



The Lion

of St. Mark's

OCTOBER 2011



A congregation full of managers...

Every day each one of us wrestles with the question of how to make the best use of the time, skills, opportunities and objects that God has entrusted to us. We are tempted to think of them as our private possessions even though we are only managers of all these things on behalf of God the creator and owner of everything that exists. We are a congregation full of managers.

Consecration Sunday is fast approaching. It is our special day each year to focus on one portion of our management tasks, how we use money to accomplish the work we do together as the congregation of St. Mark's. There are lots of additional decisions we make about

managing our individual aspects of life, but Consecration Sunday is about the work we do in common. Each of us needs to discern what percentage of our income we should use for sharing the Good News through St. Mark's.

Every attendee and member who completes an Estimate of Giving Card, does so voluntarily by attending morning worship on Consecration Sunday, October 16. We urge everyone to attend, even those who are hesitant to complete a card, because the procedure is done in such a way that no one feels personal embarrassment if he or she chooses not to fill out a card.

Since we will make no follow-up visits to ask people to complete their cards, we will make every effort to inform, inspire, and commit everyone to attend worship on Consecration Sunday, October 16. In the coming weeks, please think prayerfully about the blessings God has given to you, and about how you are called to share those blessings.

The other part of the event is the celebration meal that follows each worship service on October 16. At services on October 2 and 9 we'll be asking for your reservation for the breakfast following the 8:30 service or the lunch following the 10:30 service on Consecration Sunday. It is important that every member take part.

Our special guest on October 16 is The Rev. W. Stevens Shipman, Pastor of the Clinton County Lutheran Parish, who will be preaching and presiding at St. Mark's while Pastor Elkin is doing the same in his parish. Pastor Shipman has wide-ranging experience in parish ministry including service in Perry County, Bloomsburg, and suburban Harrisburg. He has served on numerous boards and commissions including the Board of Tressler Lutheran Services. With Pastor Elkin, he shares membership in the Society of the Holy Trinity. We look forward to welcoming him to St. Mark's.



INDEX & COUNCIL UPDATE

Inside This Issue:

A Congregation of Managers	1
Officer & Staff Contact Information	2
Council Notes.....	2
Parish Register	2
Family Promise Thank You.....	3
Blanket Sunday.....	3
Fall Bazaar.....	3
United churches of Lycoming County	4
FLOOD ASSISTANCE Info.....	4
Love-Pray-Share: Shepherd of the Streets.....	5
CROP Walk.....	6
United Campus Ministry.....	6
October Goings-On.....	7
Medical Equipment for Loan	8
Youth Bible Study	8
Fun Night	8
Lunch'n'Fellowship.....	8
Camp Mount Luther Appeal	9
Youth Quakes & Zones.....	10
Teen Movie Night.....	10
Fall Fun Fest.....	10
Catechetics	11
First Communion.....	11
Children's Church	11
Operation Christmas Child.....	12
News in Our Pews	12
Birthdays & Anniversaries.....	13
Scholarships	13
Health, Healing & Wholeness	14
Nurse's Notes	15
Special Concerns List	16
Life Chain.....	16
Calendar	17
Consecration Sunday.....	C

Council Notes

- On Monday, September 19, the council met and
- ✧ received the regular reports of the pastor, officers, and committees.
 - ✧ acknowledged the new status of confirmed members Jarrett Eyer and Dustin Pelleschi.
 - ✧ approved the use of the loose offering on November 13 for the Women of the ELCA.
 - ✧ approved the use of the choir room on two Saturdays per month by a group of violin students under the direction of Katie Johnston. Dan Zeigler will be the council member present.
 - ✧ moved to adopt Pastor Brian and Christine Palmer as our new missionaries working in Liberia.
 - ✧ affirmed the actions of the Property Committee in accepting a 2 year termite contract with the Orkin company, and accepting the bid of SV2 for improvements to the sound system in the nave.
 - ✧ with regret, received the resignation of Ruth Pile from the Council because of the many things she must do because of the recent flood.
 - ✧ concluded the meeting with prayer at the Close of the Day led by Gregg Dancho.

The next regular meeting will be October 17, 2011

October 3, 2011

WELCOME BACK, SUSAN!

We missed you!

Parish Register

- † Affirmation of Baptism-Confirmation on September 11, 2011:
Dustin Pelleschi, Jarrett Eyer

Effective immediately, Bishop Driesen's new home telephone number is 570-245-2800. All other contact information remains the same.

Staff & Officers Contact Information

stmarks@stmarkswilliamsport.org	Website: stmarkswilliamsport.org	Church Office	323-4619	fax	323-2452
The Reverend Kenneth Elkin, Pastor	pastor@stmarkswilliamsport.org	Pastor's Home Phone			323-7367
Ray Huff, Council President	rhuff@stmarkswilliamsport.org	Ray Huff Home Phone			368-1473
Jungwha Kim, Director of Music	jkim@stmarkswilliamsport.org	Gregg Dancho, Vice-President			435-2716
Bernadette Jones, Christian Education	bjones@stmarkswilliamsport.org	Jane Zimmerer, Secretary			433-3324
Michele Owen, Christian Education	mowen@stmarkswilliamsport.org	Michele Ramsauer, Asst. Sec			368-8036
Susan M-Smith, Parish Secretary	smsmith@stmarkswilliamsport.org	Ken Shafranko, Treasurer			322-6005
Graydon Yearick, Financial Secretary	gyearick@stmarkswilliamsport.org	Mel Wentzel, Director, <i>The Way</i>			327-8286
Lou DeSeau, Environmental Services	ldeseau@stmarkswilliamsport.org	Kathy Eshelman, Stephen Ministry			433-0522

Family Promise

Hosting Week a Success !

From September 8, 2011 to September 18, 2011 we hosted a family of two adults and four little girls experiencing a housing crisis. This young family expressed thanks for the safe harbor St. Mark's provided during a very stressful time in their lives.

Jane Zimmerer and Becky Miller Pryor wish to thank the many volunteers who set-up Fellowship Hall and the two bedrooms, prepared meals, washed dishes, baked wonderful cookies and cakes, played with the children, chatted with the adults, slept over, cooked breakfast on the two weekends, donated groceries, cleaned up at the conclusion of the week and did laundry for the next hosting week.

A special thank you is given to Lou DeSeau and Michele and Devin Owen who quickly set up the hosting areas when our family was forced to quickly leave Lycoming Centre Presbyterian due to flooding. And again we thank Larue Dieter for the many hours she spent telephoning the many volunteers needed to make hosting possible. Without the help of these special folks Jane and Becky would have been overwhelmed. Thank you, thank you, thank you!

Mark your calendars now for our next hosting week. It is December 11 – December 19, 2011.

How best can you answer Christ's call to serve?

Women of St. Mark's

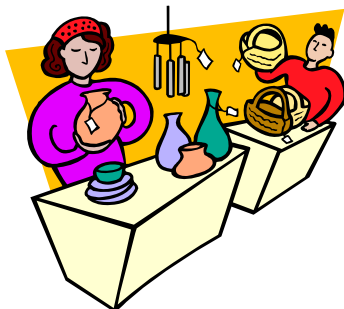
KEEP THEM WARM!

BLANKET SUNDAY, OCTOBER 2

Kits and Quilts are ready to go to people affected by disaster and fear. Thank you to everyone contributed. Last year Lutheran World Relief sent 213,350 School Kits, each donated by someone like you. Together, we can – and do – make a difference.



There is still an opportunity to help by contributing to the purchase of additional blankets. Please look for envelopes with October's *Lion*. Thank you.



Fall Bazaar, Saturday, October 1, 2011

9:00 a.m. ~ 1:00 p.m.

Stop in and peruse the many treasures donated by the congregation. Your purchases make our charity work possible locally and globally.

Food will be available for purchase.

If your schedule allows lend a hand with the clean up that begins at 1:00 pm.

United Churches of Lycoming County



What do your donations help UCLC to accomplish?

- † worship services at most of our nursing homes, assisted living homes, prisons
- † Shepherd of the Streets
- † food pantry
- † United Campus Ministry at Penn College
- † noon Ecumenical lunches at Pine Street
- † daily devotional line
- † weekly news about faith related issues
- † Footsteps to Follow in the paper each week
- † interfaith dialogue and services
- † CROP Walk
- † worship services during Lent
- † Church Women United

...and more! Your support *is* needed!



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	canned fruit	tea bags
granola bars	cake mixes	frostings
canned veggies	spaghetti sauce	coffee
Ramen Noodles	jello mixes	crackers
pancake mix	pancake syrup	mustard
Ketchup	powdered drink mixes	

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.

Flood Assistance Info from UCLC

FEMA INFORMATION FOR THOSE WHO HAVE BEEN FLOODED

By "flooded," we do not mean that your house had to be flooded upstairs. Depending on the damage done to your home, water in the basement should be reported. Don't decide that others need something more than you do. If you had water on your property, even if you are on a well system shared by a neighbor who was hit by water, CONTACT FEMA.

The FEMA distribution center in the Montoursville area offers resources of which you may not be aware...even if you did file online or by some other means besides your local center. Representatives from the following government agencies are at the facility: Departments of Education, Agriculture, Transportation & Health (cleaning supplies and tetanus shots,) Salvation Army, Housing & Economic Development, Small Business Administration (working with residences,) Dept. of Revenue, and Senior Services.

Food Stamps are available as a one time issue to victims. There are food vendors and free meals for children. They also have well water test kits to check your drinking water.

IN CASE YOU DID NOT KNOW: Well water comes from underground rock that runs for miles; some wells in Clearfield and Centre Counties are supplied by water from Lake Erie. It normally is pulled from rocks. Sometimes the water you draw may be the same or different than that in the well of your next door neighbor. Therefore, if you have well water and an area nearby was flooded, the water could be contaminated. You might consider going to FEMA just to get a kit to make sure you well water is still safe to drink.

Families who were affected by the water are also qualified to receive free lunches and breakfasts at school.

Families who were affected and need food stamps can go to the Public Assistance Office to apply.

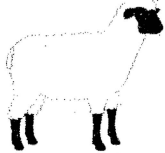
The FEMA Center is open 10am-7pm daily. It is located at 740 Fairfield Road, Montoursville.

TTY SERVICES ARE AVAILABLE AT 1-800-462-7585. Others can call 1-800-621-FEMA or (3362)

On the web: www.disasterassistance.gov

On video relay service (VRS): 1-800-621-3362

Love ~ Pray ~ Share



SHEPHERD OF THE STREETS

J. Morris Smith, Th. D., Contact at: 322-8568

SOME OBSERVATIONS REGARDING POVERTY

Why do many of the poor not work? Many do not work because they have no skills to market. I would say first that it is a generational thing. They have no skills because they had parents and/or mentors who did not pass skills on to them or were not impressed by parents and/or community to make preparation for life and work. The examples who they observed in the years of formation often did not pursue work with aspiration or excellence.

Why can't many of the poor keep a job? They do not know how to keep a job because they are ignorant of some of the essentials of employment: productivity, service, socialization, deportment, respect, courtesy, verbal discretion, ability to communicate and, therefore, understand instruction, and an inadequacy in the use of the English language.

The-se deficiencies can come from a number of sources, the main one being family (nurture) and another is the lowering of standards in schools (ineffective education). The breakdown in marriage and family has produced hopelessness in the children resulting in a lack of ambition. Inadequate education that does not teach morals, behavior, and a sense of divine identity militates against commitment, responsibility, refinement, civility, prudence, and a true sense of self worth (meekness: right view of one's self). This results in deterioration of the appreciation of fine arts and in an appearance that shouts inferiority and rebellion and depression. This, in turn, results in a disinterest in learning a better way to do things (the reforming and refining of concepts). All this is called a "work-ethic".

Of course, there are other reasons for not working: disabilities (physical and mental, many of which are the results of early lifestyles), fear (brought on by ignorance), a sense of entitlement (someone; government or church or agency has what is needed), and of course, a lack of jobs that are commensurate with abilities.

In a nutshell, the erosion of spirituality and religion in general in the public sector (schools, government, etc.) has its conse-

quences. As a Christian, I am constantly throwing these insufficient behaviors and perceptions over against the teachings of Jesus Christ who came to give all abundant life. I take every opportunity to challenge them when prompt-ed by the Holy Spirit. I do not fling the words of the Lord about indiscriminately, but I find joy in the many opportunities to offer divine counsel to those who seek help from the Shepherd of the Streets.

We are always in need of regular size hygiene items, baby and adult diapers, bedding, and the finances to help with work readiness and prescription assistance. Thank you for your past faithfulness. The exact listing follows:

Items for Babies:

baby diapers in all sizes *baby powder*
baby oil *baby sham-poo*

Items for Men and/or Women,

All in regular sizes

deodorant *shampoo*
razors *shaving cream*
toothpaste *tooth-brushes*
soap *feminine products*
Kleenex *toilet tissue*
paper towels *bath towels*
wash cloths

Many churches have a "Shepherd box" in the foyer to collect such items; others have special drives through the church or auxiliary groups.

We also have a Shepherd Kiosk that is available to place in your church for several weeks or a month if you would like to especially focus on the Shepherd ministry.

CROP WALK

Sunday, October 9, 2011

at 1:30 P.M.

at the River Walk in Williamsport!

**Registration will begin at 1:00 P.M. at our
very own St. Mark's Lutheran Church!**

You can select your River Walk route for a 3, 6 or 10 mile walk, or anywhere in between.



Last year's walkers

We had a great time last year and hope even more folks from St. Mark's will join us this year!!

UNITED CAMPUS MINISTRY

Sharon Comini, Coordinator,

Contact at: 419-5376 or ucm@uclc.org

The fall semester has gotten off to a good start. We held our annual kick-off and were able to meet some new students. We look forward to working with our new adviser, Mrs. Deb Buckman, who teaches in the Science Department. Faith Talk meetings continue to be on Monday evenings at 8:00 in room CC 105C, led by local pastors. Students look forward to this time of Bible study and discussion each week.

We will be working with Yokefellow Prison Ministry during Fall Break Mission weekend, October 14-15 and are always interested in helping churches and other ministries in the area. We'd like to participate in many service projects through-out the year. Please let us know if your ministry could use some help with an upcoming project.

There are many for you and your congregation to get in-volved with UCM.

· **Pray:** for the students currently involved in UCM and for the students that are searching for the Lord.

· **Bake:** You can help with UCM's next fundraiser, a bake sale on Thursday, September 29. We'll need cookies, brownies, cupcakes or anything. (you know how college students love to eat)! Please call me at 419-5376, and I will be happy to pick baked goods up. Monies will fund our program and Spring Mission Trip.

· **Make Study Bags:** At the end of each semester, we give study bags made by local congregations. They contain snacks, drinks, and prayers to let students know someone is praying for them throughout their exams.

We are always looking for our group to grow. If you have students attending Penn College, let them know about us and what we do. If you would like to find out more about what UCM is all about, we'd be happy to make a presentation to your congregation. I look forward to another exciting year of ministry with the students and congregations. Please continue to keep the students, faculty, and staff at Penn College in your prayers. Thank you for your continued support.

- Sharon Comini

October Goings-On

Blanket Sunday - October 2

*Lutheran Shared Ministry's
SCHOOL OF RELIGION*

October Wednesdays , 1:30-3:00 p.m. (sign up now!)

Harvest Home

Sunday, October 9, 2011

Our church family will be celebrating a day of thanksgiving by bringing non-perishable items for the local food pantry.

Bags are available after church on Oct. 2. Please bring your items in those

Consecration Sunday, October 16, 2011

*Join us for
breakfast or lunch.
Fill out your card
or call us now!*



Fall Fun Fest for All Ages!

Saturday, October 29,

beginning at 5:00 p.m. in Fellowship Hall

Medical Equipment for Loan

Are you or a loved one in need of crutches or a walker or shower chair to assist in your day to day care as you or a loved one recovers from an illness or injury? St. Mark's may be able to help. Presently several items in very good condition are available for use as needed.

These items include

- ✧ 2 pairs of adjustable crutches
- ✧ 2 aluminum walkers with front wheels
- ✧ 1 walker that easily becomes a seat
- ✧ 1 shower bench
- ✧ 1 shower chair
- ✧ 1 prong-footed aluminum cane
- ✧ 1 portable toilet
- ✧ 1 booster seat with hand rails for use on a toilet.



Contact the church office if you wish to borrow one or more of these items.

FUN ' N ' FELLOWSHIP



"If there's no controller, how do you move the dice?"

Don't let this happen in your house! Join us
for
FUN NIGHT ON FRIDAY,
October 21!
6:30 p.m.
It's never too late to have fun
...join us!!!

Bring a favorite game, a snack & a friend!

GLORY

God Loves Our Rockin' Youth!

Join us if you want to rock!

HOME BIBLE STUDY

WITH FUN GAMES & SNACKS

Saturday, Oct. 22, 4-6 p.m.



at the **COMINI'S,**
336 Bennett Street,
Montoursville
971-5434/651-9062

LUNCH'N'FELLOWSHIP

Make it meatloaf!!

Wednesday, October 19!



Bring a dish to share, a friend, a kind word and a pleasant smile!!

Camp Mount Luther

Experience God. Experience Nature. Experience Service.

355 Mt. Luther Lane, Mifflinburg, PA 17844
 cml@campmountluther.org Phone: (570) 922-1587



Dear Friends of Camp Mount Luther,

There is a funny thing about this letter. In so many ways, I'm "preaching to the choir about showing up on Sundays." Yes, that was meant to be a little church humor, but there is also some real truth to my little joke. Chances are that if you are reading this letter, you already love Camp Mount Luther for any number of a variety of reasons...

... At the core, I believe that we share this one thought or ideal: I love Camp Mount Luther and I want to see us continue the ministry so that this sacred place will continue to transform the lives of children for generations to come. I'm using the word "transform" intentionally because this is what happens at camp.

It seems to me that all of us today are immersed in a life that rushes by all too quickly and that many of us have forgotten how to "Be still before the Lord and wait patiently for him" (Psalm 37, vs. 7). While we are at camp, there just seems to be a different kind of time that we all live in. It isn't that life suddenly slows down, goodness knows that our days are filled with activities that result in excitement, joy, and laughter. But somehow God seems to enter into our routines and lives while we are at camp and we learn to see things in a different way. We learn to appreciate every moment rather than just getting through them on the way to something else.

But no matter how much we try to slow it down ..., our week at camp and our summer comes to an end. We And here is where the transformation of camp truly changes lives beyond the camper. We want to share that experience with others, so we tell our camp stories and then we invite our family and friends to come to camp with us. In church language, we call this evangelism...we are sharing the Good News that we have experienced with the world.

... we provide experiences that transform the lives of our campers. In that process we also help to transform the lives of the young adults who serve on staff. By sharing their own faith with the campers, the staff members deepen their own faith and learn to lean on and trust God. By nurturing the campers, the staff members are also nurtured and shaped by God. Over the six summers that I have been with the camp, I have had the pleasure of meeting and working with many inspiring young adults....In so many ways we are shaping generations of future Christians by investing God's love in them...just as we were shaped by those who came before and invested that same love in us.

I want to ask you to think about how God has used Camp Mount Luther to shape and transform your life, or the lives of those you love. Please take a few minutes and remember all of the people who have touched you at camp or because of camp. Then take a few more minutes and thank God for the gifts that they so lovingly bestowed upon you.

In the Episcopal Church, we often use the model of "Time, Talent, and Treasure" when we talk about stewardship. We ask people to think about how they share with others some of the marvelous gifts God has given to us. This is done not only by sharing or giving money but also by giving of our time and our talents. So many times it seems that we limit our thinking to simply just how much money is needed to do a ministry. But at Camp Mount Luther, we can use any gifts that you have to offer. While at this time of year we specifically appeal to you for a financial gift, we challenge you to think about what else you can give to the camp. Our Board of Directors is supported by people in many different committees working hard to ensure the same thing...that Mount Luther continues to transform the lives of people.

So, I ask you to think about what and how you can give back to our beloved camp that God has used to transform your life. In what ways can you share your gifts with Camp Mount Luther so that the camp can share those gifts and transform the lives our campers, just as we have been transformed?

Thank you for all that you have done in support of this vibrant ministry and all that you will do for the camp and the campers.

God's Peace Now and Always,

The Rev. Patrick A. Collins, Episcopal Diocese of Central PA and Board Member of Camp Mount Luther

YOUTH & FAMILY



For youth in 6th- 12th grades in Pittsburgh, PA,
Friday-Sunday, January 27-29, 2012

Will we see YOU there?

A **Quake** is a Christian weekend retreat for middle school students and their leaders. At these, God builds caring Christian community among youth and adults, personal faith in Jesus Christ, and positive relationships among peers through great music, motivational speakers, small group activities, lessons on life and exciting interaction between youth groups.

A **Zone** is an intense Christian weekend event designed to help high school youth grow in their faith. At these, youth will develop relationships with other high school youth and Christian adults while growing in their personal faith with Jesus Christ. Featured are large group celebrations, nationally renowned musicians, a service project, and awesome late night Christian activities.

What's the difference? Both are centered on Jesus and provide opportunities for faith building. **Quakes** focus on faith in Jesus Christ and building Christian community. **Zones** go deeper by providing opportunities for faith not only to grow, but also be applied. Youth are challenged to discover and put into practice their spiritual gifts, as well as be involved in on-site service opportunities.

If we take a group, we have to register by mid-October. St. Mark's will pay half of the hotel/event fee and we have planned fundraisers for the students to earn the rest. Please note that we will be leaving on a Friday morning...if your school is in session, they will allow an exemption for religious purposes.

WE NEED TO KNOW NOW!!!!



Sunday, Oct. 25, 6 pm
Bring a treat
and join us!

Fall Fun Fest for All Ages!

Saturday, October 29, beginning at 5:00 p.m. in Fellowship Hall

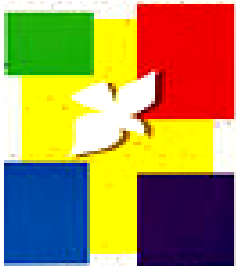
At 5:00 pm we gather in fellowship hall for a festival of fun!

Dress as your favorite biblical character (optional)! Brush up on your LBW, local and bible trivia!! Enter battles of wits and agility!!! Eat food!!!!

Admittance is granted with either a material or monetary contribution to the operation Christmas child boxes which will be packed up THE FOLLOWING WEEK! (see article on pg. 12).

This is for children of *ALL* ages in our congregation: from 9 days up to 90+ years old—we hope to see *you* there!! Sign-up, email or call to attend!

CATECHETICS



FIRST CATECHETICAL CLASS OF THE YEAR MET!

Ben Haussmann, Dawson Owen and Stefan Weber, along with their mentors, Bob Schultz, Lou DeSeau and Ray Huff, joined Laura, Anna, Kara, Morgan and Ezra (with Karen, Lou Ann, Mary, Kirk and Nick) on Sunday, September 18, for the first meeting of the year! It was a getting-to-know-you session, with orientation for the program and materials. The parents of the students met with Pastor Elkin in the Crossways Room and got a head start on the Bible study for this year.

Their next meeting is on Consecration Sunday, October 16. Evan Barone and his parents will be joining the class at that time. Welcome, Evan!

FIRST COMMUNION

Letters will soon be going out to the parents of those children in the third grade, inviting the students to learn about Holy Communion and what it means to them.

If your child is not yet in third grade, but you feel he or she is ready to understand and receive Communion, PLEASE CALL THE OFFICE if you want them to join the class. We feel that children of that age are ready to learn about this sacrament, but, obviously, you know your children better than we do. We are more than happy to include any of our youth in the process.

Classes begin on Sunday, October 30, at 3:00 p.m., in the Middle Lounge, and continue on November 6 & 13 at the same time. The students' First Communion will be celebrated on the festival of Christ the King, Sunday, November 20, 2011.



CHILDREN'S CHURCH



Children's Church

SUNDAY, October 9
10:30 a.m., in the Chapel
is our first celebration of Children's
Church for this year.
The special offering that day is items of non-
perishable food for Harvest Home.

OPERATION CHRISTMAS CHILD



Tick-tick-tick-tick-tick... Time is running out! On Sunday, November 6, after the 10:30 service, we share a light lunch and then pack and wrap Operation Christmas Child boxes. For three years now, we've made the packing of these boxes an intergenerational event and had a great time doing it!!

If you've been shopping the sales and buying in bulk, you can bring your finds to the box in the staff hallway. You don't have to get a lot of different things to fill one or two boxes. If you find a good deal, pick up a dozen or two of one item! Bring your donations and empty shoeboxes in to the office—there's a box in the hallway by Middle Lounge. We'll store it.

On November 6, we'll have finger-food after the 10:30 service and begin our group pack-and-wrap!!! Sounds like fun to us!!! How about you!?!?

Please check out the information on the Fall Fun Fest, on page 10, for another opportunity to donate to Operation Christmas Child and have a fun time doing it!!

At Children's Church, the following Sunday, November 13, the children will process in offertory with the completed boxes. This doesn't preclude anyone packing their own boxes if they enjoy it. Those who choose to pack their own may bring them in on November 6, but the final deadline is November 13.

Donations are welcome and appreciated to go toward the shipping of each box. The cost per gift is \$7. Donations may be given at the Fall Fun Fest or anytime up until November 13.

News in Our Pews

In the Summer months when choir is not in session I sit in the pews – it is a great opportunity to chat with some of our members about whom I know very little. I had that sort of experience this past month with Donna Boston . I had read that August is a good month to divide iris in your garden and she was sharing with me how it should be done.

The next day I took my spade and my trowel and set to work – what a job ! She said to gently separate the clumps and replant –I think you almost need a hatchet to separate those stubborn clumps! I did one small bed and decided the second bed could manage on its own!

I can tell you I have a new respect for Donna! She has seven acres of property, some residence and a large garden and one bed of 200 iris! Wow-she is slight but she is mighty!

One of the writers in the Webb Weekly spoke of the beautiful bells of St. Mark's which in company with those of St. Boniface and Trinity Episcopal ring throughout the day with sounds that are “uplifting and inspirational”- if you haven't listened you are in for a treat!

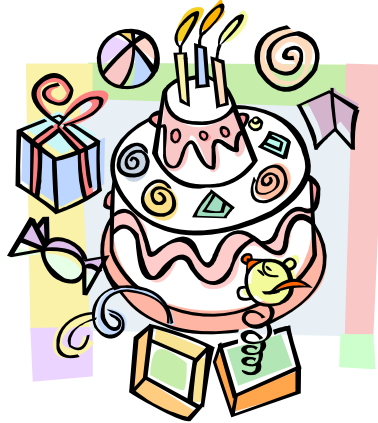
As I write this on a rainy Thursday I am cognizant of those members of St. Mark's who are suffering the effects of the recent flood- our prayers and thoughts are with you and we hope that we see sunny days and lower creek waters very soon! Keep in touch!

-Joyce S. Hershberger

Happy Birthday!

10/02 Travis Rechel
 10/03 Anne Miller
 10/05 Stephanie Bieber
 10/06 Caitlin Butters
 10/06 Eleanor Whiting
 10/09 Jane Zimmerer
 10/10 Kameera Smith
 10/11 Amy Burkholder
 10/11 Barbara Doebler
 10/11 Gary Goertz
 10/11 Heather Jackson
 10/11 Patrice Santalucia
 10/12 Christine Sauers
 10/13 Shirley Vognet
 10/14 Gary Chrisman
 10/14 Makensi Doebler
 10/16 Wilson Doebler

10/17 Sean Fenderson
 10/17 Chuck Homan
 10/18 Marion Larson



10/20 Ashley Campbell
 10/20 Megan Greevy

10/21 Carolyn Wacker
 10/22 Madisyne Wellen
 10/23 Ryan Lynn
 10/24 Charles Kuntz
 10/24 Richard Miller
 10/24 Mark Welker
 10/26 Hannah Hausmann
 10/26 Jane Strous
 10/27 Kathy Eshelman
 10/28 Andrew Hausmann
 10/28 Tait Thorne
 10/29 John Hoffman
 10/29 Barbara Thomas
 10/30 Deborah Maggs
 10/30 Lois Winters-Goldy
 10/31 Donna Maule
 10/31 Natalie Miller

Happy Anniversary!

10/01 Kirk & Michele Owen
 10/04 Lee & Veronica Doane
 10/09 Kenneth & Kathleen Caster
 10/09 Frank & Mary Lou Doebler
 10/09 Jeffrey & Catherine Kneedler
 10/09 Lawrence & Norma Lehman
 10/10 Frank & Phyllis Ulman



10/16 Tracy & Andrea Gregory
 10/25 Scott & Mary Kimble
 10/26 Louis & Linda DeSeau
 10/26 John & Constance Shaible
 10/28 Russell & Lois Smith
 10/30 Romain & Evelyn Bastian

SCHOLARSHIPS

- ◆ *Wittenberg University is continuing the Martin Luther Scholar Award. This is an \$80,000 academic award for a student nominated by St. Mark's. The student must have a 3.5 cumulative average, be a member of St. mark's and be accepted to Wittenberg. To find out more, contact the office.*
- ◆ *St. John's scholarships are available every year. Forms come out in the spring for the following year. Letters of recommendation are needed from someone in a position of leadership at St. Mark's*

Don't let these opportunities slip by...check with us now or in the spring.

HEALTH, HEALING & WHOLENESS

"Answer me when I call, O God of my right! You gave me room when I was in distress. Be gracious to me, and hear my prayer. When you are disturbed, do not sin; ponder it on your beds, and be silent. Offer right sacrifices, and put your trust in the Lord." (Psalm 4:1, 4-5)

Some would say that bullying is behind all forms of violence, conflict, persecution, abuse, harassment, discrimination and prejudice. The philosopher Seneca, once said, "All cruelty springs from weakness." He's probably correct. We are seeing increasing examples of bullying instigated by teens and adults. They're everywhere – at work, at home, in schools, in medicine, in governments, on the internet, in social cliques, and yes, even in churches – as a co-worker recently said, "People seem to be nastier and nastier."

What every bully has in common is their use of power to satisfy their own shortcomings. For an instant, he or she, feels better, but that feeling doesn't last, so they have to do it again and again. Yes - people make mistakes – lash out in hurtful ways, be rude, or be thoughtless, but bullying means that someone (or more than one person) is repeatedly and deliberately trying to hurt another person with less power. That power over another may be physical, economical, emotional, or social.

Feeling helpless and persecuted and wishing that the bullying would stop are normal reactions, however, feeling helpless and/or victimized, waste your time and energy. They will most likely cause you a lot of pain, and will not make the situation better. Figuring out how to use the power you already have to protect yourself can change your life. Most of the time, you can choose how you are going to respond to bullying behavior. Making a conscious decision instead of feeling like the helpless victim of someone else's behavior can be very empowering.

Leaving or Staying – You can choose to disengage for a moment, or end the relationship completely. You can set boundaries regarding what needs to change in order for you to stay. If you decide to stay, you need to figure out how to stop the other's behavior from upsetting you – you cannot force another person to change his/her behavior, however you can change how you handle it. When we allow others to treat us poorly, we send an unspoken message that we agree with their low opinion of us – in other words, we enable the behavior to continue by not putting limits on the bully's behavior.

Confront the bully privately – Bullies tend to play to an audience, so if you try to talk to them in front of someone else, you might not get the results you want. **However, there is one important exception – If you are concerned that the situation could escalate to physical violence, always make sure you have a witness present.**

Recognize what is happening and remember it is the bully who has the problem, not you. Unless they are physically threatening you, stand up to them calmly and confront their behavior rationally. If you call them out on their behavior, they usually have no place to go – especially if others witness these actions. Don't attack. Simply and calmly stand up for yourself. It may take some practice. If you can't stand up to the bully immediately, don't buy into their behavior by trying to appease them. Quietly walk away. Think about what you want to say and either talk to them later, or wait until the next time, then call them out. Once exposed, they will gradually lose interest. The following example model can help you organize your thoughts:

"I feel ... (state your feeling in terms that are yours rather than attacking the other person)... when you .. (state the specific behavior that is a problem to you; try not to use words like 'you never'....'you always'). Please(say what you specifically want the person to do)." Example: "I feel uncomfortable when you make jokes about others. Please stop doing this in my presence."

Get help – Document the bullying in as objective terms as you can. Join forces with others if someone in a position of power is misusing his/her authority. Be willing to go up the chain of command. At work, talk with your human resources staff. Talk problems over with people you trust, but remember that endlessly agonizing about someone else's behavior won't lead to change. If you are feeling stuck, get professional help to support you in making healthy changes and in taking care of yourself emotionally – speak to your pastor, parish nurse, or a therapist.

Autumn blessings!

Debbie Best, RN, BSW, MS

Nurse's Notes

October 2 Be active outdoors and indoors.

Make fall yard work fun. Have kids come up with different ways to pick up leaves or pine cones (i.e., squatting, bending, leaning, stretching, or balancing on one foot). Sing, dance, and explore. Provide kids with rakes and other tools that are child-friendly. Have a song-and-dance talent show. Draw, color, and explore with health in mind. Remember that children and adolescents should be active for at least one hour a day, and adults should be active for at least 2½ hours a week. Don't forget to apply sunscreen and insect repellent to protect you and your family from the sun, mosquitoes, and ticks

October 9 Have an afternoon of food-tasting.

Gather your family together to research at least 3-5 varieties of one type of food (i.e., fruit, vegetable, or nut). Talk about the unique qualities of the food and a little about its history (i.e., when it was discovered or what it is known for). Lead the family in a taste test of the different varieties of the food, or prepare the food several different ways and have everyone choose their favorite. For example, an apple could be prepared as apple snack wedges, applesauce, apple cider, and baked apples. You could also present similar types of vegetables, such as collard greens, spinach, kale, and mustard greens. Talk about differences in their taste. Pick fall favorites, or be adventurous and try new things.

October 16 Take time to get your flu vaccine!

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common. The 2011-2012 vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the H1N1 virus that emerged in 2009 to cause a pandemic.

October 23 Expecting trick-or-treaters or party guests?

- ◆ Provide healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix, or pretzels. For party guests, offer a variety of fruits, vegetables, and cheeses.
- ◆ Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- ◆ Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- ◆ Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- ◆ Remind drivers to watch out for trick-or-treaters and to drive safely.

Follow these tips to help make the festivities fun and safe for everyone!

October 30 Is it a Toothache?

Subtle clues that your pet is having dental pain:

- ◆ She becomes 'shy'. If she ducks when someone pets her head or neck, she's likely feeling sensitive.
- ◆ She picks kibble out of her bowl and drops it on the floor (the pet equivalent of pushing food around, and a sign that eating hurts).
- ◆ Her gums are more red than pink – inflamed tissue means an infection is lurking.
- ◆ She suddenly ignores her chew toys – no fun with a gum/tooth ache.
- ◆ She makes herself scarce – this is especially true of cats, who get quieter when they're not feeling well.
- ◆ Her breath smells bad – healthy pets should have sweet breath with no overwhelming odor.

SPECIAL CONCERNS LIST

Patricia Alexander

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

Edith Anderson

The Hillside, Room #104
2725 Four Mile Drive
Montoursville, PA 17754

Jane Angle

Sycamore Manor
1445 Sycamore Rd. Rm. 574
Montoursville, PA 17754

Marie Byerly

Sycamore Health Center
1445 Sycamore Rd. Rm. 547
Montoursville, PA 17754

Bonita Crossley

73 Pine St.
Hills Grove, PA 18619-9300

June Decker

Williamsport Home, Room 404
1900 Ravine Rd.
Williamsport, PA 17701

Larue Dieter

2150 Warrensville Road, Apt. 2
Montoursville, PA 17754

Beatrice Doebler

Williamsport Home, C-1212
1900 Ravine Rd.
Williamsport, PA 17701

Catherine Goertz

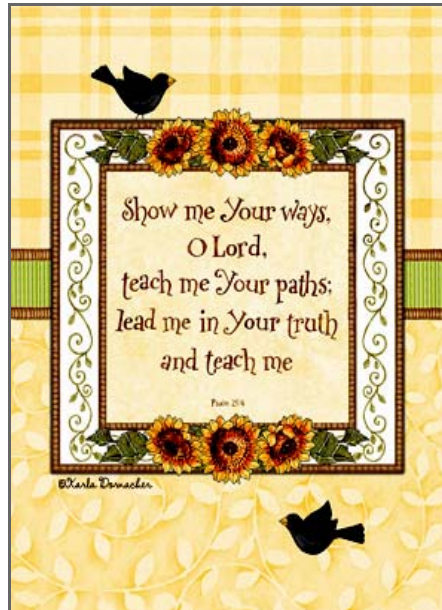
Apt. #816
1900B Ravine Rd.

Jean Gulliver

Rose View Center, Rm. #332
1201 Rural Ave.
Williamsport, PA 17701

Chuck Homan

2215 Warrensville Rd.
Montoursville, PA 17754


Ardath Houser

Muncy Valley SKU #229
215 East Water Street
Muncy, PA 17756

Charlotte Hughes

140 Blueberry Lane
Williamsport, PA 17701

Eugene & Reba Jacobs

1306 Faxon Parkway
Williamsport, PA 17701

Irma Logan

811 Woodland Ave.
Williamsport, PA 17701

Anne Miller

947 Hepburn St.
Williamsport, PA 17701

Mary Helen Scinicarello

Danville St. Hosp. #311
Danville, PA 17821

Eleanor Sobers

425 W Highland Ave.
S. Williamsport, PA 17702

Robert Smith

Elmcroft of Loyalsock, Rm. 130
2985 Four Mile Drive
Montoursville, PA 17754

Anna Stiadle

Williamsport Home, Rm. 412
1900 Ravine Rd.
Williamsport, PA 17701

Ira Tuxford

210 Louise Ave.
Montgomery, PA 17752

Beulah Wrede

Faxon Commons, Apt 305
1804 Loyalsock Drive,
Williamsport, PA 17701

Ralph Zeigler Sr.

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

LIFE CHAIN



Sunday, October 2, 2011, from 2:30-3:30 p.m., is the National Life Chain's one-hour, silent prayer vigil for the unborn and their moms at the intersection of Third Street and Northway Road, along the Golden Strip, in Williamsport. For more information, call Howard Langdon at 570-546-3104 .

St. Mark's October Calendar of Events

1 Saturday

8:30 AM Women's Bazaar

2 Sunday Pentecost XVI

Blanket Sunday

8:00 AM Holy Communion

9:15 AM Sunday School

10:30 AM Holy Communion

11:45 AM Family Handbells

12:15 PM The Way

3 Monday

9:00 AM Morning Prayer

10:00 AM LL Liaison mtg

6:45 PM Handbells

7:00 PM Wmspt. Civic Chorus

4 Tuesday

8:00 AM City Pastors

9:00 AM Morning Prayer

6:00 PM Brownies

5 Wednesday

9:00 AM Morning Prayer

9:20 AM Staff Mtg & Quilting

11:45 PM Bible Study

1:30 PM School of Religion

6 Thursday

6:31 AM Men's Ministry

9:00 AM Morning Prayer

7:30 PM Senior Choir

7 Friday

9:00 AM Morning Prayer

9 Sunday Pentecost XVII

Harvest Home

8:00 AM Holy Communion

9:15 AM Sunday School

10:30 AM Children's Church

10:30 AM Holy Communion

11:45 AM Family Handbells

1:30 PM Crop Walk

5:30 PM Leadership Meal @ Hoss's

10 Monday

9:00 AM Morning Prayer

6:30 PM Property Committee

6:45 PM Handbells

7:00 PM Wmspt. Civic Chorus

11 Tuesday

9:00 AM Morning Prayer

6:30 PM JBBL sign-up

12 Wednesday

9:00 AM Morning Prayer

9:20 AM Staff Mtg & Quilting

11:45 PM Bible Study

1:30 PM School of Religion

13 Thursday

6:31 AM Men's Ministry

9:00 AM Morning Prayer

3:00 PM Executive Committee

7:30 PM Senior Choir

14 Friday

9:00 AM Morning Prayer

6:00 PM AGO meeting



16 Sunday Pentecost XVIII

Consecration Sunday

8:00 AM Holy Communion

9:15 AM Consecration Breakfast

9:15 AM Sunday School

10:30 AM Holy Communion

11:45 AM Consecration Lunch

11:45 AM Family Handbells

6:00 PM Catechetics meal/mtg

17 Monday

9:00 AM Morning Prayer

6:30 PM Council Mtg.

6:45 PM Handbells

7:00 PM Dog Club

7:00 PM Wmspt. Civic Chorus

18 Tuesday

6:31 AM Men's Ministry

9:00 AM Morning Prayer

9:20 AM Stephen Ministry

6:00 PM Brownies

19 Wednesday

9:00 AM Morning Prayer

9:20 AM Staff Mtg & Quilting

12:00 PM Lunch N' Fellowship

1:30 PM School of Religion

20 Thursday

9:00 AM Morning Prayer

7:30 PM Senior Choir

21 Friday

Newsletter Deadline

9:00 AM Morning Prayer

6:30 PM Friday Fun Night

22 Saturday

9:00 AM Daniel's Closet @ Redeemer

23 Sunday Pentecost XIX

8:00 AM Holy Communion

9:15 AM Sunday School

10:30 AM Holy Communion

11:45 AM Family Handbells

12:15 PM The Way

6:00 PM Teen Movie Night

24 Monday

9:00 AM Morning Prayer

6:45 PM Handbells

7:00 PM Wmspt. Civic Chorus

8:00 PM Pr. w/ UCM

25 Tuesday

9:00 AM Morning Prayer

6:30 PM Family Promise Board

26 Wednesday

9:00 AM Morning Prayer

9:20 AM Staff Mtg & Quilting

11:45 PM Bible Study

1:30 PM School of Religion

27 Thursday

6:31 AM Men's Ministry

9:00 AM Morning Prayer

7:30 PM Senior Choir

28 Friday

9:00 AM Morning Prayer

9:15 AM Lion Crew

29 Saturday

5:00 PM Fall Fun Fest for All Ages

30 Sunday Reformation Sunday

8:00 AM Holy Communion

9:15 AM Sunday School

10:30 AM Holy Communion

11:45 AM Family Handbells

3:00 PM First Communion Class

31 Monday

9:00 AM Morning Prayer

6:45 PM Handbells

7:00 PM Wmspt. Civic Chorus

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

Phone: 570-323-4619
Fax: 570-323-2452

Website: <http://www.stmarkswilliamsport.org>
Email: stmarks@stmarkswilliamsport.org



Address Service Requested

Non-Profit Organization
U.S. POSTAGE
PAID
Permit No. 257
Williamsport, PA 17701

stewardship
Consecration
Sunday

A decorative illustration of a green leaf with a stem and a scroll-like flourish below it, positioned to the left of the word 'Sunday'.

Holy Communion at 8:00 a.m.
Consecration Breakfast &
Sunday School at 9:15 a.m.
Holy Communion at 10:30 a.m.
Consecration Lunch at 11:45 a.m.
Please let us know if you are attending.