

THE LION OF ST. MARK'S

JUNE 2011





It's here! It's now!! Kids Have you registered? Adults & teens have you volunteered?



The program begins promptly at 5:30 with dinner (serving will end at 10 minutes before 6:00).

Then we set out on our adventure at 6:00,
learning about God and all His gifts.

It's not to late to sign up, so please join us!!

Forms are in the narthex
or you can register via the St. Mark's web page.

See you there!

Volunteer training is Wednesday evening, June 8, at 6:30 pm.

There is still one more workday scheduled and we need your help!
Please join us as we finish preparing our PandaMania props!
Saturday, June 4th 10 a.m. -1 p.m.

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Council Notes

The Council met for its organizational session on May 16, 2011 in the Crossways Room. They

- Nominated and elected the slate of officers.
- Granted letter of transfer to the Scott Bittner family to St. Matthew.
- Granted permission for Civic Chorus to continue rehearsals and performance here in the coming year.
- Developed an idea for the Little league parade float.
- Received the reports of the pastor, officers, and committees.
- Directed the Property Committee to ascertain the best bid for the tree removal in the courtyard, and to proceed with the work.
- Accepted the bid of L & L Boiler for preventative annual maintenance on the boilers at a cost of \$2,764.
- Received the report of one of the Brainstorming Committees.
- ♦ Set the next meeting for June 20, 6:30 p.m. in the Crossways Room.
- Assigned prayer-leaders and offering handlers.
- Concluded with Prayer at the Close of the Day in the Chapel.

Youth Sunday School Schedule

Our last day for Sunday School ages Pre-K to 8th grade will be June 5th.

Parish Register

Staff & Officers Contact Information

stmarks@stmarkswilliamsport.org
The Reverend Kenneth Elkin, Pastor
Ray Huff, Council President
Jungwha Kim, Director of Music
Bernadette Jones, Christian Education
Michele Owen, Christian Education
Susan M-Smith, Parish Secretary
Richard Wagner, Financial Secretary
Lou DeSeau, Environmental Services

Website: stmarkswilliamsport.org pastor@stmarkswilliamsport.org rhuff@stmarkswilliamsport.org jkim@stmarkswilliamsport.org bjones@stmarkswilliamsport.org mowen@stmarkswilliamsport.org smsmith@stmarkswilliamsport.org rwagner@stmarkswilliamsport.org ldeseau@stmarkswilliamsport.org

| Church Office | 323-4619 | fax | 323-2452 |
|-----------------|----------|-----|----------|
| Pastor's Home I | 323-7367 | | |
| Ray Huff Home | 368-1473 | | |
| Gregg Dancho, | 435-2716 | | |
| Jane Zimmerer, | 433-3324 | | |
| Michele Ramsaı | 368-8036 | | |
| Ken Shafranko, | 322-6005 | | |
| Mel Wentzel, Di | 327-8286 | | |
| Kathy Eshelmar | 433-0522 | | |

Summer Activities



The festival of Pentecost will be observed June 12 and the liturgical color for the day is red. In years past we have included in our observation of this festival day the use of red geraniums. Because the feast falls so late this year we won't be able to take advantage of the geraniums as we had before. But we can take advantage of each of you wearing something red. Bright red. Festively red. The altar flowers will be red that day and your bright red clothing will go especially well with the flowers that day.



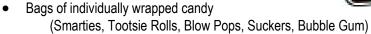
Front Lawn Celebration

It is time to begin planning our annual Fourth of July celebration!

Last year we welcomed more than 400 people to St. Mark's.

To be ready for a big crowd again this year the Social Ministry committee needs donations of





- Bags of popping corn (We popped 25 pounds last year.)
- Bottled water in 8 oz. and 16 oz. sizes (We gave away more than 300 bottles last year.)
- Lemonade and Ice Tea mix
- Trinkets / Kiddie prizes
- Boxes of Snack-Size plastic bags
- Bags of fruit snacks
- Money for items not already donated



Donated items can be placed in the tub in the Narthex.

Checks can be made payable to St. Mark's with the memo line designating Fourth of July.

Volunteers will be needed to set up, serve, and clean up this event.

Speak with Becky Miller Pryor if you wish to volunteer. Thank you for any help you can give.

Is Camp Mount Luther in your family plans this summer?

The congregation offers 1/2 of the camp fee to youth who wish to go!!



Summer staff is recruited and ready to go. There is a summer kick-off event on June 5 with a tour through the camp, games, and concluding with a chicken BBQ from 4-6:30 PM.



The meal price is \$9 for adults and \$4.50 for children under 12. Please pre-order at 922-1587 or cml@campmountluther.org by May 24.

United Churches of Lycoming County

Our Second Annual.... **AMAZING GRACE TOUR** Saturday August 6, 2011 10:00 am to 2:00 pm



Join us in visiting some of our beautiful houses of worship this year. Included in each tour will be music, architecture, stained glass windows, history and refreshments.

The Williamsport Houses of Worship included in the 2011 tour are:

St. Boniface Catholic Church New Covenant United Church of Christ St. Mark Lutheran Church The Salvation Army Holy Cross Orthodox Church

The cost per ticket will again be \$10 and the proceeds will go to the Salvation Army and to our United Churches' Shepherd of the Street Ministry. Reserve the first Saturday in August in your calendar and enjoy learning more about our wonderful churches! For more information contact Gwen at United Churches, 322-1110 or uclc@sunlink.net or any of the committee, Gerry Fausnaught - Chair, Melodie Russell, Jackie Thomas.

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

FOOD PANTRY NEEDS

These are the items that are currently needed:

mac n' cheese granola bars canned veggies Ramen Noodles pancake mix Ketchup

canned fruit cake mixes spaghetti sauce coffee jello mixes pancake syrup powdered drink mixes

tea bags frostings crackers mustard

Donations are received Monday mornings from 9:30 - Noon. 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.

The Shepherd of the Streets



needs regular sizes of: deodorant, soap, combs, razors, shaving cream, shampoo, conditioner, towels, wash cloths, toothbrushes, toothpaste, tissues, toilet paper, women's hygiene products, baby shampoo, oil, powder,

diapers, baby swabs, and wipes.

ELCA Women Fall Bazaar



Spring Cleaning for the Fall Bazaar

Saturday, October 1, 2011 9:00am - 1:00pm Although we are not having a clothing sale this spring, the Women of St. Mark's still need your house-wares and other items for our annual Fall Bazaar. Spring cleaning donations may be placed in the Bazaar Room in the basement.

Please consider donating your seasonal clothing to Daniel's Closet.

St. Mark's Social Ministry

Hosting for Family Promise Sunday, June 19th ~ Sunday, June 26th

we will be hosting families with children who are experiencing a housing crisis.

We are in need of volunteers

- to set up Fellowship Hall and the rooms being used for bedrooms,
- † drive the van in the morning and evening,
- donate money to offset the cost of fresh foods, milk and any needed supplies,
- † prepare meals.
- * serve meals and eat with the families.
- † visit in the evenings with our guests,
- stay overnight and get the coffee going in the morning,
- + clean up at the end of the hosting week,
- † and launder the bedding.

If you have two hours to donate you can be a volunteer and make a difference in a family's life. Please plan now to be part of that difference. Check your calendars for your availability.

With assistance from Larue Dieter, Jane Zimmerer and Becky Miller Pryor have begun contacting folks who have previously served during hosting week in one capacity or another.

Be expecting a telephone call from one of us in the near future.

If you have never volunteered but would like to find out more, contact either Jane or Becky for more information.

Needed: Cookie Makers and Cake Bakers

To assist with our Family Promise hosting and to lighten the load of the people who donate dinners we are looking for folks who will donate a cake or a batch of cookies for use as dessert with the dinners we serve each evening. For those who enjoy baking, this is a wonderful way to volunteer during Hosting Week. We would need two cakes and a batch of cookies at the beginning of our hosting

week. Two additional cakes and possibly a batch of cookies would most likely be needed about midweek. As of press time we have two cakes being donated for the beginning of hosting week. Please contact Jane Zimmerer or Becky Miller Pryor if you can provide a cake or some cookies for later in the hosting week.



Habitat for Humanity Luncheon Wednesday, July 6, 2011 12:00 PM in Montgomery

St. Mark's is hosting a mid-week luncheon for a group of Habitat volunteers from Virginia at the newest build in Montgomery. The Social Ministry Committee is seeking donations of bottled water, jars of pickles and olives, cans of fruit cocktail, pineapple chunks, and mandarin oranges, a batch or two of homemade cookies and money to offset the cost of veggies, fresh fruit, hotdogs and rolls for 25 workers.

Speak with Becky Miller Pryor if you would like to help serve that day or to donate a food item. Checks may be made payable to St. Mark's and earmarked for the Habitat luncheon. Thank you for any assistance you can give.

ELCA Local & National News

June 10-12, 2011: Called: Future Pastors and Church Leaders Camp '11

Calling all young people who are completing 9th, 10th, 11th, or 12th grades! From June 10- 12, 2011, the synod's youth and candidacy committees and Camp Mount Luther will again sponsor "Called: Future Pastors & Church Leaders Camp '11." We will begin Friday evening and conclude early afternoon Sunday. This will be an interactive, exciting weekend retreat for youth who show potential for church leadership. Congregations are asked to encourage young people personally whom they may identify with potential gifts for ministry. The event will include visits with area congregations, ministries, and pastors, service projects, and more. Cost: \$25 per person. A registration form is available on the synod website (www.uss-elca.org) and the camp website (www.uss-elca.org). A more detailed schedule will follow soon.

2011 Synod Assembly

The 2011 Upper Susquehanna Synod Assembly will take place at Susquehanna University in Selinsgrove on Friday, June 17, and Saturday, June 18, 2011 with the theme "The Church Must Be Planted." Registration materials are being mailed to congregations in early March. Congregations elect their voting members to the assembly in the process designated by their congregational constitutions. This year's assembly will gather an "in-kind" offering of health kits for Lutheran World Relief. Congregations are encouraged to collect kits together, sending a box full (or more!) with their voting members on the first day of the assembly. Our synod's goal is to collect 3,365 kits (the average number of kits distributed by LWR in one week in 2010). Go to http://www.uss-elca.org/usslwr-health-kit-in-kind-offering for more details about collecting LWF health kits.

Pages Needed for Synod Assembly

Calling all youth (who have completed at least sixth grade), college students and seminarians! The 2011 USS Synod Assembly is looking for pages. You'll be needed on Friday and Saturday, June 17-18, from 7:45 a.m. until the end of the day. Responsibilities include handing-out papers, bulletins, and other materials as well as serving as ushers for worship and counting votes when asked. Meals will be provided for the pages. All pages receive a free T-shirt! If you have interested youth, please send their names to Pastor Jill V. Seagle at pastorjills@windstream.net.

Singers Needed for Assembly Choir

On behalf of the Bishop's Committee on Worship, which is planning worship for Synod Assembly on June 17-18, 2011, you are invited to sing as part of the Synod Assembly Choir that will provide musical leadership for worship services on Friday, June 17, at 10:00 a.m. and Saturday, June 18, at 10:00 a.m. in the Degenstein Theater at Susquehanna University. In addition to leading the liturgy and hymns, the choir will prepare special music for the service. The assembly is being held in the Degenstein Theater, as it was in 2010. Adult and high school singers who would like to sing in the Assembly Choir should have some choral experience in church and/or school. Being able to read music is helpful but not required. Bring a friend. If you cannot attend both services, please feel encouraged to sing at one.

Two rehearsals are scheduled for Sunday afternoons, May 22 and June 5, from 2:00 – 3:30 p.m. in the chapel of **Zion Lutheran** Church in Sunbury. A "warm-up" rehearsal will take place in a room at the Degenstein Center at Susquehanna University at 9:00 a.m. prior to each service. If you plan to sing in the choir, please contact David Reier by May 20, 2011, at dreier@ptd.net. If you have guestions, please do not hesitate to contact Reier at 570-286-1664.

Gettysburg Seminary Announces Matching Gift Opportunity

Thanks to a generous gift, congregations and individuals making a gift or pledge to the Gettysburg Seminary Crossroads Campaign for the renewal of the Seminary Chapel will be matched 1 to 1, dollar for dollar. This Easter season is the opportunity for friends of the Seminary to participate in the current phase of the Gettysburg Seminary Crossroads Campaign, which has targeted the chapel renewal as a focus. The match covers gifts and pledges up to \$400,000. Pledges from two western Pennsylvania Synods recorded by June 30 will qualify, and pledged giving may occur over a 3-5 year period. The renewal project includes conversion to geothermal heating and cooling, refurbishing interior spaces, and increasing accessibility and safety of the 70-year old structure. More information about the chapel renovation project, and the print and electronic resources, (printed materials, bulletin inserts, etc.) are available from the Seminary. Contact the Seminary at Crossroads@Ltsg.edu or find resources at www.LTSG.edu/Crossroads/

SCHOOL BAGS FOR NEEDY KIDS

Even though school is nearly finished for the year, we need to think about next fall. Empty bags to be filled with school supplies will be in the Narthex during June. Help yourself to one (or more) bags.

Over the summer, watch for sales or specials on the items listed on each bag. Place the completed bags in the box in the Narthex.

In September they will be packed and sent to children all over the world who have barely enough food to eat, let alone the luxury of materials with which to learn.

ITEMS NEEDED FOR EACH BAG



- Notebooks approx. 8" x 10 ½" with 150-200 sheets
- (3 of the 70-sheet notebooks are preferred)
 (no loose-leaf/binder sheets)
- † 1 blunt scissors (metal blades)
- † 1 ruler (12" or 30 cm)
- † 1 pencil sharpener
- 6 unsharpened pencils w/erasers
- † 1 eraser approx. 2 ½" long
- † 12 sheets construction paper
- † 1 box crayons (16 or 24)



IT'S TIME TO RE-ORGANIZE OUR COMMITTEES!

We have had our annual assembly and election of new council members, the council has met and elected its officers, and now it is time to reorganize the committees for our work in the coming year.

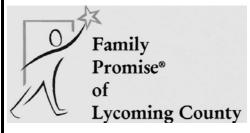
It is a great time for new ideas and fresh approaches. Please speak up if you have an interest and ability in a particular area. The Mutual Ministry committee is in the process of reviewing the job descriptions of each of the standing committees and over the next several months we will be highlighting the responsibilities of each group. We begin with Property and Finance. Please identify your interest in either of these areas to our new president, Ray Huff.



Property Committee: The purpose of the Property Committee is to proclaim Jesus Christ to each other and all the world by promoting the use of the congregation's physical resources in the support of our Christian mission. To this end the Committee will arrange for the promotion, protection, maintenance, repair, and expansion of all church properties. The Committee will supervise the use of the same by the congregation and other organizations so that the facilities are adequate for the functions assigned by the congregation.

Finance Committee: The purpose of the Finance Committee is to proclaim Jesus Christ to each other and to all the world by managing the financial resources of the congregation. They review financial reports, manage investments, supervise the money counters, establish procedures and controls, prepare the budget, supervise the audit, and similar duties.

From the Pastor's Pen...



It is amazing to see the wide impact of Family Promise affiliates. Thank you to all of the host and supporting congregations and their volunteers for their incredible work in changing the lives of children and their families.

Lycoming County

Here are the national figures: In 2010 the most individuals ever were served by affiliates: 49,533. The success rate remained high—77% of families moving on to long-term hous-

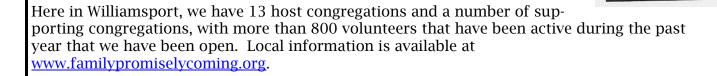
ing. But the struggles of the current economy--the lack of jobs and the continued challenges in finding affordable homes--were reflected in an average length of stay that increased 3 days, to 65 days.

As always, some of the unique elements of our program stand out. Slightly more than 5% of our families were headed by a single male parent. In most communities, it is not possible for such a family to stay together in shelter. Fifty-seven percent of the people we served were children, and 46% of those were age 5 and under (this last number increased by two percentage points for 2010).

Digging deeper into the issues behind family homelessness, this year the national researchers found: that almost 17% of families had at least one member with a disability. Approximately one in eleven adult female guests in the program is pregnant. And 7.57% of guest families became homeless as a direct result of foreclosure—slightly

more than 1 in 50 families who were served in our IHN programs were homeowners who lost their mortgages; 1 in 20 were renters who lost their housing due to their landlord's foreclosure.

Family Promise currently has 163 affiliates (3 more will open by the end of May); is in 41 states and the District of Columbia; has more than 700 community initiatives; and involves more than 5,000 congregations and 135,000 volunteers. More national information is available at www.familypromise.org



LEADERSHIP CONTACT INFORMATION LIST

An updated list of contact information has been included with this issue of the Lion.

IT IS THE PUMPKIN COLORED PAPER!
PLEASE DO NOT THROW IT AWAY!

Keep this list near your phone or computer for when you need to reach the appropriate person in charge.

YOUTH & FAMILY

Little League Grand Slam Parade Wednesday, August 17!

We have a theme; we have volunteers for construction, **WE NEED A TRAILER!!!!**

This does not have to be very large— 8-12 feet long—

either a flatbed truck or a trailer that a car or truck can tow. It also needs to have a bed that we can screw into to anchor set pieces.



We would need the trailer to be in our parking lot by Tuesday evening, August 16. Can anyone help out with this? Please call the office or email Bernadette.



We also need 5 youngsters to volunteer to ride on the float they must have full baseball uniforms and will be taken on a first contact, first on basis!

Keep your eye on the bulletin and next month's Lion for work dates and further info. We need your support!

Congratulations, Graduates!!



"What we are is God's gift to us.
What we become is our gift to God."
— Eleanor Powell

Jamie Larson, Bloomsburg University
Degree in Business Marketing

Anthony Clark, Mansfield University
Degree in Business Administration

If we overlooked anyone, it was unintentional and we apologize. Please provide us with that information and we will print it next month.

Again, we are sorry for any omissions.



YOUTH & FAMILY

Passing on Faith: Wedding Anniversary Milestone



This milestone was celebrated place on Sunday, May 22, 2011. Twenty-three attended and enjoyed a meal of pork scaloppini with pear and ginger sauce, snow peas, and parsnip croquettes with a raspberry indulgence for dessert. Those recognized at the 10:30 service were:

Charles & Judith Fortin
 Raymond & MaryAnn Stiller
 Ruth & Leonard Sherlinski
 years
 years

Gifts of framed anniversary trees, certificates announcing memorial plantings in the courtyard and crosses made by John and Ruth Burkholder were presented after the meal. Bibles for the pews in the nave were donated by family members in honor of the couples.

Congratulations and thanks go to these couples for setting a beautiful example for all of us.

Women's & Children's Dinner ~ Fun for All!



The youth involved included Devin and Declan serving. After the meal, we were entertained by Hannah Haussmann on the piano, Sara Jones on the flute; Anna & Laura Zeigler treated us to their version of dueling violins; Theoron Hershey on oboe, Stephen Boone on cello, and Declan vocally rendered "Shenandoah" for everyone. Donna Elkin and Karen Boone accompanied some of the soloists. For their finale, the young people led the audience in "Now the Green Blade Rises," playing flute, Orfs and incidental percussion. Thank you gentlemen and youth for a wonderful evening!

FRIDAY FUN NIGHT

June 24

NO EXCUSES!

COME JOIN THE FUN!!!

Check it out at 6:00 p.m.,

Friday, June 24, in Fellowship Hall!



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

Dear Church Friends,

Thank you so much for the beautiful Women's dinner.

Bob and the kitchen staff -the meal was DELICIOUS.

The serving crew was delightful. Pastor did an amazing job on the centerpieces. Michele made excellent edible favors and Bernadette organized a fabulous entertainment.

We are extremely blessed to have such a special church family. Thank you <u>all!</u>

- Trish, Theoron & Kara Hershey

Dear friends.

We have received your recent donation of approximately 5 pounds of soda tabs to The Ronald McDonald House of Danville.

The funds we receive from recycling the tabs are used in assisting with financing House operations and programs for the families who are lodging here.

Because of your generosity our tab program continues to be a huge success! We can never have enough!! Thank you!

The Ronald McDonald House of Danville

Dear Friends,

Thank you so much for your contribution. God will surety bless you for your generosity. Without you we could not do what we are doing for the poor. I hope you know how much we need your help and how much we appreciate each and every donation. God bless you. You are in my prayers each day.

Love, Sister Henry St. Anthony's Center

Thank you to Jungwha Kim and the Adult Choir for performing the music piece donated in memory of my father-in-law. It meant a lot to our family.

- Kay Poliska

Dear Friends,

Thank you for your generous support.

~ Family Promise of Lycoming County

Dear friends at St. Mark's,

I admire people in St. Mark who gave me the position of the commander-in-music after Mr. Lakey who spent lifetime with you. He will not be replaced by me and he is an indelible figure in St. Mark's music. I am honored to be chosen and I thank God every day.

I am so touched the way you welcomed me through reception and decorating of my new office. They are not done yet. I feel much pampered to be welcomed.

There are people who work without getting recognition, but God will reward their good deeds. There are so many of you who work for the church out of their love toward God.

I worked for Baptist, Catholic (to learn the liturgy in my school days), Episcopalian, Methodist, and Presbyterian before I joined you. The positions at Presbyterian and Episcopalian were significant ones. I thought I am ready to work any churches working through various denominations, however Lutheran church is the last one and very challenging one but I am up for it. I am very venturous musician and I set my standard very high.

I am gladly surprised that abundant chorale preludes written by German-based old composers are easily found in our hymnal, Lutheran Book of Worship. It must be my destined denomination as a church musician.

Jungwha Kim

Happy Birthday!

06/01 Andrew Sims
06/02 Evelyn Bastian
06/02 Kathryn Elkin
06/03 Grace Arner
06/03 Sean Jensen
06/08 Ethan Hershey
06/08 Jeffrey Kneedler
06/09 Ryan Goertz
06/09 Douglas Schmitt
06/10 Kenneth Elkin
06/10 Jennifer Robertson
06/10 Heather Snyder
06/11 Robert Clokey
06/12 Alex Clokey

06/14 Robert McCullough 06/14 Julie Patrick 06/15 Ruth Sherlinski 06/17 Nathan Edler 06/17 Norma Lehman



06/18 Carl Knowlden 06/18 Kelli Travis 06/19 Barbara Larson 06/19 Christina Raup 06/22 Barbara Rechel 06/22 Cheryl Williams 06/23 Sharon Comini 06/23 Lillian Miller 06/23 Taigen Thorne 06/23 Tali Thorne 06/24 Liam Elkin

06/24 Clam Eikin 06/24 Robert Helm 06/25 Ernestine Doane

06/27 Megan Eppleman 06/27 Kristin Lynn

06/28 George Poliska 06/29 June Decker

06/29 Kenneth Shafranko

06/30 April Clark 06/30 Emily Welker

Happy Anniversary!

06/01 Robert & Anne Miller 06/08 Shane & Amy Stugart 06/09 Randy & Sandra Edler 06/10 David & Carol McMorris 06/13 Donald & Barbara Switzer 06/13 James & Kristine Wacker

06/14 Steven & Randa Bieber 06/18 Steve & Bonnie Eyer 06/18 Charles & Ann Kuntz 06/18 Gary & Shelby Weber 06/19 John & Ruth Burkholder 06/21 John & Brenda Bower 06/23 Kenneth & Donna Elkin 06/23 James & Susan Newcomer 06/25 Edgar & Donna Miller Jr. 06/28 Andrew & Vicki Haussmann 06/30 Harold & Joyce Hershberger

News in Our Pews

And the beat goes on – almost without skipping a beat **Donna Elkin** ended her stint as substitute organist and choir director and **Jungwha Kim** became out newest choir director and organist – just the third to hold this position in decades at St. Mark's! Donna did a great job for us and we thank her most sincerely and welcome Jungwha to Williamsport and St. Mark's.

Congratulations to **Bob Swartz** who was honored for his many years of service to the Repasz Band. This band has a truly illustrious history which you might be interested to read on their website. Their story goes back as far as the Civil War.

Nick Buckman continues to add to his theatrical credits with a performance in "Shop Til you Drop"-great title, details from Nick

It was nice to see the **Fortin** family who were at St. Mark's to celebrate the milestone anniversary of **Charlie and Judy**. **Ray and Mary Ann Stiller** and the **Sherlinski's** were also honored.

Lots of summer activities coming up and this is the month of graduations, proms, etc. so be sure to let me know of your good news so that I can share it with everyone.

Joyce S. Hershberger

In addition from a little church mouse...

In the Sun., May 15 Sun Gazette **Joyce Hershberger** was pictured with other past presidents of the Woman's Club of Williamsport celebrating an anniversary of their purchasing their present location.

HEALTH, HEALING & WHOLENESS



Who among us cannot identify with Paul when he laments, "I do not do the good I want, but the evil I do not want is what I do (Romans 7:19)? In the summertime, it is easy to just "go with the flow" when we picnic or vacation. It is at those times when we let down our guard that accidents happen. According to the U.S. Consumer Product Safety Commission, more than 3.7 million consumers have made unplanned trips to their hospitals' emergency departments ... in just one summer!

We often hear safety tips and warnings in regard to swimming, biking, hiking, picnicking, swimming, etc., and it can be easy to tune them out, thinking, "Yeah. Yeah. Yeah. I've heard this before! I'm careful!" So ... I'd like to devote this month's article to safety issues you may not have heard before! For much more comprehensive listings, check out the websites of the *American Academy of Pediatrics*, and the *U. S. Consumer Safety Commission*.

- If the outside temperature is 85° or higher, discard all food that has been sitting out for an hour. If the temperature is under 85°, throw it away after 2 hours.
- Never bring charcoal grills indoors [garage]. Burning charcoal produces deadly carbon monoxide.
- † If your plans include camping, and you want to heat the inside of your tent or pop-up, use only those portable heaters equipped with oxygen depletion sensors (ODS). Heaters also produce carbon monoxide (CO). One which is equipped with an ODS will automatically shut off if oxygen levels begin to fall in the enclosure. Certain camping lanterns can also cause CO poisoning
- ◆ Create three safety layers around your swimming pool a fence, an alarm, and an eagle-eyed adult!
- So-called, "safe" fireworks, such as sparklers can reach temperatures above 1000°, burning users and/or bystanders.
- *Children who are not licensed to drive a car should not be allowed to operate off-road vehicles. [They] are particularly dangerous for children younger than 16 years who may have immature judgment and less developed motor (muscle) skills." (www.aap.org)
- A cushion of at least 9" of wood chips should be distributed under playground equipment to serve as a shock absorber for falls.
- The *American Academy of Pediatrics* recommends, "communities continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by kids at home."

Finally, I cringe whenever I drive by a home that has a trampoline in the yard! In fact *AAP does not* recommend the use of home trampolines. Children and adults are sustaining injuries, which range from sprains and strains to broken necks, head, and spinal cord injuries. Kids 15 and under account for two-thirds of all trampoline injuries, and almost 75% of all injuries involved more than one person being on the equipment at one time. According to the University of Michigan C. S. Mott Children's Hospital even adult supervision is not always adequate. Spotters need to be big enough and strong enough to protect the jumper if he/she gets too close to the edge. Though it can be a lot of fun, perhaps this is a piece of equipment better left to professional gymnasts.



Have a blessed and safe summer! Debbie Best, RN, BSW, MHA

ATTENTION! We have a new telephone system!

You may now leave messages for a specific person, make changes to your personal information, or RSVP to special events. We even have selections giving directions to St. Mark's and listing special services. Please take a moment *after office hours* to call and listen to the new message which will let you know all the options available to you. We are excited to see how this will work so please let us know what you think about the new system.



SPECIAL CONCERNS LIST

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Ralph Zeigler Sr.

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How to Have a Great Day!

- 1. Wake Up! Decide to have a good day. "Today is the day the Lord hath made; let us rejoice and be glad in it" Psalms 118:24
- 2. Dress Up! The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks. "The Lord does not look at the things man looks at. Man looks at outward appearance; but the Lord looks at the heart." I Samuel 16:7
- 3 . Shut Up! Say nice things and learn to listen. God gave us two ears and one mouth, so He must have meant for us to do twice as much listening as talking. "He who guards his lips guards his soul." Proverbs 13:3
- 4. Stand Up! For what you believe in. Stand for something or you will fall for anything. "Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good." Galatians 6:9-10
- 5. Look Up!..To the Lord. "I can do everything through Christ who strengthens me." Philippians 4:13
- 6. Reach Up!..For something higher. "Trust in the Lord with all your heart, and lean not unto your own understanding.. In all your ways, acknowledge Him, And He will direct your path" Proverbs 3:5-6
- 7. Lift Up!...Your Prayers. "Do not worry about anything; Instead PRAY ABOUT EVERYTHING." Philippians 4:6

5T. MARK'S JUNE CALENDAR OF EVENTS

1 Wednesday

9:00 AM Morning Prayer 9:20 AM Staff Meeting 6:30 PM Worship & Music Comm.

2 Thursday

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

3 Friday

9:00 AM Morning Prayer

4 Saturday

10:00 AM VBS Workday

5 Sunday Easter VII



8:00 AM Holy Communion 9:15 AM Summer Forum 10:30 AM Holy Communion 1:00 PM Annual Picnic

6 Monday

9:00 AM Morning Prayer 10:00 AM LL Liaison Mtg 6:30 PM Property Committee

7 Tuesday

9:00 AM Morning Prayer 10:30 AM Pastor @ Bloomsburg Ministerium

8 Wednesday

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

9 Thursday

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

10 Friday

Council Agenda Deadline 9:00 AM Morning Prayer

12 Sunday Please wear red **Festival of Pentecost**

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



12 Sunday

5:30 PM VBS

13 Monday

9:00 AM Morning Prayer 5:30 PM VBS

14 Tuesday

9:00 AM Morning Prayer 5:30 PM VBS

15 Wednesday

9:00 AM Morning Prayer 9:20 AM Staff Meeting 5:30 PM VBS

16 Thursday

6:31 AM Men's Ministry 9:00 AM Morning Prayer 9:20 AM Stephen Ministry 5:30 PM VBS 6:00 PM Executive Committee

17 Friday

Newsletter Deadline USS Assembly

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

18 Saturday

USS Assembly

19 Sunday **Holy Trinity**

Hosting FPLC

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

20 Monday **Hosting FPLC**

9:00 AM Morning Prayer 12:00 PM Staff Luncheon 6:30 PM Council Mta. 7:00 PM Dog Club

21 Tuesday **Hosting FPLC**

9:00 AM Morning Prayer



22 Wednesday **Hosting FPLC**

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

23 Thursday **Hosting FPLC**

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

24 Friday **Hosting FPLC**

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

25 Saturday **Hosting FPLC**

9:00 AM Daniel's Closet @ Redeemer

26 Sunday **Hosting FPLC** Pentecost II

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

27 Monday

9:00 AM Morning Prayer

28 Tuesday

9:00 AM Morning Prayer 6:30 PM Family Promise Board

29 Wednesday

9:00 AM Morning Prayer 9:20 AM Staff Meeting 6:30 PM Mutual Ministry

30 Thursday

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

Summer Forum Schedule

June 5th—Bible Overview June 12th—Bible Overview June 19th—Language & Worship June 26th—Bible as Source & Norm ST. MARK'S LUTHERAN CHURCH 142 MARKET ST. WILLIAMSPORT, PA 17701

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