

The Parish Press

OF

PINE STREET EVANGELICAL LUTHERAN CHURCH

VOLUME 27 # 10

October, 2012



BLESSING OF THE PETS



Sunday, October 7

4:00 P.M.

Bring your favorite pet for a Special Blessing by Pastor Keith.

For their protection, please have your pets on a leash!

Rain or Shine!

Acolyte Training
Sunday October 7 after Worship
(approximately 11:30 AM)



Hayride

Sunday, October 7 at 6:00 PM
All ages are invited to the Hayride at St.
John's Lutheran Church in Pottsgrove.

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With this Issue:

Sept. & Oct. Calendars and Schedules
Love Envelope this month: **Disciples Fund**
Partnership of the Saints & GOGGY, PC
USS Ark
Autumn & Advent Family Activities

NEWS AND NOTES

SYMPATHY

We extend our sympathy to the family and friends of:

- † Robert McHenry, cousin of Sandra Reibsome, who died September 14, 2012.
- † James Harrison, brother of Sam Harrison, who died September 20, 2012.

Pastor's Vacation

**October 13 through
October 26**

**Pastor Sell is covering for
Pastoral Care.**

She can be reached at 437-2652 (Office);
437-4067 (home); or 916-8835 (cell).

Todd Baney will lead
Worship October 14 & 21.

Bible Study will resume November 1
at 3:30 PM due to Pastor doing
Worship services at the nursing
homes.



Harvest Home Sunday November 18

The collection of non-perishable goods for Harvest Home Sunday will begin October 21.

Let's see who's going to win,
the lectern side or
the pulpit side???



Show your Appreciation!

Pastor Appreciation Sunday October 7

*We'll have a Card Shower
and a Special Cake honoring
Pastors Keith and Pat.*

SPECIAL THANKS!

We extend a Special Thank You to Dennis Leighow and the Leighow family for replacing our heat pump and installing air conditioning in our social hall.

We appreciate your ministry in supporting your church!

COUNCIL HIGHLIGHTS

- ◆ On a recommendation from Finance, Council approved taking \$1000 per month from the Oak Grove purchase of services agreement (\$1982.08) to repay the \$5000 taken from the Memorial Account.
- ◆ The Congregational Meeting has been set for November 18.
- ◆ Eat Smart & Move is a program through the Penn State Extension Service for Wednesdays in January. More information to come.
- ◆ Property Ministry is establishing a maintenance book to record when projects have been completed and when projects should be done again.
- ◆ Due to Pastor Keith being away, the Council meeting will be changed to Wednesday, October 10 at 6:30 P.M. and Sunday, November 18th after the

Congregational Meeting after Worship.

- ◆ A Thank You note will be sent to Dennis Leighow and the Leighow family for replacing our heat pump and installing air conditioning in the social hall. We appreciate their mission in supporting the church.
- ◆ A Rededication of the Church is set for October 28th in celebration of the completion of the exterior restoration.
- ◆ The next meeting of Council will be on Wednesday, October 10th at 6:30 P.M. in the Conference Room of the Luther House.

PASTOR'S REPORT

- **WORSHIP**—I presided over 8 Sunday Worship Services, one with the Sacrament of Holy Baptism of Alexa Arrington Spicer (grandchild of Paul and Barb Ezdebski) and one outdoor worship at Sunnybrook Park. I led worship at Emmanuel and Maria Joseph Manor. I presided over the Funeral of Judy Stamm.
- **HOME VISITS**—I made 6 home visits with the sacrament of Holy Communion.
- **HOSPITAL VISITS**—I made 5 hospital visits.
- **COUNSELING**—I counseled with 3 persons for 4 hours.
- **MEETINGS**—I attended 5 meetings.
- **CHRISTIAN EDUCATION**—Bible Study is back and continuing our study of the Letters of Paul. I attended 2 Youth group meetings with all 4 churches (Pat's and mine) together. I am participating in choir.
- **EVENTS**—I helped with ice cream making and ran the yard sale for the festival. I

helped with the Fall Arts and Craft outreach.

Looking Ahead. . .

September 23 – GOGGY, PC

youth meeting at Pine Street.

October 7 – Acolyte training

after worship. Blessing of

the Animals at 4 PM and

Hayride at St. John's

Pottsgrove at 6 PM.

October 13 – Mutual Ministry

Workshop.

**CONGREGATIONAL
MEETING
NOVEMBER 18!**

DISCIPLES FUND

**This month's Love
Offering Envelope in
your Packet**

Following the Resurrection of our Lord Jesus the Church made sure to take care of those who were brothers and sisters in Christ. As we read from the book of the Acts of Apostles:

All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved. (Acts 2:44-47)

In order for Pine Street Evangelical Lutheran Church to follow the example set down by the apostles, and in order to

care for the members of the Church, we created a fund called the *Disciples Fund* to care for members of Pine Street Evangelical Lutheran Church who are in need.

**The guidelines for use
of the fund are as
follows:**

- 1) Contributions to the fund can be made by anyone through our normal offering process. Gifts that are not anonymous will be accounted for and donors will be given an accounting of their gifts at the end of the year.
- 2) Distributions for the Fund will be under the full discretion of the pastoral staff, and will be confidential for the sake of those receiving help.
- 3) A confidential recording of distributions of the fund will be made in the Disciples Account Record Book for accounting purposes and confidential review.
- 4) The pastoral staff may not use such funds to benefit the pastor or his/her/their family.
- 5) The Disciples Account will be accounted for within the General Fund.

Gifts can be made by using the *Love Offering* envelope in your packet.

THRIVENT FUNDS

Thank you to our members listed below for choosing to direct Thrivent Financial for Lutherans Choice Dollars to our church.

- Todd Baney
- Denny DiOrio
- Lin DiOrio
- Darlis Dyer
- Jack Dyer
- Brenda Fischer-Dennehy
- Sue Neitz

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**BLANKET SUNDAY  
OCTOBER 7**

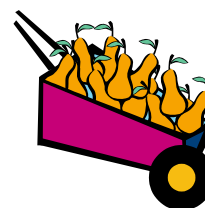
For those of us who don't know how or have the time to make quilts, the next best thing is to give a donation to purchase quilts and blankets.

Our Synod is able to purchase blankets at a much better price than we can, thus making our dollars do a lot more. It also costs money to ship them. It costs approximately \$2 to send each quilt overseas.

So, as you can see, money given is an important way you can support this outreach ministry!

Thank you in advance for your donations!

**Please use a blue pew  
envelope and mark it  
"Blankets". Thank you!**



**Simply Giving**

Our congregation participates in the Simply Giving program for donations by electronic funds transfer. The program allows members to donate regularly and automatically on a schedule of their choice. To apply or if you have any questions, please see Gerard Tromp or Bill Snover.

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## **A STEWARDSHIP MINUTE**

*Written by S. William Snover, MD  
Financial Secretary*

### **What is stewardship?**

**"...And one of you says to them, 'Go in peace; keep warm and eat your fill,' and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead." (James 2:16-17)**

If asked to define stewardship, most of us would stumble. We would very likely define it in terms of something to do with giving money to the church. But, that would not be accurate.

Dictionaries often define stewardship in terms of service, oversight or caretaking. That would be a little closer to the truth, but for our purposes, still not entirely accurate.

I like to think of stewardship in terms of making sure those resources that we enjoy today are still here tomorrow... **only better!** Farmers do not deplete their soil so that it can no longer be productive. Instead they rotate crops and add nutrients to the soil to both preserve and enrich it. Logging companies do not just cut trees. They replace what they cut with new trees, often two new trees for every one they cut, so that future generations can use and prosper from this resource.

So it is in the church. We cannot just show up on Sunday and take away the message of hope and salvation. We need to **invest ourselves** so that our community of faith

**survives and grows** to be available to those who are to follow us. This requires an investment of time, of energy, of talent and of ability to meet the various needs of the church. It does indeed require an investment of financial resources to maintain our ministry, our physical structure, our investment in outreach and synod benevolence, and our support of community charities. If we want what we so gratefully receive today to be available tomorrow, but better, we must do the works that go with our faith.

In Christian stewardship  
*Bill*

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## **BREAST CANCER AWARENESS**

Robin Adams ran a 5K race in Scranton for the Susan G. Komen Foundation in September. At the end of the race, participants were given the opportunity to paint a "breast cancer ribbon" on a large mural in honor of breast cancer patients and survivors - pink for women and teal for men. She was pleased to be able to paint a pink ribbon for her mother, Judy Adams and a teal ribbon for Pastor Keith!

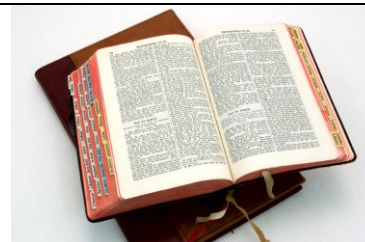
Along the same lines, Robin recently helped organize and tape a "pink glove dance" at several Geisinger sites in preparation for National Breast Cancer Awareness month. (She works in Public Relations at Geisinger and they decided to take part).

The event was dedicated to Marie Lamey, Irene Hinkle's daughter, who helped forge the breast clinic at Geisinger. The completed tape, currently being edited, will be submitted to a national contest which has a \$10,000 prize attached to it. If Geisinger's submission would win, the money would be given to the PA Breast Cancer Coalition in Marie's name (an organization she strongly supported). The winner is chosen by online votes (last year's winner had in excess of 60,000 votes!). Her mother, Judy, will let us know when it becomes available online in case anyone would like to vote to support it!

## **SCOUTING**

We sponsor:

- ▲ A Brownie Girl Scout Troop #600398 that meets every other Thursday beginning September 6<sup>th</sup> at 6:30 P.M. For more information, please call Sharon Harner at 275-9077.
- ▲ Cub Scout Troop #47 that meets weekly on Tuesday evenings at 6:30 beginning August 21<sup>st</sup>. Leader is Jen Warner. Questions, see Caz Morgan.
- ▲ Boy Scout Troop #47 meets every Mondays at 7:00 P.M. John Conrad is the leader. For more information call 275-7776.



*Bible Study  
Thursdays at 1:30 PM*

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## ORGAN RECITAL

An Organ Recital will be held on Sunday, November 4<sup>th</sup> at 3:00 P.M. at Christ Lutheran Church in Milton.

## VOLUNTEERS NEEDED

Volunteers are needed to serve as receptionists at Maria Hall in Danville. Maria Hall is the residence for retired and infirm sisters from three religious communities: the Sisters of Saints Cyril and Methodius, the Dominican Sisters of Saint Catherine de'Ricci, and the Carmelite Sisters. The facility also houses hospice services. For information on volunteering, call Jeanne Ambre at 275-3581 x 120.

## TO the LAST PERSON leaving the building:

Please turn off the  
lights and  
**LOCK** the doors!

*(If everyone left, please call any  
Council member to come lock it.)*

## TO the LAST PERSON leaving a room:

Please turn off the lights  
and **CLOSE** the doors!

Thank you!

## Treasurer's Report

### August- General Fund:

|          |               |
|----------|---------------|
| Income   | \$ 7,897.35   |
| Expenses | \$ 11,016.31  |
|          | \$ — 3,118.96 |

### Year-to-date through August- General Fund.

|           |               |
|-----------|---------------|
| Income    | \$ 78,870.14  |
| Expenses  | \$ 86,180.34  |
| Shortfall | \$ — 7,310.20 |

## CHRISTMAS AT SEA

Our synod's Global Mission group is supporting the program for seamen in New York as the project for our synod. This involves making up bags for the Merchant Marine Sailors for Christmas. I picked up enough bags for 4 kits, but we can make more.

*Each bag has to have the following items:*

- One sweatshirt – hooded or unhooded (size L-XL)
- Three pairs of socks – thermal or white gym
- One casual pullover T-shirt (size M-L)
- One knit winter cap
- One can of nuts or bar of chocolate
- and a Christmas card from you.

I have patterns for knit caps or scarves.

Please only the items listed. These items go to seamen on the freighters that bring goods in to New York and Philadelphia. These men are stuck on the freighters for months at a time and get only a day or two on dry land. A ship's crew consists of 25 seafarers. My challenge to you is to gather enough items to give gifts to a whole crew. **The deadline is November 25<sup>th</sup>**. I hope to be able to assemble them in Sunday School. There may be an opportunity for someone to go along to New York to deliver these items.

Thanks,  
Sue Baylor



### Dates for Of the Land and Seasons Worship Services:

January 13 '13 (Winter)  
April 7 '13 (Spring)



CAMP MOUNT LUTHER

Camp Mt. coming Events:

Building Youth Groups Fall Retreat-  
Nov. 2012  
Advent Fun Day-Dec. 15  
Winter Camp Dec. 28-30

For more information or to register, please visit  
[www.campmountluther.org](http://www.campmountluther.org) call them at 922-1587 or email at [cml@campmountluther.org](mailto:cml@campmountluther.org).

## RIDES AVAILABLE

Rides are available for people for urgent medical care.

*Volunteer drivers are:*

♦ Sue & Dick Baylor (279-4766)  
♦ Bill & Mary Jane Snyder (275-4083)  
♦ Bill & Jeannie Snover (672-3055)  
Call any of the above numbers or call the church office from 9:00 A.M. to 1:00 P.M. at 275-2110.

## Jubilee Kitchen October 27, 2012

Hoagies are \$4.00 and a great bargain!  
Order and pay the  
Sunday before the 1<sup>st</sup>  
Thursday of each  
month.

## NOTIFY THE CHURCH:

- When your home phone number or address changes - church records need to be corrected. It costs 85 cents every time a newsletter comes back because of an incorrect address.
- When a new baby arrives in your family or in the family of another church member.
- When a member of your family or a member of the church is sick or is admitted to the hospital, so that visits can be made and the proper people notified.
- When a member of your immediate or extended family passes away.
- When a member of your family leaves home for college or to establish a new residence.
- When something good happens to you or your family that you would like to share.

### (PLEASE NOTE:

**If you've been in the hospital or have been ill and have not been visited by the pastor or anyone from the church, or if your name is not on the prayer list, it may be because no one told us you were ill or would like your name on the list. You or a family member should notify the church office with requests or information on illness or hospitalization. Please also get permission before sharing this information with the church office so we can share your information with others in our Church Family. Thank you!)**

## Pastoral Care:

For Pastoral Care,  
please call Pastor  
Keith's home  
number (951-2350-if  
no answer, please  
leave a message).

*Please do not leave a message  
on the church's answering  
machine.  
(The answering machine at the  
office is not regularly checked if  
it is after hours,  
a weekend, or if  
Pastor is away.)*

## Restoration project recap:

The total bid cost for the exterior painting was \$62,000. We were able to pay \$18,000 up front to start the project (giving, fund raisers and money left over from the sanctuary project) so we only needed to borrow \$44,000 to cover the painting bid. We knew there were going to be some carpentry repairs needed on the Luther House, so we borrowed \$55,000 to give us \$11,000 to use as a cushion for those repairs, with the stipulation that we could return any excess loan money without penalty if any of it was unspent at the completion of the project.

As it turned out, not only did we need carpentry repairs to close up holes in the Luther House structure, but we also needed to replace the entire metal gutter that surrounds the 3rd floor ledge of the Luther House, and we needed to partially replace, paint and seal the slate roof that surrounds the Luther House as well. The total extra cost came to \$15,575. Fortunately, because of our fund raisers and regular giving by some of our church members, we had enough on hand to cover the \$4,575 that exceeded our loan.

The total cost of the exterior restoration came to \$77,575. Mr. Brannon has been paid in full. We still have some money on hand, and the pledged giving and hoagie fund raisers have been raising enough to meet our monthly scheduled bank payment of about \$579. As circumstances allow, we will make inroads on our loan principle and hopefully have it retired in about 5 years, before the interest rate readjusts (it is a 10 year loan). Therefore, continued giving, both pledged and unpledged, is very important!

Property Ministry was made aware of the extra structural problems and was in agreement that they needed to be made before any change orders were executed. Frank Brannon and his crew did an excellent and efficient job. We are assured that the paint should last for at least 30 years and that the structural repairs should last even longer. As all can see, the final product was well worth the investment.

**GLScrip  
Order  
Deadline  
is**



**October 14**  
(2<sup>nd</sup> Sunday of each month)

**START ORDERING FOR  
CHRISTMAS GIFTS!!!**

**You can earn money for the church when you buy gas, school supplies, or any purchasing you need to do by purchasing gift cards. Consider using gift cards when shopping for essentials and extras. Mostly everyone dines out—everyone buys gas—consider getting gift cards to use. They work same as cash!!!**

**PROCEEDS ARE SUPPORTING  
OUR NEW WEBSITE!**

**CHECK IT OUT AT**

**[WWW.PINESTREETLUTHERAN.ORG](http://WWW.PINESTREETLUTHERAN.ORG)**

**AND PLEASE PURCHASE**

**GIFTCARDS TO HELP PAY FOR THE  
WEBSITE.**

**THANK YOU!**

**THANK YOU NOTES**

Dear Friends,

I would like to thank you on behalf of the good Samaritan Mission for your generous donation (\$35.00). Your kind support allows us to provide assistance to over seven thousand of our fellow citizens yearly in Danville and the surrounding area. Without your concern and generosity, our services to the community would not be possible.

Thank you for the opportunity to speak to your Women's

Group and also for your continued support of the work of Good Samaritan Mission.

Sincerely,

*Cynthia L. Gearhart*

Chairperson,

Good Samaritan Board

Thank you for your recent donation to the Many Hands Helping Others program. We appreciate your generosity. We are getting ready for another school year and another year of MHHO. Look for future fundraisers as well.

Sincerely,

The MHHO Committee

Pine Street Evangelical  
Lutheran Church,

Thank you so much for having me sing during your church service and for inviting Bob and I to have lunch with you afterwards. Also, I sincerely appreciate your generosity and I would like to give a portion back to further your church's ministry.

God Bless!

*Brenda Chamberlin*

(Our guest singer during National  
Back To Church Sunday Worship.)

**GOOD SAMARITAN RPT.**

The monthly report was not available.

**Good Samaritan Mission**

**Hours are Tues., Wed., & Thur.**

**9 AM-5 PM**

**275-2500**

**LABELS FOR  
EDUCATION**

Bet you didn't know that [Pine Street Lutheran Church](#) children's Sunday School is a participant in Labels for Education. So start saving those labels. . . maybe we can get some sports equipment or computers or something. . . There is a collection box downstairs in the Social Hall.

Help us earn more Labels for Education points by gluing box tops to the forms (near the box) by October 21<sup>st</sup> from any Campbell's, Prego, V8, Pepperidge Farm, or Pace products. Thank you!

**Read Romans 12  
& Pray Daily**

**Audio tapes**

of the service are available for homebound and others who can't make it to church. Contact Sue Baylor at 279-4766, if interested.



## SPONSORS

**Communion Bread** can be store bought from the bakery. Please sign up on the designated sheets on the bulletin board in the narthex. A sponsor is needed for the month (or by the week) for December.

**Bulletin** sponsor openings are available for October 14 & 21.

There are **Altar Flower** openings for October 28 and December 16.

When signing up for Altar Flowers, Bulletins or Sanctuary Candle, please write your name and *in honor of* or *in memory of* message on the appropriate poster in the narthex or speak to Deb at the church office. The costs are:

- \$20.00 per week for **Bulletins**;
- \$33.00 per week for **Flowers**;
- \$14.00 per month for the **Sanctuary Candle**.

Thank you to everyone who sponsors these important supplies for our worship services.

## NEXT ELECTION DATE

November 6, 2012

*(Please refrain from going into or through the social hall from 9:00 A.M. Monday morning, November 5 thought 11:00 A.M. Wednesday morning, November 7 while the voting machines are there—unless you are there to vote.  
Thank you for your cooperation.)*



## OCTOBER BIRTHDAYS

- 1 – Burrnell Metzger
- 2 – Pamela Spicer
- 3 – Joanne Fox
- 6 – Gail James
- 7 – Helena Kuivaniemi
- 8 – James Lewis
- 12 – Izabella Morgan
- 13 – Ralph Harner
- 15 – George Adams, Jr.
- 16 – Elizabeth Morgan; Sue Neitz
- 17 – Anna Rice; William Snyder
- 20 – Lin DiOrio
- 23 – Troy Brady; William Curry, IV
- 24 – Emily Leighow
- 26 – C. Bradley Carr
- 29 – Michael Dennehy; Margaret Johnson
- 30 – Robert Koons; Tosha Ulrich

## OCTOBER ANNIVERSARIES

- 8 – Coleen and David Snover
- 9 – Wendy and Pstachu Kohut
- 10 – Pamela and Daniel Spicer
- 11 – Dawn (Dee) and C. Bradley Carr
- 12 – Minnie and Norman Troutman (64 years)
- 16 – Betsy and John Hack
- 18 – Sharron and Robert Eyer
- 23 – Samantha and Michael Eyer

## ADVERTISING

Mary Ann Landi handles church advertising. Most area newspapers will print this information free of charge as a news item. If you have an event coming up you would like advertised, please give as much information to Mary Ann at least a month in advance to get the word out about what God is doing at Pine Street!

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2012 COUNCIL MEMBERS

Pastor: L. Keith Pittsnogle
Treasurer: David A. Doran

Elizabeth Baylor-President
Jean Crumb
Michael Eyer
Ronald Kline
Mary Ann Landi-Vice President
Nancy A. Leighow- Secretary
Nancy K. Leighow
James O'Brien
Gerard Tromp
Terri Wydra

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**We want to open up and expand God's presence by becoming more active in the community.**

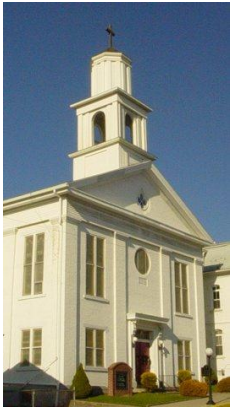
**You can help!**

**Tell your friends--tell your neighbors--come see--Come See what God is doing at Pine Street!**

**Invite everyone you know to come to church.**

**Tell them we have a great fellowship hour.**

**Tell them that God loves them and we do too.**



## ***Ministries at a Glance!*** (meeting times)

Administration – Tom Herrington, Bill Snover (Coordinator), Mary Sticklin, Burrnell Metzger; Sandra Reibsome; Council liaison-Mary Ann Landi (meets as needed)  
Caring Ministry – Sue Baylor, Coordinator (dates vary)  
Family and Christian Education Ministry  
 FACE – Missi Bohner, Coordinator (2<sup>nd</sup> Tuesday @ 6:00 PM)  
Finance Ministry – Michael Dennehy, Coordinator (2<sup>nd</sup> Monday @ 7:00 PM)  
Hospitality Ministry – Larry Troy, Contact Person (1<sup>st</sup> Wednesday @ 11:00 AM)  
Property Ministry – Nancy A. Leighow and Nancy K. Leighow- Co-Coordiators (2<sup>nd</sup> Tuesday @ 7:00 PM)  
Women of the ELCA – Co-presidents: Sue Baylor & Mary Ann Landi (usually 1<sup>st</sup> Tues.)  
Worship & Music Ministry – Council liaison is Ron Kline (2<sup>nd</sup> Monday @ 11:00 AM)



### ***Directions from Danville to Trinity Oak Grove:***

Near Liberty Valley Golf Course on Rt. 642, turn right onto Klondike Rd. Just after going under the I-80 bridges, turn onto the first left. This is Oak Grove Rd, (unmarked). The Church and pavilion are at the crossroads 4-way stop.



## **Fellowship Menus**

***PLEASE SIGN UP IN THE BOOK TO BRING ITEMS FOR LUNCH***

### **OCTOBER**

Oct. 7: Hot Dogs, Rolls, & Baked Beans  
 Oct. 14: Covered Dish  
 Oct. 21: Not available  
 Oct. 28: Not available

### **NOVEMBER**

Nov. 4: Not available  
 Nov. 11: Covered Dish  
 Nov. 18: Not available  
 Nov. 25: Not available

***Each Sunday needs a Clean-Up Crew. Please volunteer!***

### **FELLOWSHIP HOURS**

A loose leaf notebook is on the podium in the social hall with menus for each Sunday (except the second Sundays of each month when we have a Covered Dish meal).

***Please look at the meals listed above to see if you would be able to bring in one of the dishes. Then sign up in the notebook.*** If you would like to supply a dessert, please write that down.

#### **Items needed regularly:**

- ☺ Dessert plates (paper or Styrofoam)
- ☺ Coffee cups (Styrofoam)
- ☺ 100% fruit juice (no red drinks please)
- ☺ A main dish, side dish or dessert for any Sunday Fellowship Hour
- ☺ Any donations to "Hospitality Ministry" to help fund our many outreach and church events

### **ANNOUNCEMENT:**

***Families can still sponsor a Sunday Fellowship meal of their choosing—just pick the date in the book on the small podium in the social hall and write in that you are sponsoring the meal!***  
*Thanks!*



## **Pine Street Prayer List October, 2012**

Arlene Hack; Cathy MacAllen; Mary West; Martha Knight; Mary Jane Mordan; Shirley Hawley; Kim Azigian; Dave Burns; Agnes Oyster; Norman Troutman, Sr.; Elizabeth (Libby) Fox; Sarah Roberts; Margaret Tanner; Sherry Achey; Carl Rice, Jr.; Charlotte Rice; Jim O'Brien; Carol Heim; Tom Beiter; Linda Wetzel; Joyce Dawson; Ann Marie Binder; Sue Neitz; Spencer Vincent; David Harvey; Cory Fenstermaker; Angie Wilson; Dr. Kevin Shafer; Marvin Fry; Cathy Dressler; Ruth Lehr; Ryan Stevenson; Gladys Keller; Kendra Hoover; Keith Buchhalter; Audrey O'Brien; Greg Potter; Pete Zimmerman; Autumn Kern, Tim Raup; Baby Clive Stevenson; Todd Livziey; Joan Bankus; Erica Miller; Lola Kline; Virginia Frantz; Marr Snyder; Nancy Curry; Melissa Thomas; Mike Shoemaker; Cindy Gearhart; Helen Smith; George Sudol; Art Sticklin; Leann Achtenberg; Edith Bender; Nicole Morgan; Tyler Yeager; Donna Brown; Carol Phillips; Harvey Stauffer; Shirley Crossley; Dolores Easton & Family; Dorothy Hagenbuch; Barry Balonek; John Crumb; Brenda Kile; Dianna Ballinger; Audrey Kunkle; Alan Springer; Emily Sue Nilsson; and Walt Rupert.

### **HOMEBOUND AND SPECIAL PRAYER LIST:**

Pauline Mackert; Ken Oberdorf; Pauline Nedrow; Lillian Stahl; D. Jean Cope; Minnie Troutman; Mildred and Paul Gemberling; and Jane Beagle.

### **SPECIAL MILITARY LIST:**

Emily Ebersole; Jordan Zander; Oliver Rice; Halley Dillon; Trevor Patterson; Jeremy Weikel; Tim Moyer; Robert Carpenter; Trevor Stone; Charlie Reedy; Shawn Dyer; Shane Bergenstock; SSGT Andrew Bauman; CPL Jason Lee Smith; Christopher Perry, B.J. Dellinger; Tim

Mekosh; CPT Barry Troy; CPT Steven Black Barr; Tristan Winter.

*Please use an orange pew card for  
Prayer requests & removals.*

## PRAYER LIST UPDATES

As situations change, *prayer is most effective when requests are current and regularly updated.* Therefore, we would appreciate it if you would check over the prayer list, and if there is someone that you put on that list that is doing better and can be removed, please contact the Deb at office. You can notify the church office by emailing Deb at [pinestch@ptd.net](mailto:pinestch@ptd.net) or by calling from 9:00 A.M. to 1:00 P.M. Monday through Thursday at 275-2110. Please keep this in mind when you put other relatives and friends on our Prayer List.

♦ + ♦

*To activate the  
Prayer Chain, contact  
numbers are:  
387-1795 or 441-5643.  
No Emails please.*

(To have someone's name included on the weekly Prayer List, please email or call Deb separately at the church office at 275-2110 or [pinestch@ptd.net](mailto:pinestch@ptd.net)).

♦ + ♦

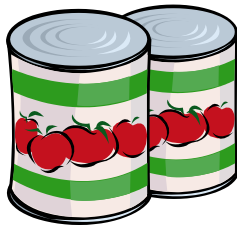


## WEBSITE

**www.  
pinestreetlutheran.  
org**

**And, if you haven't  
registered on the site,  
please do so!  
Check out the latest pics  
today!**

Send any feedback or suggestions to Deb at [pinestch@ptd.net](mailto:pinestch@ptd.net). Thanks!



## FOOD BANK NEEDS

The Danville-Riverside Food Bank is very appreciative of the donations of food and money given by our church members. You may donate the food of the month from the list below or any other non-perishable food item. All donations are distributed to those in need in our community.

*Jan: Canned Vegetables  
Feb: Noodles & Macaroni  
Mar: Canned Fruit  
Apr: Soup  
May: Tuna & Canned Meats  
Jun: Cereal  
Jul: Jell-O & Pudding  
Aug: Peanut Butter & Saltines  
Sep: Spaghetti & Sauce  
Oct: Cereal  
Nov: Noodles & Macaroni  
Dec: Tuna & Canned Meats*

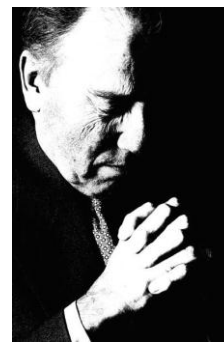
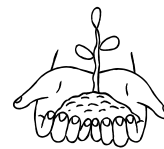
Place food donations in the basket in the narthex near the coat room. To make a monetary donation, please use a blue pew envelope and mark it **Food Bank**.

The Food Bank is open to anyone in need from 1-2 P.M. and 5:30-6:30 P.M. the 1<sup>st</sup> Thursday of the month at Shiloh United Church of Christ, 500 Bloom Street.

## Family Magazine

*Spark Family-Splash in God's Word* magazine is available on the table in the narthex. They are free—take one for your family.

*Come Grow  
With US at Pine  
Street Lutheran!*



**Read Romans 12  
& Pray Daily**



## HOSPITALITY

*Hospitality is the way we  
come out of ourselves. It is  
the first step toward  
dismantling the barriers of  
the world. Hospitality is the  
way we turn a prejudiced  
world around, one heart  
at a time.*

~Joan D. Chittister in  
*Wisdom Distilled*

If you have a loved one, family member or friend in the military and want them on the prayer list or to have members write to them, please be sure their names and addresses are given to the church office.

Thank you!

### **The Lutheran Camping Corporation of Central Pennsylvania**

**Kirchenwald, Nawakwa, and The Wittel Farm**

#### *Activities & Fees:*

- ▲ Fall Foliage Days-Oct. 14, 1-6 PM Kirchenwald and Nawakwa, Fee: \$5
- ▲ Adult Study Retreat-Oct. 2-4 Zinn-Tozer Lodge & Nawakwa. Too late to register for this event.
- ▲ Quilt Auction-Nov. 4, 2 PM Silent Auction; 3 PM Live Auction, 4 PM Worship followed by dinner. Register by October 26. Free
- ▲ Bishop's Bible Study-Once a month through May, at the Wittel Farm. Fee includes lunch: \$15/day.
- ▲ Women's Craft Retreat, Nov. 9-11, Nawakwa. Register by Nov. 2. Fee: \$140
- ▲ Advent Day Apart, Dec. 1, The Wittel Farm. Registration Fee: \$15.

*For information for any of these events, contact The Lutheran Camping Corporation of Central Pa at 717-677-8211 or visit their website at [LutheranCamping.org](http://LutheranCamping.org).*



### **SYNOD CURRENTS**

#### **Synod Starting Partnership with LutheranHANDS**

Representatives from the Upper Susquehanna Synod, including the Synod Youth Council and Camp Mount Luther, met with representatives of the LutheranHANDS Foundation this summer to look at ways we might partner together. LutheranHANDS is a non-profit organization that plans and implements mission trip opportunities. Below is a letter from Michael Brommer, CEO:

It is my honor and privilege to invite you, congregations of the Upper Susquehanna Synod, to join the LutheranHANDS Community!

The LutheranHANDS Foundation is a not-for-profit organization that provides mission trips and service opportunities for its community of believers looking to answer God's call to serve. Participants of our mission trips experience a unique week diverse with work, play, song, dance, prayer, and teaching. We have integrated mission work into a "camp-like experience" where we get up early to work in communities needing our help and end the day with evenings of recreation, large group events, small group discussions, devotions, and worship.

For the last 4 years, LutheranHANDS has been planning and leading mission trips to various parts of the country in response to natural disasters...New Orleans - Hurricane Katrina, Indiana - flooding, Nashville - flooding, and Birmingham - tornado relief. Each trip was planned to accommodate up to 200 youth, young adults, and adult leaders from the Lower Susquehanna Synod where LutheranHANDS was born. This year, the organizers of LutheranHANDS have incorporated as the not-for-profit "The LutheranHANDS Foundation", filed a 501(c)(3) tax-exempt not-for-profit application, and are planning a geographical expansion of offerings across the country starting with our neighbor synods.

In the summer of 2013, LutheranHANDS will be leading two mission trips within the U.S. and one to an international location.

You are invited to participate in those trips as groups or as individuals looking for ways to serve.

The LutheranHANDS Advantage:

- For youth - a LutheranHANDS mission trip is a great opportunity to strengthen your faith through service to new communities as part of a dynamic and energetic family of Lutherans
- For young adults - a LutheranHANDS mission trip is an opportunity to develop your leadership and mentorship of your peers while identifying ways to integrate service into your daily lives



- For youth leaders - LutheranHANDS is an easy way to provide a mission trip to your youth group where all the planning and execution is done for you
- For adults, pastors, and other lay persons - LutheranHANDS provides another arena for you to teach the Word to young people and all the satisfaction that comes with it

In the coming weeks, LutheranHANDS will be publishing our 2013 Mission Trip dates on our website, twitter, and Facebook pages.

I encourage you to become a part of the community today by "Liking" us on Facebook, "Following" us on Twitter, and subscribing to our email newsletter to stay up to date on all the things that LutheranHANDS is doing for you. Our website is [www.LutheranHANDS.org](http://www.LutheranHANDS.org)

You can view the poster with the 2013 dates here:

<http://www.uss-elca.org/synod-starting-partnership-with-lutheranhands>.

### **Service Event for the Hungry—Hands and Sponsors Needed!**

Over the weekend of November 17-18, members and friends of the Upper Susquehanna Synod will pack and distribute 30,000 meals through Outreach, Inc. (<http://www.outreachprogram.org/projects/food-program/>). Assembly lines of 10-12 **volunteers** each will assemble, seal, label, and pack 6-serving packages of a nutritionally-fortified macaroni and

cheese dish for the low cost of 25 cents per serving. Boxes packed with this product will be given to local food pantries, shelters and congregations with food distribution programs around our synod. Two packing events are being planned:

- **Saturday, November 17, at Camp Mount Luther**, Mifflinburg, PA. Individuals and groups may sign up for a one- to two-hour shift during the day, morning or afternoon.
- **Sunday afternoon, November 18, St. John Lutheran Church, Jersey Shore, PA.** Sign up for a 90 minute or longer shift in the afternoon.

This is a great opportunity for hands-on service for youth groups, W/ELCA groups, young adults, men's groups, Sunday School classes, and people of all ages. Most volunteers will be standing during their shift, but some work can be done by seated people. Mark your calendars now, and watch for more details next month about signing up to volunteer.

We are also looking for **sponsors** for this charitable event. The total cost for purchasing food will be \$7,500 (for 30,000 meals for hungry people!). All donations, large and small, are welcome! Volunteers will be asked to contribute \$10 or more, as they are able (although non-contributing volunteers are also welcome), and we are looking for more partners across our synod. If your congregation has funds set

aside for helping the hungry, if your group has fund-raisers for local charities as needed, if you know of local sources for possible grants for this kind of activity, please be in touch with Pastors Karl-John Stone ([karljohn@uss-elca.org](mailto:karljohn@uss-elca.org)), Beth Ann Stone ([bethann@uss-elca.org](mailto:bethann@uss-elca.org)), or Kerry Aucker ([kaucker1@comcast.net](mailto:kaucker1@comcast.net)).

Finally, we'll be looking for locations to RECEIVE the finished products we'll be producing. If your local food bank might be interested, please contact one of the Pastors Stone. Volunteer groups may be able to leave with finished, boxed products to deliver to the food bank nearest them. We'll be coordinating these connections in the coming months, so please be in touch if there is a need near you.

### **Bags Still Needed for Seafarers**

Nearly 500 ship workers docked at the Port of New York/New Jersey last December received a reminder of God's love for them during the Christmas season, thanks to the generous contributions of USS congregations who contributed Gift Bags last fall. The USS Global Mission Committee again invites congregations of this synod to join together in collecting "Christmas-at-Sea" Gift Bags for seafarers this Christmas through the Seafarers and International House (SIH) in New York City (<http://www.sihnyc.org/>). Each gift bag should contain one sweatshirt (L-XL), three

pairs of socks, one casual t-shirt (M-L), one knit heavy winter cap, one can of nuts or bar of chocolate, and a personalized Christmas card from you. Sturdy, imprinted plastic bags for this project are available at the synod office in Lewisburg. Filled sacks should be brought to the synod office by November 26 (the Monday after Thanksgiving) so that they may be transported to NYC in time for holiday distribution. Thank you for taking part in this ministry to some of the hardworking, lonely freighter crews who are responsible for 90% of the world's trade via merchant ships. (See Sue Baylor's article on page 6)

### **Feeding Your Community's Kids**

The Upper Susquehanna Synod World Hunger Task Force invites you to help to end hunger for children in our synod. Imagine the excitement you hear bubbling among schoolchildren as summer vacation approaches, only to learn that not all of them are as excited as you may think. One teacher found this out as she was talking to her student. She asked him why he was not happy about summer vacation, and he answered, "Because it means that I will go hungry." Hearing that story, our Task Force decided we could do something to end hunger, at least for some kids in our communities. In some local school districts fifty percent of the children are eligible for and receiving free or reduced lunches. With the partnership of congregations, local food

banks, and school districts, community-wide summer feeding programs can begin. We need your help to start planning for such feeding programs around our synod and in YOUR community. The Hunger Task Force invites you to meet with us on the following Mondays to get the ball rolling: October 22<sup>nd</sup>, and November 26<sup>th</sup> at the synod office (500 Reitz Blvd, Lewisburg). If God is calling you to care for the hungry kids in your community, please contact Pastor Carla Volland at (717) 667-0380 (home), (717) 667-6312 (church) or by email; [carlavolland@gmx.net](mailto:carlavolland@gmx.net).

### **October 14, 2012: Pennsylvania Interfaith Power and Light Meeting**

*Power for Pennsylvania: Climate Change and Faith-Based Action* is the theme of the annual conference and meeting of [Pennsylvania Interfaith Power and Light](#) (PA-IPL). PA-IPL is a statewide interfaith response to climate change as a moral issue through energy conservation, energy efficiency, advocacy and the use of clean, renewable energy. *Power for Pennsylvania* will be held on Sunday, October 14, 2012, from 2 – 6:00 p.m. in Harrisburg. It features two powerful keynote speakers:

- Dr. Richard Alley, Professor of Geosciences at the Pennsylvania State University, member of the National Academy of Sciences and host of the recent PBS series [Earth: The Operators' Manual](#).
- The Rev. Fletcher Harper, Executive

Director of GreenFaith, a national interfaith organization that inspires, educates and mobilizes people of diverse religious backgrounds for environmental leadership.

The program will also include workshops and a Green Fair. See the [agenda and logistics](#). [Register here](#). Registration is free for IPL members. [Click here](#) for information.

### **October 27, 2012: Planning for Music Ministry**

Saturday, October 27, from 9:00 a.m.-4:30 p.m., Messiah Lutheran Church, 324 S. Howard Street, South Williamsport, will host "Planning for Music Ministry." The day includes worship, workshops on "Anthems using Handbells," "Accompanying a Simple Melody," "Choir Recruitment Ideas," and "Choosing Quality, Appropriate Repertoire for Church Choirs and Soloists." There is a Choral Reading Session and a display of choral, organ, and piano music. The event concludes with a voice recital at 3:30, open to the public, by Lycoming College faculty member Emily Wertz and students. For more information or to register, contact Shirley Smith at 570-412-5949 or [ssmith@dejazzd.com](mailto:ssmith@dejazzd.com). The day is sponsored by the Williamsport and Susquehanna Valley chapters of the American Guild of Organists.



**October 29, 2012:**  
**Lutheran-Anglican-**  
**Roman Catholic Day of**  
**Dialogue**

This year's theme for the LARC Day of Dialogue is "Engaging the Word of God Ecumenically." It will be presented by Rev. Dr. Martin Marty. Dr. Marty is the internationally known Lutheran scholar and an ecumenical observer at the Second Vatican Council. He will offer his unique impressions of the ecumenical spirit of the Council to stimulate discussion among participants of their own recollections of how we have all been shaped by that time. In the afternoon session, Dr. Marty will speak to the ecumenical impact and challenges of the Council's document on Divine Revelation, *Dei Verbum*. The day begins at 9:00 a.m. and ends at 3:00 p.m. Lunch will be provided. The event will be held at the Cardinal Keeler Center, 4800 Union Deposit Road, Harrisburg, PA 17111. To download a registration form, visit this link: <http://www.uss-elca.org/wp-content/uploads/2012/08/Registration-Form.pdf>.

**November 10, 2012:**  
**Foundations of Youth**  
**Ministry 101**

Calling all Youth Advisors:  
Do you want to strengthen your youth program?  
Create a new program?  
Train new youth advisors?  
Whether you have an existing youth group or would like to get one started, this is for you!  
Messiah Lutheran Church in South Williamsport will offer

a training course for Youth Advisors on **Saturday, November 10, 2012, from 9 a.m. to 3 p.m.** Material covered includes: "What gifts do you bring?", "Who are today's youth and what do they need?", "Building an Effective Program and Ministry Team", and other topics. Taught by the Rev. Susan P. Lynch, the course is just \$10, which includes lunch. **Register by November 1.** For more information or to register, contact Kathy Wither at (570) 326-9171, ext. 203, or [wither15@comcast.net](mailto:wither15@comcast.net).

**November 16-17, 2012:**  
**Young Adult Discernment**  
**Retreat**

"Called to share God's grace...in whatever we do." Are you 18 - 30 years old and wondering or trying to work out what God has in store for you? What sort of work should you do? Would you like to figure out what God is calling you to do? Have you heard people talk about being "called" and would like to discover more? If so, prayerfully consider registering now for the Upper Susquehanna Synod's Young Adult Discernment Retreat. It will be held from 6:00 p.m. on Friday, November 16, until 4:00 p.m. on Saturday, November 17, 2012. The cost is \$50, which includes hotel, meals, and the program. The event begins with meeting at the Comfort Suites in Lewisburg, where participants will spend the night after eating dinner out together. On Saturday, the event moves to Camp Mount Luther in Mifflinburg to participate in a service project for the hungry, and

to meet in Oak Cottage. To download a PDF brochure, visit <http://www.uss-elca.org/wp-content/uploads/2012/09/Project-Connect-Discernment-Retreat.pdf>. To register, visit the following link. The registration deadline is November 1, 2012. The link is as follows:  
<https://docs.google.com/spreadsheets/viewform?formkey=dGM0VDY2cHdkN2laOTN1MXhvN21TVIE6MQ>.

**November 17-18, 2012:**  
**Service Event for the**  
**Hungry**

Over the weekend of November 17-18, members and friends of the Upper Susquehanna Synod will pack and distribute 30,000 meals through Outreach, Inc. (<http://www.outreachprogram.org/projects/food-program/>). Assembly lines of 10-12 **volunteers** each will assemble, seal, label, and pack 6-serving packages of a nutritionally-fortified macaroni and cheese dish for the low cost of 25 cents per serving. Boxes packed with this product will be given to local food pantries, shelters and congregations with food distribution programs around our synod. Two packing events are being planned:

- **Saturday, November 17, at Camp Mount Luther**, Mifflinburg, PA. Individuals and groups may sign up for a two-hour shift during the day, morning or afternoon. Contact Pastor Karl-John Stone ([karljohn@uss-elca.org](mailto:karljohn@uss-elca.org)) as soon as possible to sign up a shift:

- 9:00 AM to 11:00 AM
- 11:00 AM to 1:00 PM
- 1:00 PM to 3:00 PM
- **Sunday afternoon, November 18, St. John Lutheran Church, Jersey Shore, PA.** Sign up for a 60 minute or longer shift in the afternoon. Contact Pastor Kerry Aucker (kaucker1@comcast.net) to sign up for a shift:
  - 1:00 PM to 2:00 PM
  - 2:00 PM to 3:00 PM
  - 3:00 PM to 4:00 PM
  - 4:00 PM finish and clean-up

This is a great opportunity for hands-on service for youth groups, WELCA groups, young adults, men's groups, Sunday School classes, and people of all ages. Most volunteers will be standing during their shift, but some work can be done by seated people. Volunteers are asked to also make a \$10-20 contribution (if able) toward the cost of this event.

### **CONNECT WITH A LOCAL FOOD PANTRY!**

We need contacts for area food pantries and food shelves who distribute food without charge to hungry people. On Saturday, we'll be crating 93 boxes of meals (each box contains 36 bags, 6 servings/bag). Each box is 10 x 12 x 14 inches and weighs 33 lbs. The meals expire in two years. If possible, volunteers can leave the event with filled boxes to deliver to your own local food shelves. Contact Karl-John Stone ([karljohn@uss-elca.org](mailto:karljohn@uss-elca.org)) to help arrange the distribution of meals to a food pantry near you (phone: 570-524-9778). **BECOME A SPONSOR!**

Can you help? The cost of these meals (\$7,500 for 30,000 meals, or \$.25/meal) is being shared by event volunteers, sponsoring individuals and congregations, and grants. We are on our way to raising funds which go entirely toward the cost of this project. Please send contributions to: "Upper Susquehanna Synod, ELCA", PO Box 36, Lewisburg, PA 17837; memo: Food Project.

### **Jan 25 -26, 2013:** **"Green" Resources** **Training**

Lutherans Restoring Creation (LRC, [www.lutheransrestoringcreation.org](http://www.lutheransrestoringcreation.org)), a churchwide initiative within the ELCA, will host a training session to provide participants with "green" resources to share with congregations in their respective synods. Funding is available to support up to five representatives per PA synod to attend this special networking and fellowship event at the Lutheran Theological Seminary at Gettysburg ([www.lts.edu](http://www.lts.edu)). More are invited to attend at their own expense. This invitation is open to both clergy and laity. Mileage, meals and lodging expenses will be covered by LRC. Interested? Questions? Contact Phoebe Morad, LRC Trainer: 617-599-2722 or [pheebcongo@yahoo.com](mailto:pheebcongo@yahoo.com).

### **EMERGENCY HOTLINE NUMBERS**

Food Bank/American Red Cross: 275-1441  
 Good Samaritan Mission Center: 275-2500  
 Women's Center: 784-6631  
 Child Abuse Hotline: 800-932-0313  
 Poison Center: 800-521-6110  
 Alcoholics Anonymous: 286-7436 or 654-0488 (Northeast Inter-group)  
 Al-anon: 800-628-8290 (National Hotline)  
 Narcotics Anonymous: 988-7177  
 Gambler's Anonymous: 717-652-4400



### **TOYS FOR TOTS**

As the holiday season draws near (only 80 some days left), we, again, will help the Marine Corps League collect new toys for less fortunate children for Christmas through the Toys for Tots program.

Last year approximately 4,559 children in the central Susquehanna valley received toys through Toys for Tots.

Collections will run from October 1 through Sunday, December 16. A Toys for Tots box will be in the narthex for your collections. If you would like to donate money, please send your checks to Toys for Tots, c/o Pauline Roberts, 226 Ash St., Danville, PA 17821.

And thank you for making a brighter Christmas for children in our area!

# Newsletter Deadline

## NEWSLETTER DEADLINE

The Deadline for the next edition of the *Newsletter* is **October 15 for the November Newsletter**. All articles submitted are subject to editing; typewritten or emailed articles are especially appreciated. It may be to hold articles submitted after the deadline date until the next month.



## W/ELCA Highlights

### EXECUTIVE BOARD

The Executive Board of the Women of the ELCA will meeting on October 18<sup>th</sup> at 8:00 A.M. in the Luther House Library.

### PEACE POLE SERVICE

The annual Peace Pole Service will be held at 9:00 A.M. at the Synod Office on October 20. This year's theme is *Living our Faith in Mission: Unlocking Action*.

The guest speaker will be Beth Yenchko. It will be held rain (held inside) or shine (bring lawn chair). A continental breakfast will be provided after the service.

### Coming Up:

- ✓ Oct 7: Blanket Sunday
- ✓ Dec. 8: Quarterly 2 PM
- ✓ Apr. 13: Chicken & Waffle Dinner 4-7 PM

## USE GIFTCARDS!

*Remember to use grocery gift cards if you shop at Weis or Giant. Use gift cards for stores, gas and restaurants by purchasing ahead of time. Your church benefits from every card sold! They can be purchased or ordered in the social hall every Sunday during Fellowship time. Questions, see Jen O'Brien.*

## (W)holy, (W)holy, (W)holy Health Healing and Wholeness

*"For the Lord will not reject forever. Although he causes grief, he will have compassion according to the abundance of his steadfast love; for he does not willingly afflict or grieve anyone." (Lamentations 3:31-33, NRSV)*

In August, the Centers for Disease Control and Prevention (CDC) released a recommendation that all adults born between 1945 through 1965 (a.k.a. baby boomers) be tested for Hepatitis C. They termed it "a silent killer" and an

"unrecognized health crisis", because this particular hepatitis virus can be present in the body, increasing the risk for transmission and causing serious liver damage, liver failure, cirrhosis, and liver cancer - all without one's knowledge. *"It is the leading cause of liver transplants and liver cancer – the fastest-rising cause of all cancer-related deaths – in the US."*

"Many baby boomers were infected with Hepatitis C during their teens and twenties. Some may have become infected via blood transfusions or other health care exposure before universal precautions and widespread blood testing were implemented in 1992. Others may have become infected from experimentation with drug use, even if only once decades ago. Because these exposures were often long ago, many baby boomers may not recall – or may be unwilling to discuss – the events that have placed them at risk. As a result, many have never been tested for hepatitis C." (... CDC Fact Sheet (August 2012). *Hepatitis C: Expansion of Testing Recommendations, 2012*. Centers for Disease Control and Prevention: Atlanta, GA) Health care exposures include: those on long-term dialysis treatment, accidental needle-sticks involving blood from a patient with hepatitis C, recipients of blood, blood

products, or transplanted tissue/organs from a donor who was an unknowing carrier. Less commonly, the virus can be spread via sexual contact, through sharing personal items such as razors and toothbrushes [containing blood contaminants], tattooing and/or piercings performed in unregulated settings, and from mother to baby during birth.

In its report, the CDC states it is making these testing recommendations for the following reasons:

- The vast majority (more than 75%) of American adults with hepatitis C are baby boomers. Testing people in this age group will help identify many undiagnosed cases.
- Deaths from hepatitis C are on the rise. As hepatitis C infected baby boomers age, the likelihood that they will develop serious, life-threatening complications from the disease increases – unless those infections are appropriately diagnosed and treated.
- New therapies can cure up to 75% of persons treated for hepatitis C. Identifying silent cases of hepatitis infection has the potential to save more lives than ever before.

It is also important to re-iterate how the virus **is not spread**. **It is not spread** by sharing eating utensils, via breast feeding, hugging, kissing, holding hands, coughing, sneezing. It is also not spread through food or

water, and has not been shown to be transmitted by mosquitoes or other insects.

Finally, because contracting this disease can be life-style related, there may be a temptation to ‘blame the victim’ for his/her choices leading to the disease. For those who do, I say, “Remember Job.” Jobs friends sat with him, in silence, for days, but eventually, they gave in to the human habit of blaming the sufferer for his predicament. Their speeches were based on wrong assumptions. We all need to be careful what we assume to be true in the lives of others. Like Jobs friends, we cannot assume that suffering [with hepatitis C] is one’s own fault, or is a result of youthful indiscretion and sins

Speak to your doctor, and get tested. The process is simple and should be covered by most health insurance.

*October blessings!*  
*Debbie Best RN, BSW, MHA*



## Nurse's Notes

### October 7

If you're allergic to pollen from ragweed and mugwort (aka wormwood) – two types that predominate the fall –

winter weather may not bring relief. For more than 50% of those with such allergies, certain raw foods cause the same kind of scratchy-throat reaction, even when there's no pollen in the air, says Clifford Bassett, MD, clinical assistant professor at NYU School of Medicine. So ... if you are allergic to ragweed, then you may want to avoid: cantaloupe, watermelon, honeydew, zucchini, cucumbers, and bananas. If you are allergic to mugwort/wormwood, avoid: celery, carrots, coriander, parsley, mustard, onions, garlic, black and bell peppers. (*Prevention Magazine*, September 2012, pg. 14).

### October 14

How can you know which toothbrush features are hype and which can really help keep your smile healthy? Straight from the dental experts' mouths, here's what you need:

- **A powerful front tip** – A concentrated bunch of bristles helps scrub away residue in tight crevices.
- **Crisscross bristles** – Rows slanting in different directions let you clean on push and pull motions.
- **Indicator bristles** – These have a nontoxic dye to give you a heads-up when it's time for a new brush.
- **Flexible head** – A bit of give helps the brush



adjust better to the shape of your mouth.

- **Ergonomic handle** – A comfy grip defeats fatigue, so you brush longer. Pick a stem wider than a pencil. (*Prevention Magazine*, September 2012, pg. 16)

### October 21

Parents aren't the only ones who get sad when teens head off to college; one in six dogs suffers from separation anxiety. Symptoms include frequent whining or barking, destructive behavior, and refusing to eat. "To get his tail wagging again, increase his exercise and give him mental challenging puzzles or toys," says Kristen Collins, animal behaviorist at the ASPCA. "He should adjust in a few weeks or months – sooner if he has company during the day."

(*Prevention Magazine*, September 2012, pg. 128)

### October 28

Compounds in cherries called anthocyanins – the same phytonutrients that give cherries their rich ruby hue – are powerful antioxidants that work in two ways to reduce pain. "They block inflammation and they inhibit pain enzymes, just like aspirin, naproxen, and other nonsteroidal anti-inflammatories," says Muraleedharan Nair, PhD, natural products chemist at Michigan State University's

College of Agriculture and Natural Resources. One study in the *Journal of Nutrition* showed that people who ate a bowl of cherries for breakfast reduced a major marker of inflammation by 25%. Other researchers found less muscle pain in runners who drank 12 ounces of tart cherry juice twice daily for 7 days before a distance run. (*Prevention Magazine*, September 2012, pg. 76.)

Happy  
Autumn!

### Leave a Legacy for Ministry and Mission: Who needs a will?

Every adult who owns anything, has children, and/or cares what happens to his or her estate at the time of death; also, anyone who believes in life-long stewardship and wants to remember his or her congregation and/or favorite ministries of the ELCA. For more information about how to make charitable gifts using your will or other ways to make charitable gifts call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the ELCA Foundation, 800/638-3522, ext. 2970 or visit our website at [www.elca.org/fo](http://www.elca.org/fo)

## The Thank You Corner

### A Special Thank You To:

**Denny DiOrio** – for the shirts.

**Irene Hinkle** - helping with replacing and/or sewing altar linens as needed.

**Jan St. Clair** – for doing embroidering on our altar linens.

**Hospitality and Volunteers** – for attending to the Comfort Station downtown during the Fall Arts & Crafts Festival.

**Bill Snyder, Rae and Nan Leighow** – for removing and replacing shrubs in front of the church.

**Pastor Keith and Pastor Pat** – for doing the yard sale at Christ Lutheran in September and donating half the money to Pine Street. (The other half went to Christ Lutheran.)

**Dennis Leighow, Richard Baylor, and Caz Morgan** – for supplying and shampooing the carpeting in the Luther House.

**Roxanne Patton** – for your news ministry.

**Larry Bohner and Nan Leighow** – for the donation and hanging of the curtains at various places in the Luther House and church.

**Paul and Barb Ezdebski** – for providing lawn care for the church.

**Jeannie Snover** – for her Card Ministry (sending of get-well, sympathy, new baby, holiday and thinking-of-you cards to shut-ins and staff).