



The Lion of St. Mark's

JULY 2010

WHY THE NURSERY??

from *Managing Your Church Nursery Volunteers* by Tony Kummer

Too often, serving in the church nursery can seem like a thankless job. One of the key tasks for children's ministry leaders is to help volunteers understand their importance. With that in mind, I offer these seven reasons why serving in the church nursery is important.



Reason #1 God is in the church nursery. This may come as a shock, but the Bible has specific promises about God's presence when children are welcomed and loved in Jesus' name.

Reason #2 Service in the church nursery allows churchgoers to focus on worship, rather than worrying about their children. In a very real sense, the nursery ministry makes it possible for the pastor to fulfill his ministry.

Reason #3 The first (and sometimes lasting) feelings a child will have toward church are formed in the nursery department. While not everyone may agree, we believe that a positive experience in the church nursery is essential.

Reason #4 When you serve in the nursery, you are being entrusted with the most important (and Vulnerable) members of the church family. There is no greater treasure on this side of Heaven than the little ones God has given us. You must be someone special to have a job that is so important.

Reason #5 Your service is essential for your own spiritual growth. You may have never looked at it this way, but a growing Christian is always a serving Christian. Jesus was known for putting others first. When you serve in the church nursery, you are walking in this example.

Reason #6 The church nursery is the first contact young families will have with your church. Your friendly greeting and exceptional care for their children can make a great first impression for your church. If they don't feel like their children are safe, they will not return—and rightly so.

Reason #7 Your service in the church nursery is a powerful opportunity for prayer. If every nursery worker would spend several minutes praying over the children in their care, imagine how God might begin to change this coming generation. There is no better way to create an environment of spiritual nurture than to pray while you serve in the nursery.

Please call Vicki Hospes today and volunteer for 4-6 Sundays a year.

INDEX & COUNCIL UPDATE

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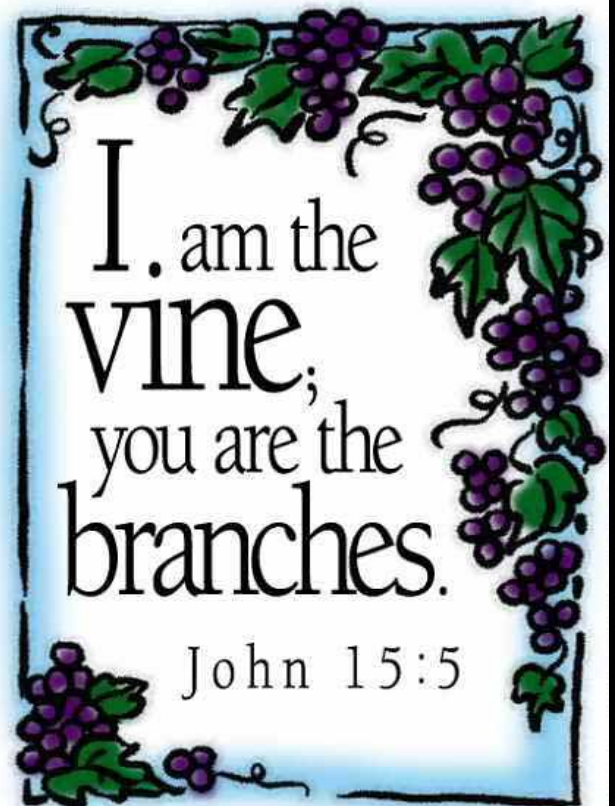
Council Notes

The Congregation Council met in regular session on June 21 in the Crossways Room. The Council:

- ♦ began with a conversation about the first element in the Book of Concord, the three ecumenical creeds.
- ♦ received the reports of the pastor, officers, and committees.
- ♦ noted the successful first week of hosting Family Promise.
- ♦ noted the upcoming Choir Camp for early August
- ♦ affirmed the desire of the leadership of the parish to acquire the land to our south and east for civic and church purposes.
- ♦ planned to offer a meal for a Habitat crew in July.
- ♦ concluded with the office of Prayer at the Close of the Day.

Staff & Officers Contact Information

Website: stmarkswilliamsport.org	stmarks@stmarkswilliamsport.org
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Church fax number	323-2452
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Update on Family Promise at St. Mark's

Hosting...

During the week of May 30th to June 6th we provided emergency housing, meals and fellowship to a family of eight.

This was our first time hosting as part of the Family Promise of Lycoming County network.

It was a wonderful experience for all involved.

Jane Zimmerer and Becky Miller Pryor wish to thank the many volunteers who set - up, provided transportation to the Day Center, prepared meals, provided fellowship in the evening, stayed overnight, cleaned-up, or did laundry during this busy week.

They include Pastor and Donna Elkin, Nick Buckman, Mel and Wendy Wentzel, the Owen family, the Haussmann family, Audrey Albright, Jackie and Shirley Kinney, Tim and Deb Maggs, Paul Zimmerer, Bernadette Jones, Mary Schultz, Lou DeSeau, Brenda, Owen and Levi Gair, Grace Arner, Brenda Bittner, Trish Hershey, Candy Dewar, Prudy Poff, Todd Smith, Karen and Stephen Boone, the Hospes family, Cheryl and Dave Williams, and Bunny Ditchfield.

These many hands were a blessing to our guest family, which included four young children.

Repeatedly the parents and grandparents thanked us for helping to keep their children safe during a difficult time.

Volunteers Needed...

Our guest family including their four children was walking past the new, enclosed playground.

Suddenly their five-year-old daughter saw the playhouse. She stopped and said with delight, "Look Teddy, a home!

You can be the dad and I'll be the sweetheart."

In just two short sentences this child put into perspective what we are to be doing.

Do you have two hours to give so a young child can be safe and have a chance at a better life?

Check your day planners and mark your calendars, our next hosting week will be August 15th through August 22nd.

Sign-up sheets will be available beginning July 11, 2010 in the Narthex.

Jane Zimmerer and Becky Miller Pryor continue to seek volunteers to assist with this outreach ministry in conjunction with Family Promise of Lycoming County. We understand how busy everyone is, but many hands make for light work.

Comments from people already volunteering were very positive. We heard

"It was quick and easy." "My child learned to serve others." "It is what we should be doing."

"I really enjoyed playing with the children." "It was a wonderful family experience."

"I'll volunteer again." "I felt I was making a difference."

(see related testimonials on the next page)



If you are not trained, we can buddy you with trained volunteers.

Executive Director Melissa Magargle is very flexible in providing training from Family Promise.

And we have literature and a DVD to help bridge the gap.

Speak with Jane or Becky to be part of this ministry. Remember it only takes two hours to make a difference.

And during hosting week....

Questions have been raised about how we should interact with our guest families.

Let common sense and courtesy be our guide:

"Hello" and a handshake, "Welcome to St. Mark's" and a smile will be just fine.

If there is opportunity for more conversation, offer information about yourself and your life in the congregation, and avoid questioning folks about their circumstances.

If they wish to say anything about that, they can do so, but we allow them their privacy and dignity.

**This is one time Pastor won't mind you sleeping
in church!**

Family Promise Testimonials



We've done it! After three years of planning and preparation, we've finally hosted our first family. It was a blessing for all involved. Many of the volunteers were surprised with how easy it was and how quickly the time passed—they found it a very rewarding experience. St. Mark's is next up in the rotation during the week of August 15-21 and we need more volunteers. It takes hardly any planning or preparation from you —just come and be the good hosts we know you are. If you've had trouble deciding whether or not you should volunteer, please read the following statements from some of those who have already served.

Our family recently had the privilege of spending time with St. Mark's first family of guests through the Family Promise program. We enjoyed our "play date" which including playing outside in the courtyard with the three older children, games of Candyland, and also helping to serve dinner. Getting hugs from the children and profuse thanks from everyone for their meal was such a blessing to us and we are looking forward to helping again!

~ Kirk, Michele, Devin and Dawson Owen

Volunteering for Family Promise here at St. Mark's was enjoyable and not quite what I had expected. Everything that the family needed was readily available to them, including toys for the children, and all I had to do was put on a warm, inviting smile and enjoy our time together. The time passed so quickly and the feeling of giving others was a very rewarding experience. I will volunteer again!

~ Mary Schultz



On June 2, I volunteered to help with the evening, hosting the family with entertainment, talking, keeping 3 active children occupied. It was a very active evening since the children were more interested in playing tag. This got a lot of stress out of their systems. It was a nice evening; therefore we were able to take them out on the courtyard to play.

I was impressed with the father's interaction and discipline with the children. He was very interested in playing with the children. It made my job, and Brenda Gair's job, much more rewarding. It was a wonderful (and tiring) evening. With more volunteers, each person's involvement would be easier. I strongly encourage many people to get involved. You will be rewarded with a sense of accomplishment in your service to the families.

~ Grace Arner

It was a great experience. I enjoyed it; I enjoyed talking to the people. I didn't even look at the clock. I've spoken to people outside our church about hosting and I plan to volunteer again.

~ Shirley Kinney

Please, look for the volunteer sign-ups in the narthex, or better yet, call Becky Pryor or Jane Zimmerer with your interest.

ELCA ST. MARK'S WOMEN

...are Gift Wrapping God's Love!

You send a gift wrapped with God's love with each kit you make up and every soap bar you send. Imagine how you would feel if you were living in poverty conditions or were forced out of your home. Soap bars (any brand or size) and the following kits are requested:



SOAP - A brand new bar of soap signals dignity and cleanliness.
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.

School Kit

- 3 spiral bound notebooks (8"x10 1/2" ruled, 70 pgs.)
- 1 pair blunt metal scissors
- 1 12" or 30 cm ruler
- 1 pencil sharpener
- 6 new pencils w/ erasers
- 1 2 1/2" eraser
- 1 box of 16 or 24 crayons
- **Pack in cloth bag and secure with cord or rubber bands**

Layette Kit

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

Health Kit

- 1 hand towel (dark color)
- 1 washcloth (dark color)
- 1 bar of soap (bath size)
- 1 toothbrush*
- NO toothpaste
- 1 wide-tooth comb
- 1 metal nail file or clippers
- 6 band-aids
- **Wrap in towel and tie with ribbon or yarn**

Sewing Kit

- 3 yards 45" cotton fabric or cotton-blend fabric (no knit fabrics)
- 1 pack of hand needles
- 1 spool matching thread
- 6 1/2" buttons on a card or
- 6 1/2" buttons tied on string
- **Wrap inside of fabric and secure with yarn or ribbon**

Any size, any brand bars of soap in their original wrappers may also be donated.



Thank you if you have already picked up an empty bag to fill with school items.

Health kits, sewing kits, layettes, and soap bars are also sorely needed.

Please consider providing any of the above kits or new bars of soap.

They can be placed in the box in the coatroom any time during the summer.

COMPASSION IS CALLING!!

ELCA, Synod & West Branch News

Domestic Hunger Grant Applications Now Available

Congregations with hunger-related outreach ministries are encouraged to apply for a 2011 domestic hunger grant supported by ELCA World Hunger. Application and criteria can be found online now at <http://www.elca.org/domestichungergrants>. In 2009, twelve Pennsylvania congregations received grants of \$2,000 to \$4,000 in support of development and relief projects, including the St. Paul's Lutheran Food Bank in Mill Hall, PA. All applications must be postmarked by the application deadline of July 9, 2010.

Seminary Sampler for High School Youth: July 2010

Trinity Lutheran Seminary in Columbus, OH, invites high school youth who have completed sophomore, junior, or senior year to come to the seminary for three weeks in June or July to explore vocations, think theologically, participate in service projects, shadow mentors, and make friends with Jesus-loving youth from around the country.

If you or someone you know would be interested in this unique experience, check out the website <http://www.summersampler.com> and watch a short video about the program. You'll be glad you did! Contact Pastor Ruth Fortis, Director at rfortis@trinitylutheranseminary.edu

Camp Evergreen: July 30-August 1, 2010

Diakon's Deb Best reports: Mark your calendars for Camp Evergreen, a Children's Bereavement Program, July 30-August 1, 2010. This special camp for children and teens that have experienced a death of a loved one is free of charge for all participants. The camp is an opportunity for youth ages 8-16 years to learn they are not alone in their feelings of confusion, loss, and grief. A staff of professional and trained volunteers fosters an atmosphere of fun and friendship. Registration deadline is July 9.

There is a new site for Camp Evergreen 2010: the grounds of Valley Youth House-Camp Fowler, Orefield, PA. The site includes a therapeutic adventure course, heated pool, and beautiful wooded setting. The 43-acre facility sits on the banks of the Jordan Creek, northwest of Allentown. Call 1-877-438-5311 for more information or registration materials.

Making Connections with Young Adults on Campus

The graduation parties are over, and many high school graduates will soon be packing for a move to college. Campus ministers are waiting to meet them! Help them connect with the young adults from your congregation.

Email the synod office at office@uss-elca.org with a student's name, hometown, college/university, and email address (if known), and this information will get passed on to the campus minister at their school. Do it today, while you're thinking about it!

Social Ministry

School Vacation May Have Begun But There Is No Vacation From Hunger!



Data published in a United Churches Newsletter revealed that age children in Lycoming County qualify for free or reduced lunch. During the school year we can be assured these children are nourished. But with summer comes the added stress on a family's budget to provide these extra meals.

The Social Ministry Committee heartily thanks the congregation of more than 250 items of non-perishable food in just a two-week period! From apple juice to pasta these items will assist the United Churches Food Pantry in providing a three-day supply of food to children and families who are experiencing difficult times on shrinking budgets.

United Churches of Lycoming County

Amazing Grace Tour

Saturday August 7, 2010 10:00 am to 2:00 pm

Cost per ticket: \$10

Join us in visiting some of our beautiful houses of worship this year.

Included in each tour: Music, Architecture, Stained Glass windows, History & Refreshments

WILLIAMSPORT HOUSES OF WORSHIP INCLUDED IN THE 2010 TOUR

First United Methodist Church

Christ Episcopal Church

Temple Beth Ha Shalom

St. Joseph the Worker Parish: Annunciation Church

Street Shiloh Baptist Church

First Baptist Church

Proceeds to fund programs for:

Shepherd of the Streets, United Churches of Lycoming County (202 East Third Street) 322-1110

The Center (600 Campbell Street) 322-5515

Tickets can be purchased at The Center or 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**.

JULY: SUMMER PICNIC

14- **Rev. Aden Wertz**, Pastor, Pine Street United Methodist Church **and Rev. Gwen Bernstine**, Director, United Churches, "**Name That Hymn, and Other Games relating to Area Churches and Our Faith**"

This is a ministry that everyone in our congregations and community is welcome to participate in. Make plans to join us and you're welcome to bring a friend!



FOOD PANTRY NEEDS

These are the items that are currently needed:

oodles of noodles
coffee
saltine crackers
tea bags
spaghetti sauce

canned fruit
powdered drink mixes
cake mix & frosting
pancake mix & syrup
oatmeal packets

ketchup & mustard
summer treat for kids
pasta
cereals
gelatin & pudding mixes

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 to receive food are 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.

News in the Pews

June 21 marks the official beginning of Summer even though this past month has been warm enough to qualify as Summer. This is the month of graduations, weddings, anniversaries and the like.

Declan Jones is a June graduate of the Williamsport Area High School and received several awards at commencement. He had a celebration event at the church hosted by his proud parents. Declan is enrolled as a cadet at the University of Pittsburgh and has been promised the next available ROTC scholarship.

Graduating from the Curtin eighth grade are **Emily Newcomer** and **Riley Weber**. Named again to the dean's list at East Stroudsburg is **Caitlin Butters**.

Our members residing in local nursing homes make the news as well. **Larue Dieter**, Wood's Edge, graduated from the PEER program. This program trains men and women to be advocates for their fellow residents. **Catherine Goertz** was pictured enjoying Spring on the campus of the Williamsport Home Apartments.

Area students are, I am sure, sad to see the retirements of two of the Greevy family. Both **Gloria Greevy** and sister **Barbara McCullough** retired at the end of the school year. **Gloria's son Chad** was pictured receiving \$3,932 from Giant Foods for use at Schick Elementary School where Chad is assistant principal.

Gary Clark, Jr. was injured in a vehicle accident December 2008. His legs were crushed between the guardrails & the police cruiser while helping another driver on slippery roads while on duty as a State Police Trooper. By God's Grace he is able to work and lead a normal life, however, he has not been able to get 100% to full duty. He has taken his 20 yrs service retirement. Thanks to all who have had him in prayer during this time.

The Stephen Ministers had a dinner recently to honor **Jane Larson**, who has led that program since its beginning. All those who have participated in that program were present and it was especially nice to see Larue Dieter, whom we don't see too often, in attendance. Congratulations to Jane for a job done exceptionally well!

Kathy Fenderson and her second grade students were pictured planting flowers at Lyter Elementary School.

As you tend your gardens this Summer, remember to keep in touch with all your exciting news! We want to share it with everyone!

~ **Joyce Anne Hershberger**

Please submit items to Joyce via her email deermountain2@comcast.net or by calling her at 322-0410.

Lunch 'N Fellowship

Wednesday, July 21st Noon

Back by popular demand!

**Bob Jones'
Pulled Pork Sandwiches!!**

**Please bring a side dish
and dessert to share.**

Why not invite a friend?



YOUTH & FAMILY MINISTRY



FRIDAY FUN NIGHT

July 16

Okay...we don't play with our food or eat our games. But, we do bring yummy treats and have a great time!!

Won't you please join us at 6:30 pm, Friday, July 16, in Fellowship Hall?



July 's Teen

Movie Night is on

Sunday, July 25!



Sunday School Teachers Sign Up Now



Yes, we realize it just seems like yesterday that the school year ended. But, we are asking you now to look at your schedule for the coming year to find a month or two (or three? or more?) that you can assist our children by teaching Sunday School.

This is one of the most valuable and rewarding ministries of St. Mark's: creating the foundation on which the church can grow in years to come. Please search your hearts, talk to those who are already involved and call the office today to volunteer.

YOUTH & FAMILY MINISTRY



Our St. Mark's family took to the high seas this year for vacation Bible school. During their adventures, they learned about Peter and Paul and how our faith frees us, comforts us, surprises us; how it changes our lives and is for everyone!

They learned four new songs with lasting meanings and were actively involved in the Bible stories, experiencing the fear and faith of the early Christians. 45 children and youth were involved and, together, collected over \$144 for Family Promise. It was an exciting week built on one of the best VBS programs we've ever used.

THANK YOU, THANK YOU, THANK YOU!!!

HOW MANY TIMES CAN WE SAY IT?

THANK YOU!!!

The following people were just amazing and we couldn't have had such a successful VBS without them:

Shirley Kinney
Jane Kline
Vicki Haussmann
Hannah Ramsauer
Shelby Weber
Diana Zeigler
Vicki Haussmann
Sharon Comini
Lou DeSeau
Brenda Gair
Mel Wentzel
Devin Owen

Jackie Kinney
Becky Miller Pryor
Emily Haussmann
Sara Jones
Mindy Wentzel
Jenn Robertson
Michele Owen
Kay Poliska
Codi Zanella
Becky Harding
Dick Lakey
Riley Weber

Lois Smith
Hannah Ramsauer
Michele Fredericks
Rick Robertson
Christina Comini
Cassandra (Christina's friend)
Kirk Owen
Eric Comini
Gary Weber
Sally Bjornstad
Max Hospes
Corey Hospes

Sandy, John, and all of our White Pine friends

YOUTH & FAMILY MINISTRY

...AND WHILE WE'RE THANKING FOLKS...



Thanks go out to all those who assisted with the annual picnic contributed to one of the most enjoyable events this year!! Any of you who weren't able to attend missed out on a great time with the best picnic weather ever!!

We gratefully thank the following people:

Michele Owen

Devin Owen

Lou DeSeau

Kirk Owen

Bob Jones

Pastor Elkin

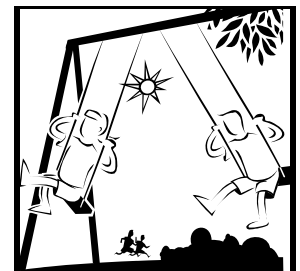
Gary Weber

and all who assisted with set-up and clean-up.

FOR PICTURES AND INFO OF THESE AND OTHER EVENTS, CHECK OUT OUR WEBSITE AT www.stmarkswilliamsport.org

ST. MARK'S SUMMER PLAYGROUP

Summer is upon us! Grab your calendar and pencil in the following dates for some Summer Fun with the kids. If time permits, we'd love for you to join us in socializing, snacking and tiring out the kids!!



Wednesday, July 7

10:00 a.m.

Bruce Henry Park

Wednesday, August 4

10:00 a.m.

Bruce Henry Park

Bring a lunch in both July and August and we'll enjoy a picnic together!
If you have any questions or need directions,
please call Vicki Haussmann at 320-0561.

Hope to see you there!

YOUTH & FAMILY MINISTRY

"There's no place like home..."

Unless, of course, you're at
St. Mark's Summer Choir Camp!
 Join us for a week of fun, fellowship & music
 as we rehearse a special presentation of:

The Wizard of Oz

WHEN: SUNDAY, AUG. 1, thru SATURDAY, AUG. 7
(PERFORMANCE SATURDAY EVENING)

WHERE: ST. MARK'S FELLOWSHIP HALL

WHO: YOU!! We need (in addition to the main
 characters): Munchkins, citizens of Oz, flying
 monkeys, soldiers, adult choir members,
 costumers, set artists, cooks, audience
 members and more!

WHY: BECAUSE IT'S BUNCHES OF FUN!

PLEASE LET DICK LAKEY OR BERNADETTE JONES
KNOW OF YOUR INTEREST!

HAVE YOU DONE IT?
HAVE YOU MARKED
YOUR CALENDAR YET?

You know, you're really not
 giving yourself enough time
 to plan for this.

Look. It's NEXT MONTH
 from Aug. 1 through Aug. 7,
 and we need you to
 participate in
St. Mark's Summer
Choir Camp!

Lots of parts for everyone!
Solos for adults and children!

Join us each night
Sunday, Aug. 1 through
Friday, Aug. 6
5:30 p.m. meal
& rehearsal 6:00 p.m. ~
7:30 p.m.

Saturday, Aug. 7: 9:30 a.m. Final Rehearsal

6:00 p.m. Tureen Meal (meat will be provided)

7:00 p.m. Performance (the only one!) in Fellowship Hall

A cassette tape is being prepared so that each family may have a copy. We are
 sure that playing the tape every day will help with the learning of the music and
 words!

WE HOPE THAT YOU WILL MAKE PLANS TO BE PART OF THIS
SPECIAL SUMMER EVENT!!

It will surely be an exciting, intergenerational event, with the music being sung
 by all ages, kids through adults!! But, beyond the cast, **WE NEED HELP!!**

In a nutshell, we need everyone!!!

Sewers, carpenters, painters, phone callers...you name it, we need it!!

Stay tuned for more information!!!

Please contact Bernadette or Dick to let them know of your interest.

Thank You! Thank You! Thank You! Thank You!

Dear Pastor Elkin,

On behalf of the Lycoming College Tour Choir, I thank you and the St. Mark's Lutheran Church for allowing the ensemble to perform it's "Send Off" concert in the beautiful sanctuary on Friday, May 14th. The setting is perfect, the acoustics are superb. We are very appreciative!!

The tour was successful—five rewarding concerts in four cities in Argentina: Buenos Aires, Rosario, Cordoba and Mendoza. There were no major problems; 39 students have fond memories; everyone arrived home safely. We are thankful.

Warm Wishes.

Cordially,
Fred Thayer

From the Pen of Pastor Frontz

Dear brothers and sisters,

Since September 2002, I have served on the board of United Churches/Lycoming County. I currently serve as President of the board.

In April, the board convoked a special meeting at which we reduced the working hours of both Morris Smith, Shepherd of the Streets, and Gwen Bernstine, Executive Director of United Churches, by 20 percent. Offerings from churches and individuals to the United Churches have dropped significantly over the past several years.

If this trend cannot be reversed, several ministries that have become indispensable to the community will be restructured or simply disappear. The most visible, of course, is Shepherd of the Streets; but in addition, the Center City Food Pantry, the United Campus Ministry at Penn College, Ecumenical Lunches, worship opportunities, and ministries in the nursing homes and prisons are funded or coordinated by United Churches.

The Board is working on several initiatives to raise awareness, interest, and support for the United Churches. One of these is the *Amazing Grace Tour*, (Ed. Note: see page 7 for details) which will be held on Saturday, August 7 in Williamsport. Six area houses of worship will open their doors on this day: historical presentations will be offered, music presented, and refreshments served at each house of worship. Tickets are \$10.00 each and the proceeds will benefit both United Churches and the Campbell Street Center. Tickets will be made available for purchase in the coming weeks. Mark your calendar now and watch for details.

This Sunday, in addition to our regular offering for the ministries of our congregation, Messiah will take a special offering for United Churches/Lycoming County, our congregations in mission in the community. Envelopes will be available. No offering is too small (or too large.) Please prayerfully consider a gift. Please also pray for the ministries and staff of United Churches - and for the unity of God's Church in the world.

Pastor Frontz

Happy Birthday!

Stanley Baker	07/02	Doris Brown	07/12	Brenda Bower	07/18
Kristine Wacker	07/02	Annika Waffenschmidt	07/12	Patricia Alexander	07/20
Maxwell Hospes	07/03	Bonita Crossley	07/13	Dorothy Berndt	07/20
Theodore Larson Jr.	07/03	Luther Doeblor	07/13	Katelyn Lauer	07/20
Charles Ditchfield	07/04	Levi Gair	07/13	Eleanor Sobers	07/20
Philip Thomas	07/04	Declan Jones	07/14	Tracie Elliott	07/21
Ardath Houser	07/05	Nancy Larson	07/14	Pamela Jensen	07/21
Dierah Williams	07/05			Mary Schultz	07/21
Corey Hospes	07/06			Constance Shaible	07/22
Erma Super	07/06			Reba Jacobs	07/23
Andrea Hinds	07/07			David Weaver	07/23
Gabriel Nichols	07/07			Bryce Young	07/23
Sarah Little	07/08			Edward Gair	07/24
Robert Lynn Jr.	07/08			Carol Confer	07/25
Hugh Byerly	07/09			Shirley Hill	07/25
Dylan Ott	07/09			Kristi Maggs	07/25
Nicholas Buckman	07/10			Gail Greninger	07/26
Bethany McCullough	07/10			Ann Kuntz	07/27
Edgar Miller III	07/10			Carol McMorris	07/30
				Stephen Dewar	07/31



Happy Anniversary!

Ralph & Holly Thorne	07/01	Daryl & Elizabeth Lewis	07/05	Sean & Maria Elkin	07/24
Ray & Cynthia Huff	07/03	Robert & Kristin Lynn	07/06	Robert & Susan Curry	07/29
Walter & Margie Doeblor	07/05	Peter & Norma Prato	07/07	Scott & Brenda Bittner	07/30

Dinner-Theatre Invitation



If you can't be in the cast for
"THE WIZARD OF OZ,"
 please join us for the
 dinner-theatre performance
 in Fellowship Hall on
 Saturday, August 7.

Dinner will be served at 6:00 p.m.,
 followed by the Choir Camp's production of
"THE WIZARD OF OZ!"



HEALTH, HEALING & WHOLENESS

*"For we know that the law is spiritual; but I am of the flesh, sold into slavery under sin. I do not understand my own actions. For I do not do what I want, but I do the very thing I hate."
(Romans: 7:14-15, NRSV)*

We can empathize with Paul when he describes his struggle to overcome the negative desires that gripped him from within. To say that we need to live a certain way, and to actually do it are two entirely different things. This tension between doing what is right, and giving into our impulses is all a part of our human experience. We fail ... we make mistakes ... but God sees past our failings - the emotional and spiritual "junk" we've accumulated - to the inner person, created good and in His image.

If you watch TV, you may have noticed several reality-based shows that deal with the individuals who suffer from compulsive hoarding. We're not talking about someone who is a typical pack-rat, or collector. The impulse to save "stuff" takes over, as papers, garbage, junk mail, plastic grocery bags, yes even animals, are 'collected' and begin to encroach upon the sufferer's life – covering the counters, floors, tables, bath tub, appliances, everywhere you can imagine – in some cases from floor to ceiling - making it impossible to eat, sleep, bathe or have any semblance of a normal life. People who hoard often do not see their behavior as a problem. They succumb to an impulse that refuses to allow them to 'let go' of items that have emotional significance, or that might be useful 'some day'.

No one really knows what causes this behavior. Experts tell us that it can appear on its own, or can be in tandem with obsessive-compulsive personality disorder, psychosis, depression, or dementia. Clutter, and an inability to sort-through or discard items are usually the first signs of a problem. Risk factors and common features of hoarding include: age – it typically begins around the age of 12 or early adolescence and continues through adulthood; close-family history; having experienced a life stressor such as death of a loved one, divorce, eviction, or loss of possessions due to a fire or natural disaster. Social isolation becomes an issue as embarrassment prevents inviting others into the home, while simultaneously, the self-imposed isolation leads to further distress, loneliness and more hoarding behaviors. Experts also indicate that those who hoard are often perfectionists who cannot decide whether to keep or throw items away – thus increasing their distress, and successfully evading making any decision at all.

Cognitive [thinking] Behavioral therapy is typically the treatment of choice which, depending on individual circumstances and symptoms, might include the use of medication.

Therapy sessions may include:

- ◆ exploring the origins of the impulses for hoarding,
- ◆ learning organizational and sorting skills,
- ◆ de-cluttering, with the assistance of the counselor or a professional organizer,
- ◆ learning relaxation skills, and working at changing harmful beliefs about one's self,
- ◆ family or group therapy.

Self-care tips include:

- ◆ sticking with the treatment plan, and regularly attending appointments,
- ◆ maintaining good personal hygiene, and getting proper nutrition,
- ◆ reaching out to others – if friends and family can't come in, get out to spend time with them,
- ◆ taking small steps and focusing on each short-term goal, and, if hoarding includes pets,
- ◆ doing what is right for their best care and health. If you are unable to provide for their proper nutrition, sanitation and veterinary care, they need to be turned over to others who can.

www.mayoclinic.com/health/hoarding)

With patience, trust, and support, it is possible to change! Begin by reaching out to those who, like God, see beyond the accumulated stuff, to the person who was created in His image!

Summer Blessings!

Debbie Best, Family Life Services, Diakon Lutheran Social Ministries

SPECIAL CONCERNS LIST

Patricia Alexander
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S. Williamsport, PA 17702

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Ira Tuxford
210 Louise Ave.
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Beulah Wrede
Faxon Commons, Apt 305
1804 Loyalsock Drive,
Williamsport, PA 17701

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

St. Mark's July Calendar of Events

1 Thursday

6:31 AM Men's Ministry
9:00 AM Morning Prayer

2 Friday

9:00 AM Morning Prayer

4 Sunday

Pentecost VI

8:00 AM Holy Communion
9:15 AM Summer Forum - "David"
10:30 AM Holy Communion
4:30 PM 4th of July Outreach Ministry
7:30 PM 4th of July Patriotic Organ Program



5 Monday

Office Closed

6 Tuesday

9:00 AM Morning Prayer

7 Wednesday

9:00 AM Morning Prayer
9:20 AM Staff Meeting
10:00 AM Summer Playgroup @ Bruce Henry Park

8 Thursday

6:31 AM Men's Ministry
9:00 AM Morning Prayer

9 Friday

9:00 AM Morning Prayer

11 Sunday

Pentecost VII

8:00 AM Holy Communion
9:15 AM Summer Forum - Romans
10:30 AM Holy Communion
4:37 PM Catechetical Family Picnic @ Pastor's Home

12 Monday

9:00 AM Morning Prayer

13 Tuesday

9:00 AM Morning Prayer

14 Wednesday

9:00 AM Morning Prayer

15 Thursday

6:31 AM Men's Ministry
9:00 AM Morning Prayer

16 Friday

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



18 Sunday

Pentecost VIII

8:00 AM Holy Communion
9:15 AM Summer Forum - Romans
10:30 AM Holy Communion

19 Monday

9:00 AM Morning Prayer
7:00 PM Dog Club

20 Tuesday

9:00 AM Morning Prayer
12:00 PM LSM @ COS

21 Wednesday

9:00 AM Morning Prayer
9:20 AM Staff Meeting
12:00 PM Lunch 'N' Fellowship
7:00 PM Mutual Ministry

22 Thursday

6:31 AM Men's Ministry
9:00 AM Morning Prayer

23 Friday

Newsletter Deadline

9:00 AM Morning Prayer

24 Saturday

9:00 AM Daniel's Closet @ Redeemer

25 Sunday

Pentecost IX

8:00 AM Holy Communion
9:15 AM Summer Forum - Romans
10:30 AM Holy Communion
6:00 PM Teen Movie Night

26 Monday

9:00 AM Morning Prayer

27 Tuesday

9:00 AM Morning Prayer
7:00 PM Family Promise Board

28 Wednesday

9:00 AM Morning Prayer
9:20 AM Staff Meeting

29 Thursday

6:31 AM Men's Ministry
9:00 AM Morning Prayer

30 Friday

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

ST. MARK'S LUTHERAN CHURCH
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Fourth of July Celebration!

It is only a few days until our nation's birthday. At St. Mark's we will celebrate on our front lawn with food, fun, and the best seats in town for the fireworks. It is a great friend-raiser. In the nave, Dick Lakey will offer a patriotic organ program. The Social Ministry Committee is in need of volunteers to set up, serve drinks, snacks and trinkets and to clean up in time for the fanfare of the fireworks. Donations of two liter soda, drink mixes, popcorn, candy and money to offset other costs of entertaining more than 300 people are needed and greatly appreciated. Items may be placed in the tub in the Narthex or in the kitchen.

The committee needs you to:

Volunteer to help

Donate needed items

Attend the celebration

Bring a friend

Contact Becky Miller Pryor @ 321-9523 to serve.

