



The Lion of St. Mark's

AUGUST 2010

Caring for each other takes a variety of forms.

For many years we have had a card ministry,
where a few persons have had regular contact
with persons in special need,
and that ministry is continuing.



Staying in Touch

In the June newsletter,
we announced a special campaign of visitation ministry,
where 20+ members are going to be visiting
one or two persons or families sometime this summer.
We'll be hearing a report on those activities at the end of August.

“Hello. How are you doing today?”

How many of our members would be glad to pick up the phone and hear this
greeting?

Our subject today is the third part of this effort, the telephone ministry.
It is to be an ongoing process of having members establish and continue
a telephone conversation with another member of the parish.

We have many who are single, or infirm, or without local family,
or in other situations in which regular telephone contact with someone
would be an act of Christian friendship.

INDEX & COUNCIL UPDATE

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Council Notes

The Congregation Council did not meet in July.
The next regular meeting will be August 23rd.

Parish Register

- ♦ The funeral service for Carol Stackhouse was held on July 7, 2010 at Spitler Funeral Home.
- ♦ The funeral service for Randy Hammerstein was held on July 11, 2010 at St. Mark's.
- ♦ The funeral service for William Confer was held on July 16, 2010 at St. Mark's.

We need your stuff



for the Fall Bazaar !

Details on page 6

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	Website: stmarkswilliamsport.org	
Bernadette Jones, Christian Education		bjones@stmarkswilliamsport.org	Gary Weber, President	322-7149
Michele Owen, Christian Education		mowen@stmarkswilliamsport.org	Todd Smith, Vice-President	220-1350
Susan M-Smith, Parish Secretary		smsmith@stmarkswilliamsport.org	Jane Zimmerer, Secretary	433-3324
Richard Wagner, Financial Secretary		rwagner@stmarkswilliamsport.org	Ken Shafranko, Treasurer	322-6005
Lou DeSeau, Environmental Services		ldeseau@stmarkswilliamsport.org	Kathy Eshelman, Stephen Ministry	323-1992



Family Promise Hosting in



It Happens

Got two hours?

During the week of **August 15, 2010**
St. Mark's will again host up to fourteen people,
many of them children, experiencing a housing crisis.

Jane Zimmerer and Becky Miller Pryor are seeking additional volunteers
to set-up Fellowship Hall and prepare bedrooms,
donate and / or prepare meals,
visit with guests in the evening,
stay overnight and clean-up,
including doing laundry.

Many people have already volunteered, but more are needed.

Sign-up sheets remain in the Narthex.

**If you have not yet attended an orientation session
we can pair you with a trained volunteer & provide a brief orientation.**

In addition to volunteering during hosting week, other items are needed. These items include:

- ♦ Non-perishable food items for lunch and dinner.
See the list of items needed in the Narthex.
Take a star and return the item by Sunday, August 15, 2010.
- ♦ Children's plastic dinner plates, bowls, and glasses either new or gently used.
- ♦ Sippy cups with lids. The "keep or toss" kind work great and are cheap.
- ♦ Baby and toddler eating utensils either new or gently used.
- ♦ Disposable diapers in size 5.
- ♦ Money to purchase meat, cheese, milk, bread,
and fresh fruits and vegetables for lunch and dinner.
Checks may be made payable to St. Mark's.
The memo line should be labeled "Hosting Fund."

**Please place donated items in the tub in the Narthex
by Sunday, August 15, 2010.**

July Fourth Celebration... Again Our Best



Each year our July Fourth celebration is bigger and better than the previous year. This year was no exception. It was wonderful to see so many of our church family enjoying the festivities along with the throngs of folks walking by. Our front lawn was standing room only for the fireworks.

The Social Ministry Committee wishes to thank the congregation for its generous support of our outreach to the community on this festive day. Your donations of drink mixes, soda, bottled water, candy, popcorn, popcorn supplies, trinkets and money coupled with generous donations from Weis Market on Lycoming Creek Road, Wegman's Store and Pharmacy, Sam's Club, Friday's and Frito-Lay, Inc. provided hospitality to between 400 and 500 people who passed our way.

In just a few short hours we served 250+ hot dogs, 376 bottles of water, 350+ bags of popcorn, 100 mini bags of candy, 200 bags of Cheetos, gallons of lemonade, ice tea or soda, and dozens of beads, bracelets, lollipops, pencils, and many religious materials for adults and children. Seventy-plus people enjoyed Dick Lakey's patriotic recital in our nave.

This fabulous night would not have happened without the above donations or without the many volunteers needed to set up our displays, make drinks, grill hot dogs, pop popcorn, run for supplies, serve the masses with a smile and clean up at the conclusion of the festivities.

A big thank you is extended to Pastor, Donna and David Elkin, Allen, Melody, and Emily Rosenberg (future in-laws), Jim, Deb, Nick and Sean Buckman (We loved the radio broadcast.), Lou DeSeau, Jonesy and Janet Jones (Bob's parents), Bernadette and Sara Jones, Roxie Larson, Kirk, Michele and Devin Owen, Gary and Riley Weber, Eric Comini, Jen and Lynna Robertson, Todd Smith, Dave and Cheryl Williams, Ed and Brenda Gair, Drew and Ben Haussmann, Lois Smith, and Bob, Mary and Hannah Schultz. A special thanks is given to Larue Dieter for her behind-the-scene-help in putting stickers or labels on just about everything we gave away that evening and to Gary Weber for the beautiful photographs on our web site.

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!!

Women's Bazaar & Rummage Sale



Saturday, September 18th
9 am—2 pm

Please donate:

Attic Treasures

Household Items

China

Small Appliances

Books

Suitcases

Dishes

Kitchen items

Bric-A-Brac

Sports

Equipment

Toys

Games

Candles

Lamps

Crystal

Camping Gear

Pots N' Pans

Baby items

Pictures

Bedding

Gardening

Jewelry

Seasonal

Tools

ELCA, Synod & West Branch News

Kathryn's Kloset Open House/Orientation Coming Soon

Diakon Lutheran Social Ministries is now operating "Kathryn's Kloset," a warehouse in Baltimore where they gather and house surplus items (except food) in large quantities. The items are available to non-profits who can pick up stuff in dock-height trucks. Many of the items must be received by the skid load. The next Open House/Orientation Meetings at Diakon Kathryn's Kloset will be held on the following dates: Tuesday, July 20, and Monday, August 30, all at 10:00 a.m. at the warehouse, 1101 Desoto Road in Baltimore. The meetings will end no later than noon. Diakon Kathryn's Kloset is a ministry of Diakon Lutheran Social Services, where personal care items and other goods are received from a central warehouse in Baltimore and distributed free-of-charge through churches and other non-profit agencies to the needy people of our communities. For more information, or to reserve a spot at one of the open houses, please be in touch with Rev. Karl-John Stone (karljohn@uss-elca.org; 570-524-9778) or Rev. John Richter (RichterJ@diakon.org).

Leave a Legacy for Ministry and Mission

Would you like to make a gift to your congregation and/or other favorite church charities but are not sure what your future financial needs will be? You can make charitable giving part of your will or you could simply change the beneficiary statement of an insurance policy, qualified retirement plan, commercial annuity, or bank or brokerage account. There are many ways you can make an estate gift to support your favorite church charity without sacrificing your personal financial security. For more information on how to include your favorite church charities in your estate planning call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the ELCA Foundation, 800-638-3522, ext. 2970 or visit our website at <http://www.elca.org/fo>.

Keeping the Promise

Investing with the Mission Investment Fund (MIF) offers a great return and a great purpose. A current four-year investment will yield 3.25 percent APY. The monies invested create loans for ELCA new mission starts as well as for existing congregations and ministries to meet capital needs. (Investment and loan rates are subject to change without notice.) For more information about investment or loan opportunities, contact area representative Pr. Mark Wimmer: 267-203-1137 or mark.wimmer@elca.org

Social Ministry



In June, congregation members of St. Mark's donated more than 250 items of non-perishable food to the United Churches of Lycoming County's Food Pantry.

Thank you Carl Hieber for delivering our donations to Gail Burkhart and her staff.

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

Temple Beth Ha Shalom

St. Joseph the Worker Parish: Annunciation Church

Christ Episcopal Church

Street Shiloh Baptist Church

First Baptist Church

Proceeds to fund programs for:

Shepherd of the Streets, UCLC (202 East Third St) 322-1110

The Center (600 Campbell St) 322-5515



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:

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

Phil and Barb Thomas recently returned from a trip to Europe. The Passion Play at Oberammergau, Germany, was the highlight of their vacation. The Play, which they found to be extremely realistic and very moving in parts, is performed once every ten years by the residents of this small village, and is done as a promise to God for sparing them from the plague which struck Europe during the 17th century. In addition, Phil and Barb's travels throughout the countries of Austria, southern Germany and Switzerland provided many interesting cultural experiences and picturesque moments – enough to last them for a lifetime. They both feel very blessed to have had this marvelous opportunity!

Interesting tidbits from the local newspaper – **Phyllis Ulman** was honored for 2,000 hours of volunteer service at Susquehanna Health Systems. **Riley Weber**, eighth grade student at Curtin Middle School, was named to the honor roll and **James Newcomer**, a sixth grade student at Curtin, also achieved this special status! Congratulations to all!

Donna Elkin, our resident expert in dog training, wrote an article on clicker training for dogs, which appeared in the Webb Weekly – Donna is available for consultation, I am sure!

Try to stay cool and keep that information coming – if your excellent event is missed, send it off again!

~ **Joyce Anne Hershberger**

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

ICON FESTIVAL



**Saturday,
September 18,
2010**

Worship, speakers, exhibit, demonstrations and food! Icons & religious gifts from *St Tikhon's Bookstore* throughout the day. No reservations required and no charge. More info at holycrosswilliamsport.org

Schedule

10:00 am: Worship: Akathist Hymn to the Precious Cross of Christ
11:00 am: Lecture: "Jesus: the Icon of God" by Fr Dubinin
Noon: "Art of Iconography" Demonstrations (Fellowship Center)
1:30 pm: "The Icons of Holy Cross" church tour
2:30 pm: Lecture: "Faith on the Front Lines" by Fr Dubinin
3:30 pm: Worship: Great Vespers
4:00 pm: Service for the Blessing of Icons

A variety of food items and bake sale by the Holy Cross Auxiliary.

HOLY CROSS ORTHODOX CHURCH

1725 Holy Cross Lane
Williamsport 322-3020
holycrosswilliamsport.org



Lunch 'N Fellowship



Wednesday, August 18th Noon

Dick's Famous Meatloaf & Smashed Potatoes

Bring a dish to share, a dessert & a friend!

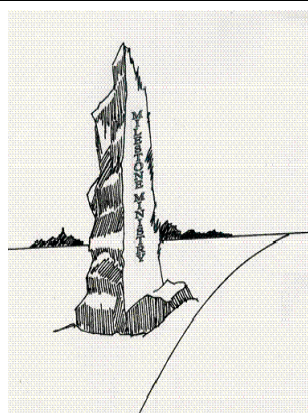
YOUTH & FAMILY MINISTRY

MOVIE IN THE COURTYARD AT DUSK

August 27

POPCORN & DRINKS PROVIDED!

BRING A CHAIR OR BLANKET FOR YOUR COMFORT.



PROGRESSIONS

Last August we instituted the "Progressions" milestone for graduating youth who are moving on to college, to the military, or to employment. During the service, we pray for God to watch over them and grant them discernment, wisdom and strength in their faithful convictions. Their memento is a personalized address book which includes contact information for the congregation.

We also encourage parents to rest in the knowledge that God will be with these young adults as they take the next step in their lives, guiding them into a new, stronger relationship with each other and with Him.

At the 10:30 service on August 1, we greet two students:

Declan Jones, son of Bob and Bernadette Jones,
who will be studying at the University of Pittsburgh,

Sarah Buono, granddaughter of Sally Bjornstadt,
who will be studying at the Pennsylvania College of Technology.

There will be opportunity to wish them well, at an extended hospitality after the service.

Attention Pre-Teens & Teens!
(grades 6-12) **Mark your calendars**
now!

LOCK-IN

Friday—Saturday, Nov 19-20, 2010



YOUTH & FAMILY MINISTRY

Who? Me?

"I can't teach Sunday School. I don't know enough." "I don't have time." "I'm not good with kids." If I had a nickel for every time I've heard one of these, I'd treat everyone to pizza!!!

Several folks volunteered (read "were drafted") as substitutes this year who never would have taught, otherwise. They were surprised with how easy it was and how much they enjoyed themselves—and have since volunteered for the rotation.

We don't know how many of you realize this, but we are blessed with really great kids in this congregation! Smart, funny, inquisitive, eager—the list goes on. Many of you are missing out on a wonderful opportunity to get to know them better. We have stories from every Sunday we teach about funny comebacks, serious discussions and touching gestures. Be a part of it! You'd be surprised how much you pick up!

And that in itself is a lesson to our youth. We never stop learning. We never know it all. Our Sunday School education doesn't magically end when we are confirmed. At that point, we assume the responsibility for our own path to Christ and part of that is sharing our journey with others.



Sunday School instruction 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 Michele or Bernadette with your questions. Better still, jump in, feet first, and sign up now in the narthex or staff hallway!

You don't know what you're missing!

NEW CATECHETICAL CLASS FORMING!



Letters were sent inviting students to become a part of the confirmation process.

If you have a student in sixth or seventh grade and have not received a letter,

PLEASE LET US KNOW.

Sometimes we miss things in the computer systems.

If you have an older child who has not been confirmed, please contact us.

We can include anyone who wishes to become a part of the process.

If a youth is a lot older than the other students, he or she is also welcome to participate in

The Way.

Please call Pastor Elkin or Bernadette at 323-4619



YOUTH & FAMILY MINISTRY

Endings and Beginnings



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

First, we have Theoron, Max, Katelyn and Hannah, who have reached the end their catechetical studies and are being confirmed on Sunday, September 12. Their lifelong journey begins as Emily, Devin, Stephen and Riley move on to the high school class, while Theoron and Max assume more responsible roles in the middle school program.

Jarrett and Dustin end their first year of study and begin their final year of preparation for confirmation.

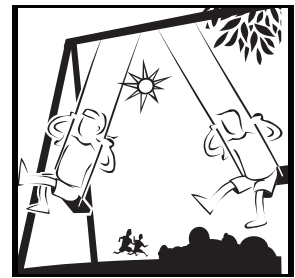
Our third group is of those entering or already in middle school who have been invited to end their time as children in their faith and to begin to assume the responsibility for their own faith journey. Letters have been sent to the parents of these youth and we will be calling them soon to discuss their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

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

ST. MARK'S SUMMER PLAYGROUP



One more get-together!!



Wednesday, August 4

10:00 a.m.

Bruce Henry Park

Bring a lunch and we'll enjoy a picnic together!

If you have any questions or need directions,
please call Vicki Hausmann 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!

The Wizard of Oz

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

WHERE: ST. MARK'S FELLOWSHIP HALL

WHY: BECAUSE IT'S BUNCHES OF FUN!

**IT'S HERE!!!
IT'S NOW!!!!
WHERE ARE YOU?**

Lots of parts for everyone!

IT'S NOT TOO LATE!
Sunday through Friday,
we meet at 5:30 for dinner
and rehearse from 6:00 until 7:30.

On Saturday morning, August 7,
we have a dress rehearsal at 9:30.

**WE HOPE THAT YOU'VE MADE PLANS
TO BE A 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!!
Please contact Bernadette or Dick to let them know of your interest.

TWEENS' DAY!

for those entering 5th or 6th grade!

Wednesday, August 18!

9:30 - 2:30

movie, lunch and service



Important Recall Notice

The Maker of all human beings (GOD) is recalling all units manufactured, regardless of make or year, due to a serious defect in the primary and central component of the heart. This is due to a malfunction in the original prototype units code named Adam and Eve, resulting in the reproduction of the same defect in all subsequent units. This defect has been technically termed "Sub-sequential Internal Non-Morality," or more commonly known as S.I.N., as it is primarily expressed. Some of the symptoms include:

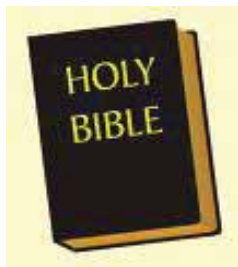


1. Loss of direction
2. Foul vocal emissions
3. Amnesia of origin
4. Lack of peace and joy
5. Selfish or violent behavior
6. Depression or confusion in the mental component
7. Fearfulness
8. Idolatry
9. Rebellion

The Manufacturer, who is neither liable nor at fault for this defect, is providing factory-authorized repair and service free of charge to correct this defect. The Repair Technician, JESUS, has most generously offered to bear the entire burden of the staggering cost of these repairs. There is no additional fee required. The number to call for repair in all areas is: P-R-A-Y-E-R. Once connected, please upload your burden of SIN through the REPENTANCE procedure. Next, download ATONEMENT from the Repair Technician, Jesus, into the heart component. No matter how big or small the SIN defect is, Jesus will replace it with:



1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self control



Please see the operating manual, Basic Instructions Before Leaving Earth (B.I.B.L.E.) for further details on the use of these fixes. **WARNING:** Continuing to operate the human being unit without correction voids any manufacturer warranties, exposing the unit to dangers and problems too numerous to list and will result in the human unit being permanently impounded. For free emergency service, call on Jesus.

DANGER: The human being units not responding to this recall action will have to be scrapped in the furnace. The SIN defect will not be permitted to enter Heaven so as to prevent contamination of that facility. Thank you for your attention!

All My Love - GOD

P.S. Please assist where possible by notifying others of this important recall notice, and you may contact the Father any time by 'Knee mail'.



Happy Birthday!

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

Happy Anniversary!

Ernest & Nancy Larson	08/01	Kenneth & Beth Shafranko	08/13
Ronald & Donna Baker	08/02	Neil & Kathy Eshelman	08/14
David & Tracey Heaps	08/03	Edward & Brenda Gair	08/14
Theodore & Barbara Larson Jr.	08/06	William & Shirley Hill	08/15
Raymond & Mary Ann Stiller	08/06	John & Gail Hoffman	08/16
Carl & Lucille Weaver	08/06	Carl & Beverly Hieber	08/18
Bryan & Karen Pelleschi	08/07	Paul & Jane Zimmerer	08/24
Fred & Patricia Thayer	08/09	David & Carol Butters	08/25
Robert & Rosemary Clokey	08/10	Charles & Gloria Greevy	08/26
Timothy & Deborah Maggs	08/10	Leonard & Ruth Sherlinski	08/27
Douglas & Beverly Schmitt	08/12	Philip & Barbara Thomas	08/28
		Thomas Waffenschmidt & Valerie Doeblor	08/30

HEALTH, HEALING & WHOLENESS

*"Classrooms and labs! Loud boiling test tubes! Sing to the Lord, a new song!
Athlete and band! Loud cheering people! Sing to the Lord a new song!
He has done marvelous things, I too will praise him with a new song!"
Herbert F. Brokering (Lutheran Book of Worship, #558)*

This quirky little hymn always makes me chuckle [inside] – at first glance it doesn't seem to fit the image of your typical worship hymn, yet it joyfully reminds us that God can be, and is, praised in ordinary life, through ordinary circumstances, in ordinary settings! It also brings to mind, early September, and the ushering in of yet another football season.

In a few short weeks, young men (and an occasional young woman) will don helmets and protective gear, as they begin football practice. It becomes the responsibility of parents, coaches, athletic directors and trainers to see that all safety equipment functions, fits properly, and is worn consistently. Because football is a contact sport, all those involved, need also to be aware of a rising concern regarding traumatic brain injury (TBI).

TBI is an injury to the brain when the head suddenly or violently hits an object, bouncing the fragile brain from one side of the skull to the other. Similar injuries are seen in children who have been violently shaken (Shaken Baby Syndrome) and in troops involved in combat explosions, or in vehicular accidents. Damage does not necessarily occur at the time of impact, but in the hours and days following the injury, as the injured brain bleeds or swells, and oxygen supply to tissue decreases. Repeat head trauma, particularly during the healing phase, can slow recovery and even lead to permanent damage.

Below are signs for coaches and parents to watch for after an athlete suffers a blow to the head during practice or play. The individual:

- Loses consciousness – even briefly
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instructions, or seems unsure about score or opponent
- Moves clumsily
- Answers questions slowly
- Undergoes mood, behavior, or personality change, seems agitated
- Has poor recall of events prior to, or after the injury.

Or if the athlete reports:

- Headache or feeling of pressure in the head
- Nausea and vomiting
- Balance problems or dizziness
- Blurred or double vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- "Not feeling right" or "feeling down"

Source: (<http://www.cdc.gov/concussion/sports/recognize.html>)

When injury occurs, remove the athlete from play for the remainder of the game, and have him/her evaluated by a healthcare professional experienced in diagnosing and treating concussion. Be sure to report any additional blows to the head that occurred prior to, or after, the injury. The healthcare professional should be responsible for determining when/if it is okay for the athlete to resume playing. Use this time to re-educate fellow athletes regarding safe play techniques, injury and its prevention. Football is truly a team sport – and the team (parents, athletic staff, league and school officials, fellow athletes, and healthcare professionals) bears responsibility for insuring that the game is played safely!

Summer Blessings!

Debbie Best, Family Life Services, Diakon Lutheran Social Ministries

SPECIAL CONCERNS LIST

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

Edith Anderson
The Hillside, Room #109
2725 Four Mile Drive
Williamsport, PA 17701

Nancy Bohartz
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Williamsport, PA 17701

Gail Hoffman
153 Hampton Way
Montoursville, PA 17754

Charles Homan
2215 Warrensville Rd.
Montoursville, PA 17754



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

2 Corinthians 1:4

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

St. Mark's August Calendar of Events

1 Sunday

Pentecost X

Progressions Milestone
8:00 AM Holy Communion
9:15 AM Summer Forum - Romans
10:30 AM Holy Communion
5:30 PM Summer Choir Camp

2 Monday

9:00 AM Morning Prayer
5:30 PM Summer Choir Camp

3 Tuesday

9:00 AM Morning Prayer
5:30 PM Summer Choir Camp

4 Wednesday

Pastor on vacation
9:00 AM Morning Prayer
10:00 AM Summer Play group @ Bruce Henry Park
5:30 PM Summer Choir Camp

5 Thursday

Pastor on vacation
9:00 AM Morning Prayer
5:30 PM Summer Choir Camp

6 Friday

Pastor on vacation
5:30 PM Summer Choir Camp

7 Saturday

Pastor on vacation
9:30 AM Summer Choir Camp
10:00 AM Amazing Grace Tour
6:30 PM The Wizard of Oz Performance

8 Sunday

Pastor on vacation
Pentecost XI
8:00 AM Holy Communion
10:30 AM Holy Communion

9 Monday

Pastor on vacation
9:00 AM Morning Prayer

10 Tuesday

Pastor on vacation
9:00 AM Morning Prayer

11 Wednesday

Pastor on vacation

11 Wednesday

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

12 Thursday

Pastor on vacation
9:00 AM Morning Prayer
12:00 PM Finance Committee @ Ross

13 Friday

Pastor on vacation

14 Saturday

Pastor on vacation

15 Sunday

Hosting FPLC
Pastor on vacation
Pentecost XII
8:00 AM Holy Communion
10:30 AM Holy Communion

16 Monday

Hosting FPLC
Susan on vacation
9:00 AM Morning Prayer
7:00 PM Dog Club

17 Tuesday

Hosting FPLC
Susan on vacation
9:00 AM Morning Prayer

18 Wednesday

Hosting FPLC
Susan on vacation
9:00 AM Morning Prayer
9:30 AM Tweens Day
12:00 PM Lunch 'N' Fellowship
6:00 PM Executive Committee

19 Thursday

Hosting FPLC
Susan on vacation
6:31 AM Men's Ministry
9:00 AM Morning Prayer
9:20 AM Staff Meeting

20 Friday

Hosting FPLC
Newsletter Deadline
Susan on vacation
9:00 AM Morning Prayer

21 Saturday

Hosting FPLC

22 Sunday

Hosting FPLC
Pentecost XIII
8:00 AM Holy Communion
9:15 AM Summer Forum - Romans
10:30 AM Holy Communion

23 Monday

9:00 AM Morning Prayer
6:30 PM Council Mtg.

24 Tuesday

9:00 AM Morning Prayer
11:00 AM Little Lambs Liaison Mtg
6:30 PM Family Promise Board

25 Wednesday

9:00 AM Morning Prayer
9:20 AM Staff Meeting
6:00 PM Property Committee Picnic @ Pastor's Home

26 Thursday

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

27 Friday

9:00 AM Morning Prayer
9:15 AM Lion Crew
8:30 PM Movie in the Courtyard

28 Saturday

9:00 AM Daniel's Closet @ Redeemer

29 Sunday

Pentecost XIV
8:00 AM Holy Communion
9:15 AM Summer Forum - Romans
9:15 AM Sunday School Volunteer Prep
10:30 AM Holy Communion

30 Monday

9:00 AM Morning Prayer
6:00 PM Little Lambs Open House

31 Tuesday

9:00 AM Morning Prayer
6:00 PM Little Lambs Open House
6:30 PM Worship & Music Comm. Mtg

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

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Email: stmarks@stmarkswilliamsport.org



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Permit No. 257
Williamsport, PA 17701

Dinner-Theatre Invitation

Saturday, August 9th

Fellowship Hall

Dinner 6:00 p.m.,

followed by
the Choir Camp's production of

"THE WIZARD OF OZ!"

