded you to sort through your medicine cabinet, and dispose of unused, or outdated medications. Armed with what we know about environmental protection and product safety, the thinking behind how we should go about disposing those drugs has changed. In February 2007 the White House Office of National Drug Control Policy (ONDCP), with the assistance of the Food and Drug Administration (FDA), released some guidelines for drug disposal that minimizes the risk to other humans, animals, fish and plants. The following guidelines are taken from the FDA's resource, *Consumer Health Information*, June 23, 2008, titled "How to Dispose of Unused Medicines" and can be found at www.fda.gov/consumer/updates/drug_disposal062308.html.

1. First, follow any specific disposal instructions on the drug label or within the *Patient Information* sheet which accompanies the medication. **Do not flush prescription drugs down the toilet unless this information specifically instructs you to do so.** (See exceptions listed below.)
2. **Do not** give medications to friends. A medication that works for you could be dangerous for someone else.
3. If no instructions are given, throw the drugs in the household trash, **but first:** take them out of their original containers and mix them with an undesirable substance such as kitty litter, old coffee grounds...anything that will make them less appealing to other people, children and pets, who may intentionally go through your trash (Yes – people really do 'dumpster dive' for these kinds of things!). You may even want to crush any tablets, or empty capsules into the mixture. Next, put this mixture in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of the garbage bag if it is torn or opened.
4. Before throwing out the empty container, scratch off all identifying information on the prescription label to make it unreadable. This is to help protect your identity and the privacy of your personal health information.
5. When in doubt about proper disposal, talk to your pharmacist.
6. Take advantage of community drug take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Call your city or county government's trash and recycling program to see if a take-back program is available in your community.

The FDA advises that the following drugs **should be** flushed down the toilet instead of thrown in the trash:

Datrana Transdermal Patch (methylphenidate)	Fentora (fentanyl buccal tablet)
Duragesic Transdermal System (fentanyl)	Xyrem (Sodium Oxybate)
OxyContin Tablets (oxycodone)	Avinza Capsules (morphine sulfate)
Baraclude Tablets (entecavir)	Reytaz Capsules (atazanavir sulfate)
Tequin Tablets (gatifloxacin)	Zerit for Oral Solution (stavudine)
Percocet (Oxycodone with Acetaminophen)	Meperidine HCl Tablets
Actiq (fentanyl citrate)	

Note: Patients should always refer first to printed materials accompanying the medication for specific instructions.

(Office of National Drug Control Policy at www.WhiteHouseDrugPolicy.gov)

One final note: Older inhalers contained chlorofluorocarbons (CFC's) a propellant that damages the ozone layer. These inhalers are gradually being phased-out of use. To ensure safe disposal, particularly when disposal instructions are not available, check with your local pharmacist, or trash and recycling program.

God saw all that he had made and it was very good! Spring Blessings!

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

SPECIAL CONCERNS LIST

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

Edith Anderson
Williamsport Home
1900 Ravine Rd., Rm. #201
Williamsport, PA 17701

Nancy Bohartz
624 Sixth Ave.
Williamsport, PA 17701

Bonita Crossley
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Hills Grove, PA 18619-9300

June Decker
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South Williamsport, PA 17702

Larue Dieter
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Montoursville, PA 17754

Charles Ditchfield
Valley View, Room 308
Montoursville, PA 17754

Doris Fortin
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Nursing Unit, Rm. #306
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Gail Hoffman
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Phyllis Holmes
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So. Williamsport, PA 17702

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c/o Carole Finn
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Mary Helen Scinicarello
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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, P A 17701

St. Mark's Calendar of March Events

01 Sunday Lent I
 8:00 AM Holy Communion
 9:15 AM Sunday School
 10:30 AM Holy Communion
 12:15 PM *The Way*
 6:00 PM Civic Chorus Concert

02 Monday
 9:00 AM Morning Prayer

03 Tuesday
 9:00 AM Morning Prayer
 7:00 PM Brownies

04 Wednesday
 9:00 AM Morning Prayer
 9:15 AM Quiltmaking
 9:20 AM Staff Mtg.
 11:30 AM Mid-day Prayers
 12:00 PM Lenten Lunch
 6:15 PM Evening Meal
 7:00 PM Evening Prayers
 8:00 PM Worship & Music Mtg.

05 Thursday
 6:31 AM Men's Ministry
 8:00 AM Stephen Ministry I
 9:00 AM Morning Prayer
 6:30 PM Evening Prayer
 7:00 PM Divine Drama

06 Friday
 9:00 AM Morning Prayer

07 Saturday
 Campus Ministry trip to Pitt.

08 Sunday Lent II
 8:00 AM Holy Communion
 9:15 AM Sunday School
 10:30 AM Holy Communion
 10:30 AM Children's Church
 12:00 PM *The Way*

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

10 Tuesday
 9:00 AM Morning Prayer
 7:00 PM Family Promise

11 Wednesday
 9:00 AM Morning Prayer
 9:15 AM Quiltmaking
 9:20 AM Staff Mtg.
 11:30 AM Mid-day Prayers
 12:00 PM Lenten Lunch
 6:15 PM Evening Meal

7:00 PM Evening Prayers

12 Thursday
 6:31 AM Men's Ministry
 9:00 AM Morning Prayer
 5:30 PM Stephen Ministry II
 6:30 PM Evening Prayer
 7:00 PM Divine Drama
 7:30 PM Choir

13 Friday
 9:00 AM Morning Prayer
 4:00 PM Wedding Rehearsal

14 Saturday
 3:00 PM Wedding

15 Sunday Lent III
 8:00 AM Holy Communion
 9:15 AM Sunday School
 10:30 AM Holy Communion
 11:45 AM Kantorei rehearsal
 12:15 PM *The Way*
 5:00 PM Family Handbells
 6:00 PM Catechetical group

16 Monday
 9:00 AM Morning Prayer
 6:30 PM Handbells
 6:30 PM Congregation Council
 7:00 PM Civic Chorus
 7:00 PM Wmspt. Dog Training Club

17 Tuesday
 9:00 AM Morning Prayer
 Pastor at STS retreat, Millersburg
 6:00 PM Brownies

18 Wednesday
 9:00 AM Morning Prayer
 9:15 AM Quiltmaking
 9:20 AM Staff Mtg.
 11:30 AM Mid-day Prayers
 12:00 PM Lenten Lunch
 6:15 PM Evening Meal
 7:00 PM Evening Prayers

19 Thursday
 6:31 AM Men's Ministry
 9:00 AM Morning Prayer
 6:30 PM Evening Prayer
 7:00 PM Divine Drama
 7:30 PM Choir

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

21 Saturday
 7:00 AM Catechetical trip

22 Sunday Lent IV
 8:00 AM Holy Communion
 9:15 AM Sunday School
 10:30 AM Holy Communion
 12:00 PM Fornwalt Memorial Svc.
 3:45 PM *The Way*
 5:00 PM Family Handbells

23 Monday
 9:00 AM Morning Prayer
 10:30 AM Little Lambs Liaison
 6:30 PM Handbells
 7:00 PM Civic Chorus

24 Tuesday
 9:00 AM Morning Prayer
 7:00 PM Family Promise

25 Wednesday
 9:00 AM Morning Prayer
 9:15 AM Quiltmaking
 9:20 AM Staff Mtg.
 11:30 AM Mid-day Prayers
 12:00 PM Lenten Lunch
 6:15 PM Evening Meal
 7:00 PM Evening Prayers
 7:45 PM Mutual Ministry Comm.

26 Thursday
 6:31 AM Men's Ministry
 9:00 AM Morning Prayer
 6:30 PM Evening Prayer
 7:00 PM Divine Drama
 7:30 PM Choir

27 Friday
 9:00 AM Morning Prayer
 9:15 AM Lion Crew

28 Saturday

29 Sunday Lent V
 8:00 AM Holy Communion
 9:15 AM Sunday School
 10:30 AM Holy Communion
 11:45 AM Kantorei rehearsal
 2:30 PM Bishop's Day for
 Confirmands & Families

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

31 Tuesday
 9:00 AM Morning Prayer
 12:00 PM Pastor at Elem. concert
 6:00 PM Brownies

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

Phone: 570-323-4619
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Lenten Services

Wednesday

March 4, 11 18, 25, April 1 & 8

11:30 AM Mid-Day Prayers

12:00 PM Lenten Luncheon

6:15 PM Lenten Dinner

7:00 PM Evening Prayers