



# The Lion

# of St. Mark's

DECEMBER 2010

## For our thought and action in this Advent season:

National news bulletin: *"Business researchers in the US predict a 2% increase in sales in November and December, leading to the best year for retailers since 2006."*

International news bulletin: *Ireland asks for a multi-billion bailout for its banks which are in danger of failing because of the collapse of the real estate market. Spain and Portugal are not far behind.*

Local situation: *Man interrupts himself asking the pastor for assistance in order to take a text message on his fancy cell phone.*

Local situation: *Woman, truly distraught, can't decide which bill to pay first.*

The word that one never hears uttered when we discuss these situations personal and international is "sin." The old-fashioned sins of wrath, greed, sloth, lust, gluttony, pride, and envy are still very much with us, and active in our lives. Advent would be an excellent time for us to acknowledge this truth and to consciously engage in the ongoing struggle against them. One does not need a personal therapist to begin asking questions such as: What is the balance between what I want and what I truly need? Can I do some push-aways now so that I don't have to waste money on another failed diet plan later? Is my motivation in gift purchasing the secret wish that I receive something of equal or greater value in return? Is a 42" TV better than a 32"? Do I really need to get out of bed for worship? and...and....

In whatever situation, personal or international, everyone tries to push off the fault for the problem onto someone else. From the youth who says "not me" to the business or na-

tion that is "too big to fail", the first step needs to be accepting responsibility for sin. Yes, it is painful for us all, but necessary. Then we can move to the second step which is asking the Lord God and each other for forgiveness. Yes, that is embarrassing, and also necessary. And the third step can then proceed, amendment of life, changing our ways, backing up and trying again, reconciling with those whom we have wronged. Yes, it is complicated, but necessary.

When I sat down to write this message, I had intended to focus on the St. Nicholas, the one who lived in the 4th century in Asia Minor and who is commemorated on December 6. But we cannot really appreciate what he did (at least according to the legendary accounts of his life) until we come to grips with personal responsibility and our ongoing battle with sin. Then, things which he did will make sense: such things as arguing for the truth of the Gospel at the Council of Nicaea, or quietly slipping enough gold to a poor family so that they would not be forced to sell their daughters into slavery.

May the words "sin" and "responsibility" resonate in our lives this Advent season. May we engage them thoughtfully as we work and play and shop and worship and give. May the seven vices of wrath, greed, sloth, lust, gluttony, pride, and envy not be the definition of our lives, but instead may seven virtues be in the front of our minds: chastity, temperance, charity, diligence, patience, kindness, and humility.

~ Pastor Kenneth Elkin

## Official Notice of Special Assembly

By call of the Congregation Council, a Special Assembly of the St. Mark's congregation will be held following the 8:00 & 10:30 services of worship on December 12, 2010 for the sole purpose of acting on the budget for 2011. A summary of the budget is included in this Lion on page 4 and complete details may be obtained from the Treasurer, Ken Shafranko at 322-6005.

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## Council Notes

The Congregation Council met in regular session on November 15 in the Crossways room.

The Council:

- ◆ learned about the foundational nature of the first three articles of the Augsburg Confession.
- ◆ received the regular printed and verbal reports of the pastor, officers, and committees.
- ◆ granted letters of transfer to Richard and Sandra Lakey and Robert and Barbara McCullough to St. Luke Church.
- ◆ granted sick leave benefits to Lou DeSeau as he recovers from surgery.
- ◆ made several adjustments and then approved the 2011 budget for submission to the congregation.
- ◆ called a Special Assembly of the congregation for two sessions on December 12 following both services, for the purpose of acting on a proposed budget for 2011, with the understanding that if amendments are made at the 10:30 service portion, those who voted at 8:00 session will have an opportunity to vote on such changes on the following Sunday.
- ◆ planned the next Council gathering as a festive event with spouses and staff on December 13
- ◆ ended the session with Prayer at the Close of the Day led by Dinah Labenberg.

## Parish Register

**Receiving First Communion  
Sunday of Christ the King, November 21:**

- Gillian Buckman**
- Hannah Haussmann**
- Derek Lewis**
- Bianca Wellen**
- Madisyne Wellen**
- Sadie Wentzel**
- Taylor Wentzel**

## 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
Director of Music			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

# Advent Opportunities For Spiritual Growth



## Christmas Flowers

Ordering envelopes may be mailed to the office or placed in the offering plate during morning worship.

The deadline for ordering flowers is Sunday, December 19th.

Donations toward local hunger may also be given.



## Christmas Caroling

Sunday, December 12th  
2:00 PM

Join us for this festive time as we visit our shut-ins and deliver cookies made at our adult cookie bake!



## Kids' Morning Out

Saturday, December 11 9 – NOON

Help bake cookies for our shut-ins—and sample a few as well; create a craft project as a gift for a special someone (Mom, Dad, grandparents?); listen to a story and play a game or two! Meanwhile, Mom and Dad can relax with a cup of coffee or be Santa's helper without interruption!

Look for sign-up list in the staff hallway !!



## Adult Cookie Bake

Saturday, December 11 12:30 pm—?

Gather with fellow bakers to make your favorite recipe and assist with theirs. We use a couple from each recipe to supplement the children's offering for our shut-ins, share with each other, and take what's left from your recipe home with you (triple batches are not unheard of). We will have flour, sugar, eggs, butter and margarine here.

Look for sign-up list in the staff hallway !!

## Decorating our Nave

Members of the congregation are invited to stay after the 10:30 service on Sunday, December 19th to stay to help decorate the Nave and the huge Christmas tree. Prior to the decorating there will be a variety of soups to enjoy that will give you the energy that you'll need to "spruce" up the sanctuary for our Christmas services. Little hands are welcome to help as are bigger hands! Bring along your work clothes to change into.



# 2011 Proposed Budget

The Congregation Council at its regular November meeting called a Special Assembly of the St. Mark's congregation, to be held on Sunday, December 12, 2010.

*Note carefully the change in procedure:*

The meeting will be opened following the 8:00 service, and all voting members present will have opportunity to comment, amend and vote on the proposed budget.

This meeting will be **continued** until after the 10:30 service, when all voting members present will have a like opportunity to comment, amend, and vote on the proposed budget. If there have been no amendments made at the 10:30 meeting, the business of the day is closed.

If, however, there have been any amendments made at the meeting following the 10:30 service, the meeting will be **continued** until the following Sunday, December 19, when those attending the 8:00 service will have an opportunity to vote on the amendments.

## ST. MARK'S LUTHERAN CHURCH BUDGET SUMMARY 2011/2010

	BUDGET 2011	BUDGET 2010
<b>INCOME:</b>		
ENVELOPES & PLEDGES	\$ 240,000	\$ 244,165
PLATE OFFERINGS	\$ 2,500	\$ 3,500
VARIOUS OTHER SOCIAL SERVICES	\$ 8,450	\$ 11,250
BEQUESTS & HONORARIUMS	\$ -	\$ -
PARKING LOT RENTALS	\$ 7,500	\$ 8,400
ROOM RENTALS	\$ 11,000	\$ 11,660
WELKER CAPITAL & BENEVOLENCE	\$ 18,000	\$ 18,900
<b>TOTAL</b>	<b>\$ 287,450</b>	<b>\$ 297,875</b>
<b>INVESTMENT INCOME TRANSFERS</b>	<b>\$ 25,000</b>	<b>\$ 23,000</b>
<b>INVESTMENT PRINCIPAL TRANSFERS</b>	<b>\$ 6,047</b>	<b>\$ 23,075</b>
<b>TOTAL INCOME</b>	<b>\$ 318,497</b>	<b>\$ 343,950</b>
<b>EXPENSE:</b>		
<b>STAFF EXPENSES</b>	<b>\$ 204,427</b>	<b>\$ 227,575</b>
<b>GENERAL &amp; ADMINISTRATIVE</b>	<b>\$ 14,900</b>	<b>\$ 16,050</b>
<b>WORSHIP &amp; MUSIC</b>	<b>\$ 2,950</b>	<b>\$ 5,550</b>
<b>CHRISTIAN ED. &amp; YOUTH and FAMILY</b>	<b>\$ 6,150</b>	<b>\$ 6,650</b>
<b>PROPERTY:</b>		
REPAIRS & MAINT.	\$ 8,000	\$ 6,500
ELECTRIC	\$ 12,000	\$ 12,000
GAS	\$ 18,000	\$ 20,000
INSURANCE & REAL ESTATE TAXES	\$ 12,000	\$ 10,500
VARIOUS OTHER	\$ 13,045	\$ 12,550
<b>TOTAL PROPERTY</b>	<b>\$ 63,045</b>	<b>\$ 61,550</b>
<b>BENEVOLENCE &amp; CHARITY:</b>		
SYNOD BENEVOLENCE	\$ 15,250	\$ 15,000
VARIOUS OTHER	\$ 11,775	\$ 11,575
<b>TOTAL BENE. &amp; CHARITY</b>	<b>\$ 27,025</b>	<b>\$ 26,575</b>
<b>TOTAL EXPENSE</b>	<b>\$ 318,497</b>	<b>\$ 343,950</b>
<b>NET SURPLUS/(DEFICIT)</b>	<b>\$ -</b>	<b>\$ -</b>

**TRANSFER OF INVESTMENT PRINCIPAL ACCOUNT HAS BEEN ADDED  
TO BALANCE THE BUDGET**

## St. Mark's Social Ministry

### *Are You an angel, an elf or both?*



Please join the Social Ministry Committee on Tuesday, December 7, 2010 at 7:00 p.m. in hosting a Christmas party for thirteen women at the Selinsgrove Center. Saint Mark's has been visiting the Selinsgrove Center for many years but only began entertaining this group four years ago. These ladies, all in wheelchairs, require constant care from the staff. It is evident their caregivers are dedicated to the ladies and their care. The committee needs your assistance with this event. Please consider doing one or more of the following:

- ◆ Join us that evening. There will be singing, storytelling and gifting. We will meet at the church parking lot at 5:30 p.m. and carpool to Selinsgrove.
- ◆ Donate Dove Body Wash or its generic equivalent. Their skin needs the moisturizing qualities in this type of body wash.
- ◆ Donate individual servings of pudding (no refrigeration needed) in all flavors. It is their favorite treat. They only receive vanilla, so other flavors are an extra-special treat.
- ◆ Donate colored tissue paper to package the body wash and pudding.
- ◆ We want to take holiday cookie trays, apples, oranges, chocolate candy kisses and snack-size boxes of raisins to their dedicated staff. Donate cookies, candy and raisins to be given to their caregivers on three shifts.
- ◆ Donate money to offset the cost of gifting and purchasing fruit. Checks may be made payable to Saint Mark's.

Requested items for gifting can be left in the box in the Narthex by Sunday, December 5, 2010. Please speak with Becky Miller Pryor to assist with this heartwarming event.

Be an angel and provide a Christmas gift  
to a resident of Danville State Hospital.

Gift requests remain available on the trees in the Narthex.

Requests are generally modest

and can easily be purchased at K-mart or Wal-Mart.

Take an ornament. Sign the log sheet. Purchase the gift.

Return it unwrapped with the ornament attached by December 5, 2010.

Please speak with Becky Miller Pryor for additional information.



### Family Promise News!



Jane Zimmerer and Becky Miller Pryor thank the many volunteers and the congregation for their support in our recent hosting of four families. All went well and two families are very close to securing housing. Our next hosting week will be March 13 – 20, 2011.

The recent silent auction hosted by Family Promise of Lycoming County yielded a profit of \$1668.00. Thank you to all who donated items for our baskets. St. Mark's gave generous support with three theme baskets being donated.

# United Churches of Lycoming County

## Wednesday Ecumenical Lunches 12 to 1 PM

A tasty \$6 lunch, warm, ecumenical fellowship & a thoughtful program designed to enrich your life mentally, physically, spiritually and socially at Pine Street United Methodist Church. No reservations are necessary.

- 1-Exodus Brass Quintet,  
Earl McGuire - Tuba, Andy France - Trumpet,  
Wayne Welshans - Trombone, Judy Shellenberger - French Horn, Greg Berlanzetti - Trumpet  
"Music for the Season"
- 8-The Very Rev. Daniel Kovalak, Pastor,  
Holy Cross Orthodox Church,  
"The WORD Became Flesh"
- 15- Mr. Jay Miller, Assistant Construction Engineer,  
and Mr. David Wise, Construction Manager,  
PennDOT,  
"The Arch Street Bridge Construction Project"
- 22- Revs. Aden Wertz, Kevin Brophy & Gwen Bernstine, Area Pastors,  
"It's Beginning to Sound a Lot Like Christmas"
- 29- No Lunch Scheduled - Happy Holidays

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!



### 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.

## Campus Ministry

Not only has United Campus Ministry been busy working on their studies, they also have been spending time reaching out and working in our community. During fall break when many students went home for a fun weekend with friends and family, a few dedicated students stayed and helped to clean the Yokefellow Prison Ministry house. We cleaned windows until they sparkled, scrub-bed blinds and washed down walls. Thanks to Joe Sewalk, Ashley Maietta, John Bailey, Christina Comini and Detlef Huckfeldt for helping with the clean-up project. We had fun doing it, and we all left smelling like Murphy's Oil Soap. It was a great day to serve.

We have also been focusing on continuing to fund our program. While the monthly bake sales we have on campus help, it isn't enough. We are teaming up with Lutheran Shared Ministry for a Dinner Theater featuring Charles Dickens A Christmas Carol. Proceeds from the Dinner Theater will benefit UCM and Family Promise of Lycoming. So gather some friends and get into the holiday spirit on December 3 and 4, for an evening of great food and even better entertainment. We are planning to have a Soup Sale in January, so if you have a great soup recipe that you would like to make for the soup sale, we would certainly appreciate it.

Our Monday Faith Talks have been going well and with Pastor Paul Doriani from Covenant Central Presbyterian Church speaking to us about the existence of God; Dan Madison from St. Paul Calvary Church about Gideon, challenging the students to bring others to Christ. Pastor Ken Elkin from St. Mark's Lutheran Church and Pastor Quinton Blanton will finish off the semester's Faith Talks with discussions on Who Me? The Call of Jeremiah and us and passing the Faith Test.

We'll be distributing Study Bags for the students as they prepare for finals. Last December we reached out to about 65 students and gave them bags of snacks and drinks to feed them their bodies, and written words of encouragement and prayers to feed them spiritually. If any churches are interested in donating snack items such as cookies, crackers, chips, or drinks, please let me know. We are very thankful for all of the support we have received from individuals and congregations. United Campus Ministry would like to wish all of you a very Happy Thanksgiving with your loved ones.

Sharon Comini, Coordinator  
Contact at: 570-419-5376 or [ucm@uclc.org](mailto:ucm@uclc.org)



## FOOD PANTRY NEEDS

These are the items that are currently needed:

- |                 |              |                |              |
|-----------------|--------------|----------------|--------------|
| Ramen noodles   | canned fruit | canned pasta   | coffee       |
| cake mixes      | frosting     | pasta products | mac-n-cheese |
| spaghetti sauce | noodles      | tea bags       | jello        |
| hot cocoa mix   | chunky soups |                |              |

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.

## YOUTH & FAMILY MINISTRY

### TEEN LOCK-IN!!!

Eighteen middle-high school aged youth joined us for the parade, with some arriving at 8:30 pm to stay the night. Pastor, Kirk and Bernadette were the intrepid (read slightly nuts) adults supervising the activities. Sharon joined in on Saturday morning as the kids updated their mural on the middle school classroom wall (go up and take a look when you have the chance). We played trivia games, watched and discussed movies, ate, and (briefly) slept. The high-light of the event was the midnight scavenger hunt, during which five teams were sent in different directions, following clues and searching for different highlights of St. Mark's. On Saturday, painted the set for A Christmas Carol as their service project and their classroom mural. We enjoyed another movie and pizza, then were ready to be picked up at 2:00 pm. In short, a good time was had by all (even those sleep deprived adults)!



### ALL CHURCH FRIDAY FUN NIGHT

*December 17th 6:30 PM*



*Join us for some  
Old-fashioned  
holiday fun!*

### FIRST COMMUNION



was received on Sunday of Christ the King, November 21, by Gillian Buckman, Hannah Haussmann, Derek Lewis, Sadie & Taylor Wentzel and Madisyne & Bianca Wellen. They took

this step after three Sunday sessions of instruction with Pastor Elkin and Bernadette, that there is, indeed a place for them at the Lord's table.

### Passing on Faith: Bible Milestone



Gillian Buckman, Hannah Haussmann, Derek Lewis and Dylan Ott received their Bibles at the 10:30 service on November 21. They and their families joined in the luncheon immediately following the service.



At that time, Pastor Elkin sat down with the children to explore their Bibles and see what messages relatives and friends had written or favorite passages they had highlighted in the Books.



# YOUTH & FAMILY MINISTRY



## OPERATION CHRISTMAS CHILD GROUP PACK'N'WRAP!!!

**WOW! FIFTY-THREE BOXES WERE SENT OUT THIS YEAR!!!**

Eight of those were generously donated by members of the congregation and 45 were prepared by those attending the Pack'n'Wrap event!!! We thank all those who so generously donated to the event! Postage for all these was \$371—all but a little over thirty dollars was covered by your kind contributions! Thank you, thank you!!!

We're heading into a massive season of sales, so, be on the lookout for items for next year. We were inundated with pencils and have plenty for next year. Toothbrushes and toothpaste, washcloths, brushes and combs, small cars, balls, small books or stuffed animals--anything along those lines is more than welcome. And, of course, your empty shoe-boxes!!!

These boxes go all over the world and bring joy to needy children at home and abroad. Thank you all, yet again, for supporting this program.



**CHILDREN'S CHURCH** next meets Sunday, December 12, at 10:30, in the Chapel. For the children's special offering this month, we will prepare greeting cards to take with us on our caroling routes! If the children have any they've made or purchased, please send them along to church that day. See you in the Chapel on December 12!



## ST. MARK'S LIONS NEED YOU!!

The John Bower Basketball League practices have begun! We WILL have three teams this year!!!! Beginner and Pee-Wee games take off in December, Juniors start in the new year.

Good luck to all involved!!!!

Adults, feel free to help out with driving, treats or beverages. Contact the Church office at 323-4619 or e-mail us through the website.

C'mon!! Let's have some fun!



**DECEMBER 26, 6:00 PM**  
**MIDDLE & HIGH SCHOOL AGE**  
**Bring a snack to share and a friend!**  
**Transportation available!**



# YOUTH & FAMILY MINISTRY

## TRIP TO CORNING MUSEUM OF GLASS!!

We had an amazing day at Corning on Saturday, November 13. We left St. Mark's at 8:00 a.m., racing to Corning, NY, for a 9:20 start time for our hot glass workshops—just scraping in without a second to spare. Those who made sandblasting projects had a more leisurely entrance, as their time was scheduled



at 10. 20 of us enjoyed a day of fun and learning, seeing glassblowing and glass breaking demonstrations (ask Theoron about that one!), doing other hands-on things and viewing exhibits. We left around 3:00, viewing gorgeous skies on the way home.

## Remember you must have tickets for the shows!



A \$10-\$12 per person donation is recommended since this is a fundraiser for United Campus Ministries at Penn College.

### *FINALS SURVIVAL KITS FOR OUR KIDS IN COLLEGE!*

We are sending finals survival kits to our kids in college:

Jaime Larson

Sara Larson

Sarah Buono

Ashley Campbell

Brett Campbell

Lauren Campbell

Declan Jones



That's who we have on our lists—if you know of someone we've missed, please send us their name and address **immediately!** If you have any donations, please get them to us NOW, we are readying to send these as you read this!



**THE TREES COME ALIVE THIS ADVENT SEASON;** alive with Teddy Bears, mittens, gloves, hats! Two trees are ready to decorate with these items. Please stop in Fellowship Hall and add your gift to the trees. All items will be delivered to many in need.

## YOUTH & FAMILY MINISTRY

### Dancing on the Premises!!

After trying a few tapes, we have settled, for now, with Walking Away the Pounds. Three of us have figured we can handle this without too much danger to ourselves or others. If you want to get up and go full out or sit and do finger exercises, you are encouraged to join us—laughter has cardio benefits!! This is an informal group for all ages and spandex is not allowed! There is no accredited instructor so, while some of us can help adjust activity levels—we are not trained (as will be obvious once you see us move!). Our goal is to have a good time and feel like we're not wasting it (time, that is). See you Wednesday!!!



Praisercise with us every Wednesday at 3:30 PM!

### Where did November go? We hope you didn't miss any of the following:

- \* Group Pack 'n' Wrap (53 boxes)!
- \* Children's Church (always fun!)
- \* John Bower Basketball practices (we DO have a Junior team!)
- \* Christmas Carol rehearsals for cast and carolers (were you there?)
- \* First Communion classes (for 7 children!)
- \* Corning trip (beautiful gifts and keepsakes were made—thanks, Andrea & Tracy, for picking them up for us!)
- \* Annual Along the Way book fair (Thanks, Sandy!)
- \* Lunch-n-Fellowship (ham...yum!)
- \* Friday Fun Night (we went to the downtown holiday parade)
- \* Youth Lock-In (18, count 'em, 18 students in attendance)
- \* First Communion and Third Grade Bible Milestone luncheon (over 30 attended, Pastor Elkin. explored their Bibles with the four children who received them)
- \* Thanksgiving: for our families, our health, our pastor, our congregation, our volunteers, our youth, and so much more.



**Check out what's happening in December  
for more fantastic opportunities for fun, fellowship and learning!**

**Thank you! Thank You! Thank you!** *Thank You!* **Thank you!**

To the members of St. Mark's,

Your kindness in our time of sorrow is deeply appreciated. Thank you for your support given to our mother, Prudy Poff, during her bout with pancreatic cancer. Many were not aware of her diagnosis since she did not let the cancer rule her life. She instead lived her life to the best of her ability by enjoying each day, one day at a time. She always appreciated the prayers and encouragement extended to her and avoided anything that was a reminder of having cancer.

We are grateful to Pastor Elkin and Phil Thomas for conducting a very meaningful service and to Lou DeSeau in getting the church ready. Our special appreciation goes to the kitchen staff for the preparation of Fellowship Hall and the clean-up after the meal. It certainly meant a lot to our family to be with family, friends and fellow parishioners at the church after the service.

With deepest gratitude,  
Christy Anderson  
Candy Dewar  
Herb Poff

P.S. We would like to designate any donations made in memory of our mother to be used for the kitchen in fellowship hall. Also, enclosed is a check designated to Parish Life as a donation for the use of fellowship hall.

## THE NEWS IN OUR PEWS

Big doings at Sheridan School – our Lincoln Avenue families have received lots of recognition in September! At a recent school assembly, **Grace Elliott** won first place in the second grade classes for most pages read over the summer; **Sean Jensen** won second place in the second grade classes.

**Hannah Haussmann** won first place for most pages read in the third grade classes and brother **Ben Haussmann** won second place in the fifth grade classes.

In addition, **Sean Jensen** and **Ben Haussmann** were recognized as students of the month for September! Great job!

Not to be outdone, **Riley Weber** took a picture of his cat Mitzo and posted it online on the Icanhazcheezburger website which was published in their new book, "The Itteh Bitteh Book of Kittehs" (pronounced itty bitty book of kittys) on the first page! This may be the beginning of a great career!

**Grace and Owen Elliott** were named students of the month for October at Sheridan School.

The **Elkin family** celebrated the wedding of son **David** and **Emily Rosenberg** at Temple Shalom in Levittown November 14. Pastor sang the wedding song and rumor has it that David and Emily, costumed as Fred Astaire and Ginger Rogers, performed one of the numbers of the famous dance couple. I heard that David did the vocal- you will have to ask to get the details!

Enjoyed the performance of Pirates of Penzance presented by the Civic Chorus at Klump Auditorium on November 21. **Nick Buckman** had one of the leads performing as Samuel, a swash-buckling pirate. Nick also did the narration. Spotted in the chorus were **Deb and Jim Buckman, Larry Lehman** and **Nancy Moff** - great entertainment!

~ **Joyce Anne Hershberger**

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

**(Apologies to Joyce for not running her column in the November Lion!)**

## Happy Birthday!

12/01 Maria Elkin  
 12/01 Sara Jones  
 12/03 David McMorris  
 12/03 Edgar Miller Jr.  
 12/03 Robert Miller  
 12/04 David Elkin  
 12/06 David Gilbert  
 12/07 Brittany Lynch  
 12/08 Catherine Goertz  
 12/09 Emma Elkin  
 12/11 Scott Bittner  
 12/11 Orion Snyder

12/12 Ernest Larson  
 12/15 Richard Hafer  
 12/15 Lyndsi Stugart  
 12/16 Betty Kaufman  
 12/16 Lucille Weaver  
 12/18 Ryan Clokey



12/18 Michael Jensen  
 12/18 William Waldeisen  
 12/19 Kurtis Caster  
 12/19 Martha Hopler  
 12/19 Gladys Knauss  
 12/19 Fred Thayer



12/19 Zachery Zimmerman  
 12/20 Clint Eppleman  
 12/22 Daryl Lewis  
 12/23 Edith Anderson  
 12/23 Judith Fortin  
 12/24 Patti Drake  
 12/24 Holly Thorne  
 12/26 William Hill  
 12/26 Hannah Ramsauer  
 12/28 Helen Schramm  
 12/30 Amalie Robertson  
 12/31 Cynthia Huff

## Happy Anniversary!

12/08 Matt & Cassandra Wellen  
 12/20 Robert & Aletha Swartz

12/21 Thomas & Becky Miller

12/29 Joseph & Rachel Reiter  
 12/31 Cecil & Kathryn Calvert

## Service of Remembrance

**Sunday, January 2, 2011, 4:00 P.M.**

While taking part in the joyous services and events of the Advent and Christmas seasons, we remember that for many this will be a Christmas without a beloved member of your family. The grief of losing a loved one is hard to bear at any time, but during the Christmas Season may be especially difficult to bear. Please remember that the members of St. Mark's church are sharing your grief.



To help you find comfort during this season of joy we offer the Service of Remembrance as an opportunity for us to name your loved ones in prayer, to light a candle on the memory tree, and to gift you a handcrafted keepsake of the day and event. You may invite as many people to be with you as you would like. In the number of years that we have been offering this quiet time of prayer and reflection, many have found it to be an especially meaningful occasion to be with our brothers and sisters in the faith.

You can greatly assist our preparations if you would call the church office by Monday, December 20th at 323-4619 or email [mowen@stmarkswilliamsport.org](mailto:mowen@stmarkswilliamsport.org). All of the names that we have received by that time will be listed in the service bulletin; those arriving later will be read aloud without being in print, and still more can be added verbally at the time of the service. For more information contact Michele Owen.

## HEALTH, HEALING & WHOLENESS

I've heard it said that the only people who enjoy a change are babies; however, I would tend to disagree. Sure, there are those of us who long for the good-old-days, when life was slower, but there are just as many of us who relish the idea of facing new challenges, learning, and using the energy born of change to try something we've never tried before ... whether it be surf sailing, sky diving, moving to a new town/location, or replacing the old family car. Change can feel threatening, however, I would suggest that there are a number of ways that we can take the fear of change, and turn it into something new and meaningful in our lives. Here are just a few general guidelines to make dealing with change a little less stressful:

Acknowledge and accept that change is inevitable! It comes faster and faster, and no one is exempt from it. Changes will occur whether you like it or not. Denying, disliking, or trying to ignore it will not make it go away. If you are one of those who dread change, acknowledge it to yourself, your loved ones and God. Do an internal check – are you telling yourself negative thoughts, or thinking in an unbending way? When it cannot be stopped, we need to work at accepting the outcome, adjusting to it, and integrating it into our lives as best we can.

Whenever possible, plan for change. Changing is so much easier when it is done voluntarily. It allows us to feel more “in control” and able to make the adjustment on our own terms. Examples include retirement, an “empty nest”, caring for a loved one – planning allows us to approach the change in an organized fashion. Yes, there will be times when change is forced upon us, so we need to learn to cope as best we can. Talk it through with your pastor, parish nurse, a good friend or mentor. You might be surprised to learn, upon examination, that there are still small ways we can take control of the situation.

Learn about change and the process of adapting to it. The more we understand, the better equipped we are to deal with, and adapt to it. It prepares us to understand what is or is not normal in our emotional responses to the change.

The more you are aware of what can help or hinder it, the more in control you have over adapting.

Build and care for social support. Relationships offer the opportunity for us to release stress, relax and have fun. There is a direct link between having and maintaining friendships and well-being. Being able to talk about the disruption helps to reduce tension, anxiety, and uncertainty.

Don't be afraid of mistakes and failure. You can guarantee that some things will not work out the way you planned, and there are some things you won't know exactly how to handle. Making mistakes is a vital part of learning, growing, and maturing. Give yourself permission to make mistakes – learn and move on.

Mourn your losses. Change is often accompanied by a loss of some kind. All meaningful losses need to be mourned. When we face the loss of something or someone important to us, we give up a part of our lives as we knew it. We need to allow ourselves some time to assess the impact, and time to adjust to the new reality we face after the loss. Mourning is not an option; it is a necessity for healing to take place.

Keep traditions alive. When the familiar becomes disturbed by change, our sense of continuity is rattled. It can make us feel disoriented, confused and anxious. Traditions play a vital role in giving us meaning and purpose. You might say they serve as a link between our past and future. Some things need to remain the same for us to feel grounded, to buffer us from the negative effects of change.

Maintain a sense of humor! Being able to laugh at ourselves and the absurdity of life is a great stress reliever. It releases physical and mental tension and anxiety. It can serve as an outlet for anger and a defense against depression. It decreases the production of stress hormones, leaving you feeling more relaxed and better able to cope.

Change sometimes forces our lives into a direction that is different from what we had envisioned. Sometimes it does not happen in a manner which we would prefer. The world simply cannot be how we want it to be no matter how long or hard we wish it were so. Accepting reality doesn't mean we can't have hopes for the future! It means we have to give up illusions, inflated expectations, and preconceived images of a perfect life, in the midst of a culture where we are constantly bombarded by change.

Over two thousand years ago, a field of shepherds heard a voice and saw a light which would impact both their, and our, worlds forever. They were aided in their adjustment by the words, “Do not be afraid!” A change had come, in the form of a tiny, vulnerable baby, who would grow to model a lifestyle that would threaten some, and be adapted by others. Today we wait – not always patiently – his coming to us again, when I believe, we will once again hear those words - “Do not be afraid!” May God strengthen and comfort you during the changes you will face throughout the coming year!

Come Emmanuel, to dwell among us once again!

In His service,

Debbie Best, RN, BSW, MS

## SPECIAL CONCERNS LIST

**Patricia Alexander**

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**Edith Anderson**

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**Nancy Bohartz**

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Williamsport, PA 17701

**Marie Byerly**

Sycamore Health Center  
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Williamsport, PA 17701

**Elizabeth Chrisman**

Valley View Nursing, Rm. 802-1  
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**Art Decker**

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**June Decker**

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**Charles Ditchfield**

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1804 Loyalsock Drive,  
Williamsport, PA 17701

**Ralph Zeigler Sr.**

Rose View Court  
1251 Rural Ave., Apt. 209  
Williamsport, PA 17701

## Lunch 'N Fellowship

Wednesday, December 15th at Noon

Grilled Chicken Breast

(Ranch, Teriyaki, Bar-B-Q & Plain)

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



# St. Mark's DECEMBER Calendar of Events

**1 Wednesday**

9:00 AM Morning Prayer  
 9:20 AM Staff Mtg & Quilting  
 12:00 PM Bible Study  
 3:30 PM Praisercise  
 6:30 PM CC Rehearsal

**2 Thursday**

6:31 AM Men's Ministry  
 9:00 AM Morning Prayer  
 6:30 PM CC Rehearsal  
 7:30 PM Senior Choir

**3 Friday**

9:00 AM Morning Prayer  
 6:00 PM "A Christmas Carol" Dinner Theatre

**4 Saturday**

6:00 PM "A Christmas Carol" Dinner Theatre

**5 Sunday****Advent II**

8:00 AM Holy Communion  
 9:15 AM Sunday School  
 10:30 AM Holy Communion  
 11:47 AM Family Handbells  
 12:15 PM The Way Gathering

**6 Monday**

9:00 AM Morning Prayer  
 6:45 PM Handbells

**7 Tuesday**

8:00 AM City Pastors  
 9:00 AM Morning Prayer  
 6:00 PM Brownies  
 6:00 PM JBBL Practice @ Cochran  
 6:00 PM Leave for Selinsgrove Center Party

**8 Wednesday**

9:00 AM Morning Prayer  
 9:20 AM Staff Mtg & Quilting  
 12:00 PM Bible Study  
 3:30 PM Praisercise

**9 Thursday**

6:31 AM Men's Ministry  
 9:00 AM Morning Prayer  
 7:30 PM Senior Choir

**10 Friday**

9:00 AM Morning Prayer

**11 Saturday**

9:00 AM Kids' Morning Out  
 12:30 PM Adult Cookie Bake

**12 Sunday****Advent III**

8:00 AM Holy Communion  
 9:00 AM Congregation Assembly  
 9:15 AM Sunday School  
 10:30 AM Children's Church  
 10:30 AM Holy Communion  
 11:30 AM Congregational Assembly  
 11:47 AM Family Handbells  
 2:00 PM Caroling to Shut-Ins

**13 Monday**

9:00 AM Morning Prayer  
 6:30 PM Council Holiday Dinner  
 8:00 PM Handbells

**14 Tuesday**

9:00 AM Morning Prayer  
 6:00 PM JBBL Practice @ Cochran

**15 Wednesday**

9:00 AM Morning Prayer  
 9:20 AM Staff Mtg & Quilting  
 12:00 PM Lunch 'N' Fellowship  
 3:30 PM Praisercise

**16 Thursday**

6:31 AM Men's Ministry  
 9:00 AM Morning Prayer  
 9:20 AM Stephen Ministry  
 7:30 PM Senior Choir

**17 Friday**

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

**18 Saturday**

9:00 AM Daniel's Closet @ Redeemer

**19 Sunday****Advent IV**

8:00 AM Holy Communion  
 9:15 AM Sunday School  
 10:30 AM Holy Communion  
 11:47 AM Family Handbells  
 12:00 PM Decorate Nave & Lunch  
 12:15 PM The Way Gathering  
 6:00 PM Confirmands, Parents & Mentors

**20 Monday****Newsletter Deadline**

9:00 AM Morning Prayer  
 10:00 AM LL Christmas Tea  
 6:45 PM Handbells  
 7:00 PM Dog Club

**21 Tuesday**

9:00 AM Morning Prayer  
 10:00 AM LL Christmas Tea  
 6:00 PM Brownies  
 6:00 PM JBBL Practice @ Cochran

**22 Wednesday**

9:00 AM Morning Prayer  
 9:20 AM Staff Meeting  
 12:00 PM Bible Study  
 3:30 PM Praisercise

**23 Thursday**

6:31 AM Men's Ministry  
 9:00 AM Morning Prayer  
 7:30 PM Senior Choir

**24 Friday****Christmas Eve****Office Closed**

7:00 PM Holy Communion  
 10:00 PM Holy Communion

**25 Saturday****Christmas Day****26 Sunday****St. Stephen's Day**

8:00 AM Holy Communion  
 9:15 AM Sunday School  
 10:30 AM Holy Communion  
 6:00 PM Teen Movie Night

**28 Tuesday**

6:00 PM JBBL Practice @ Cochran  
 6:30 PM Family Promise Board

**29 Wednesday**

3:30 PM Praisercise

**31 Friday****New Year's Eve****Office Closed**

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LSM Presents

## *A Christmas Carol*

**United Campus Ministry Fundraiser**

**(A free will offering will be taken)**

**Dinner Theatre Performance**

**Friday, Dec. 3rd & Saturday, Dec. 4th**