

# Messiah Lutheran Church

3 South Third Street  
Mifflintown, PA 17059  
Church Office / 436-6213    Dial-A-Prayer / 436-2100

The Reverend William N. Esborn  
Andrea Cameron  
Brent Snyder  
Linda Bahorik  
Andrea Cameron  
Michelle Stoner

Pastor  
Choir Director  
Organist  
Lector  
Cantor  
Altar Guild

## FOURTH SUNDAY OF EASTER SERVICE OF THE WORD FOR HEALING April 29, 2012 – 10:30 a.m.

\*Please Stand as **YOU** Are Able

### PEOPLE TO REMEMBER IN PRAYER TODAY

Marian G., Reba S., Sue C., Flo B., Ethel B., Virginia F., Cathryn R., Goldie K., Jean M., Cassie S., Helen K., Sis S., Fannie K., Jane M., Fay M., Dorothy P., Ruth C., Ray B., Anna Mary Z., Ryan K., Harry A., Bill W., Ginny W., John S., Lon D., George, Jamie and Luke D., Ed and Ann B., Don C., Sarah D., Nick B., Sue K., and families of Ralph G., Dave Y., and Cathryn R.

### PREPARATION

CHIMES: CALL TO WORSHIP

PRELUDE

*[A Time for Meditation and Prayer]*

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

*The image of the Good Shepherd shows us how the risen Christ brings us to life. It is the relationship between the shepherd and the sheep, one of mutual knowledge and love, that gives the shepherd authority. The shepherd's willingness to lay down his life for the sheep shows his love. First John illustrates what it meant to lay down our lives for one another by the example of sharing our wealth with any sister or brother in need.*

*Today is the commemoration of Catherine of Siena, theologian, who died in 1380.*

### GATHERING

\* ENTRANCE HYMN                      "Savior, like a Shepherd Lead Us"

\* GREETING

*P Alleluia! Christ is risen!*

**C Christ is risen indeed. Alleluia!**

*P The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.*

**C And also with you.**

\* **KYRIE (C - sung)**

*P In peace, let us pray to the Lord.*

**C Lord, have mercy.**

*P For the peace from above, and for our salvation, let us pray to the Lord.*

**C Lord, have mercy.**

*P For the peace of the whole world, for the well-being of the Church of God, and for the unity of all, let us pray to the Lord.*

**C Lord, have mercy.**

*P For this holy house, and for all who offer here their worship and praise, let us pray to the Lord.*

**C Lord, have mercy.**

*P Help, save, comfort, and defend us, gracious Lord.*

**C Amen**

\* **HYMN OF PRAISE (I & II - Choir    C – Congregation)**

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

*I Wor-thy is Christ, the Lamb who was slain, whose blood set us free to be peo-ple of God.*

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

*II Pow-er, rich-es, wis-dom, and strength, and hon-or, bless-ing, and glo-ry are his.*

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

*I Sing with all the peo-ple of God, and join in the hymn of all cre-a-tion:*

*Bless-ing, hon-or, glo-ry, and might be to God and the Lamb for-ev-er. A-men.*

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

*II For the Lamb who was slain has be-gun his reign. Al-le-lu-ia.*

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

\* **SALUTATION AND RESPONSE (sung)**

*P The Lord be with you*

**C And also with you.**

\* **PRAYER OF THE DAY (spoken in unison)**

*P Let us pray...*

**C O Lord Christ, good shepherd of the sheep, you seek the lost and guide us into your fold. Feed us, and we shall be satisfied; heal us, and we shall be whole. Make us one with you, for you live and reign with the Father and the Holy Spirit, one God, now and forever. Amen**

**WORD**

*Peter and John had been arrested the previous day because they were proclaiming the news of the resurrection to the people. In today's reading, Peter is filled with the Holy Spirit so that he is able to proclaim salvation in Jesus' name to the religious authorities.*

FIRST READING: Acts 4:5-12

The First reading is from the 4<sup>th</sup> chapter of Acts.

## THE LESSON READS:

<sup>5</sup>The next day their rulers, elders, and scribes assembled in Jerusalem, <sup>6</sup>with Annas the high priest, Caiaphas, John, and Alexander, and all who were of the high-priestly family. <sup>7</sup>When they had made the prisoners stand in their midst, they inquired, "By what power or by what name did you do this?" <sup>8</sup>Then Peter, filled with the Holy Spirit, said to them, "Rulers of the people and elders, <sup>9</sup>if we are questioned today because of a good deed done to someone who was sick and are asked how this man has been healed, <sup>10</sup>let it be known to all of you, and to all the people of Israel, that this man is standing before you in good health by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead.

<sup>11</sup>This Jesus is

'the stone that was rejected by you, the builders; it has become the cornerstone.'

<sup>12</sup>There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved."

Lector: Here ends the reading.

**Congregation: Thanks be to God.**

PSALM: Psalm 23

*L – The LORD is my shepherd; I shall not be in want. (Ps. 23:1)*

<sup>1</sup>The LORD is my shepherd; I shall not be in want.

**<sup>2</sup>The LORD makes me lie down in green pastures and leads me beside still waters.**

<sup>3</sup>You restore my soul, O LORD, and guide me along right pathways for your name's sake.

**<sup>4</sup>Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with me; your rod and your staff, they comfort me.**

<sup>5</sup>You prepare a table before me in the presence of my enemies; you anoint my head with oil, and my cup is running over.

**<sup>6</sup>Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the LORD forever.**

**ALL – The LORD is my shepherd; I shall not be in want.**

*Jesus' death on our behalf is the clearest demonstration of divine love. This is the very love we share with others, not just through our words but especially through our deeds. In sharing such love we fulfill God's commandments.*

SECOND READING: 1 John 3:16-24

The Second reading is from the 3<sup>rd</sup> chapter of 1 John.

## THE LESSON READS:

<sup>16</sup>We know love by this, that he laid down his life for us — and we ought to lay down our lives for one another. <sup>17</sup>How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help?

<sup>18</sup>Little children, let us love, not in word or speech, but in truth and action. <sup>19</sup>And by this we will know that we are from the truth and will reassure our hearts before him <sup>20</sup>whenever our hearts condemn us; for God is greater than our hearts, and he knows everything.

<sup>21</sup>Beloved, if our hearts do not condemn us, we have boldness before God; <sup>22</sup>and we receive from him whatever we ask, because we obey his commandments and do what pleases him.

<sup>23</sup>And this is his commandment, that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. <sup>24</sup>All who obey his commandments abide in him, and he abides in them. And by this we know that he abides in us, by the Spirit that he has given us.

Lector: Here ends the reading.

**Congregation: Thanks be to God.**

\* THE VERSE (**Congregation**)

**Now the green blade rises from the buried grain, Wheat that in dark earth many days has lain; Love lives again, that with the dead has been; Love is come again like wheat arising green.**

*In language that recalls the twenty-third psalm, Jesus describes himself as the shepherd who cares for his sheep. He is willing to die for them, and he is able to overcome death for them.*

\* GOSPEL: John 10:11-18

*P The Holy Gospel according to John, the 10<sup>th</sup> chapter.*

**C Glory to you, O Lord. (sung)**

THE GOSPEL READS:

<sup>11</sup>I am the good shepherd. The good shepherd lays down his life for the sheep. <sup>12</sup>The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away — and the wolf snatches them and scatters them. <sup>13</sup>The hired hand runs away because a hired hand does not care for the sheep. <sup>14</sup>I am the good shepherd. I know my own and my own know me, <sup>15</sup>just as the Father knows me and I know the Father. And I lay down my life for the sheep. <sup>16</sup>I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd. <sup>17</sup>For this reason the Father loves me, because I lay down my life in order to take it up again. <sup>18</sup>No one takes it from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it up again. I have received this command from my Father."

*P The Gospel of the Lord.*

**C Praise to you, O Christ. (sung)**

\* THE VERSE (**Congregation**)

**Forth he came at Easter, like the risen grain, He that for three days in the grave had lain; Raised from the dead, my living Lord is seen; Love is come again like wheat arising green.**

SERMON

Pastor Esborn

\* HYMN OF THE DAY

"Christ the Lord Is Risen Today; Alleluia!"

\* NICENE CREED (all)

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father.**

**Through him all things were made. For us and for our salvation he came down from heaven; by the power of the Holy Spirit he became incarnate from the virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead, and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.**

**We acknowledge one Baptism for the forgiveness of sins.**

**We look for the resurrection of the dead, and the life of the world to come.**

**Amen**

\* PRAYERS OF INTERCESSION

*P Enlivened in the resurrection of Jesus Christ, we pray for the life of the church, for those in need, and for all of God's creation.*

*A brief silence.*

*P Holy, compassionate God, our Lord Jesus laid down his life for the sake of your people. Lead us to put aside our own lives, that your life may abound in us. Hear us, O God.*

**C Your mercy is great.**

*P You are the source of all life. Lend your creative power to ranchers, herders, and farmers who encourage growth in their animals and strive to give them what they need to live. Hear us, O God.*

**C Your mercy is great.**

*P You humble the proud and lift up the lowly. Give your wisdom and humility to political and economic leaders. Teach them how to care for all over whom they have authority. Hear us, O God.*

**C Your mercy is great.**

*P Your Spirit brings healing in extraordinary ways. Grant hope to all who seek treatment for illness, addiction, and emotional strain (especially all of our shut-ins [both at home and in nursing homes], and for Ryan Keresey, Harry Aurand, Bill Walters, Ginny Waller, John Smullen, Lon Diffenderfer, Don Clark, Sarah Dressler, Luke Davis, Nick Beward, Sue Kepner, and the families of Ralph Gaul, Dave Young, and Cathryn Renninger). Heal them in ways they cannot imagine. Hear us, O God.*

**C Your mercy is great.**

*P Your resurrection creates new ways to live. Dance your Spirit in communities that seek transformation. Open new opportunities for cooperation in areas of*

work and recreation. Hear us, O God.

**C Your mercy is great.**

*Here other intercessions may be offered.*

*P In thanksgiving for the faithful work done by your saints (like Catherine of Siena, whom we commemorate today), engage us in faithful work until your will is accomplished. Hear us, O God.*

**C Your mercy is great.**

*P Trusting in your abundant mercy, O God, we commend ourselves and all for whom we pray into your care, through Jesus Christ our Savior.*

**C Amen.**

## **THE RITE OF HEALING**

### **THE LAYING ON OF HANDS**

*P Those who wish to receive the laying on of hands as a commitment to God's power to heal may come forward to the altar rail. This may include those in need of physical, emotional, or mental healing. It may include those in need of reconciliation in their relationship to God or neighbor. It may include those who wish to commit their ministry of healing into the hands of God: as a doctor, nurse or health care worker.*

*(Then for each individual the following is said with the laying on of hands):*

*P I lay my hands upon you in the name of our Lord and Savior Jesus Christ, beseeching him to uphold you and fill you with grace, that you may know the healing power of his love.*

**C Amen**

*P (Name), I anoint you with oil in the name of the Father, and of the Son, and of the Holy Spirit.*

**C Amen**

#### **\* PRAYER OF COMMITMENT (for all)**

*P The almighty Lord a stronger tower to all who put their trust in him, to whom all things in heaven, on earth, and under the earth bow and whom they obey--be now and evermore your defense, and make you know and feel that the only name under heaven given for health and salvation is the name of our Lord Jesus Christ.*

**C Amen**

#### **\* PRAYER OF THANKSGIVING**

*P Let us pray.*

*Merciful Lord God, constant source of all healing, we give you thanks for all your gifts of strength and life, and above all we thank you for the gift of your Son, through whom we have health and salvation. As we wait for that day when there will be no more pain, help us by your Holy Spirit to be assured of your power in our lives and to trust in your eternal love; through Jesus Christ our Lord.*

**C Amen**

\* SHARING OF GOD'S PEACE

*P The peace of the Lord be with you always.*

**C And also with you.**

Congregational sharing: **"Peace be with you."**

OFFERING

OFFERTORY

*[Please pass the Friendship Pad down your pew for all to sign and then back to the center aisle so everyone has the opportunity to read the names. We request that our guests also give us their home address. Thank you].*

ANTHEM

\* SUNG OFFERTORY ('vineyards')

**Let the vine-yards be fruit-ful, Lord, and fill to the brim our cup of bless-ing. Gath-er a har-vest from the seeds that were sown, that we may be fed with the bread of life. Gath-er the hopes and dreams of all; u-nite them with the prayers we of-fer now. Grace our ta-ble with your pres-ence, and give us a fore-taste of the feast to come.**

\* OFFERING PRAYER

*P Blessed are you, O God, ruler of heaven and earth. Day by day you shower us with blessings. As you have raised us to new life in Christ, give us glad and generous hearts, ready to praise you and to respond to those in need, through Jesus Christ, our Savior and Lord.*

**C Amen**

**MEAL**

\* THE GREAT THANKSGIVING (sung responsively)

*P The Lord be with you.*

**C And al-so with you.**

*P Lift up your hearts.*

**C We lift them to the Lord.**

*P Let us give thanks to the Lord our God.* **C It is right to give him thanks and praise.**

\* PREFACE

*P It is indeed right and salutary ... we praise your name and join their unending hymn:*

**C Ho-ly, ho-ly, ho-ly Lord, God of pow'r and might: Heav-en and earth are full of your glo-ry. Ho-san-na. Ho-san-na. Ho-san-na in the high-est. Bless-ed is he who comes in the name of the Lord. Ho-san-na in the high-est.**

\* EUCHARISTIC PRAYER

*P Blessed are you, O God of the universe. Your mercy is everlasting and your faith-fulness endures from age to age.*

*Praise to you for creating the heavens and the earth. Praise to you for saving the earth from the waters of the flood. Praise to you for bringing the Israelites safely through the sea. Praise to you for leading your people through the wilderness to*

*the land of milk and honey. Praise to you for the words and deeds of Jesus, your anointed one. Praise to you for the death and resurrection of Christ. Praise to you for your Spirit poured out on all nations.*

*In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.*

*Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.*

*With this bread and cup we remember our Lord's Passover from death to life as we proclaim the mystery of faith:*

**C Christ has died. Christ is risen. Christ will come again.**

*P O God of resurrection and new life: Pour out your Holy Spirit on us and on these gifts of bread and wine. Bless this feast. Grace our table with your presence.*

**C Come, Holy Spirit.**

*P Reveal yourself to us in the breaking of the bread. Raise us up as the body of Christ for the world. Breathe new life into us. Send us forth, burning with justice, peace, and love.*

**C Come, Holy Spirit.**

*P With your holy ones of all times and places, with the earth and all its creatures, with sun and moon and stars, we praise you, O God, blessed and holy Trinity, now and forever.*

**C Amen.**

**(Sung) Through him, with him, in him, in the u-ni-ty of the Ho-ly Spir-it, all hon-or and glo-ry is yours, al-might-y Fa-ther, now and for-ev-er. A-men.**

**\* THE LORD'S PRAYER ['trespasses'] (all)**

**C Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven.**

**Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.**

**For thine is the kingdom, and the power, and the glory, forever and ever. Amen**

**\* INVITATION TO COMMUNION**

*P Jesus said, "I am the true vine. Abide in me as I abide in you."*

**\* LAMB OF GOD (sung)**

**Lamb of God, you take a – way the sin of the world; have mer-cy on us. Lamb of God, you take a-way the sin of the world; have mer-cy on us. Lamb of God, you take a – way the sin of the world; grant us peace.**



## DISTRIBUTION

*["INTINCTION" – dip your wafer in the wine. Come forward by the center aisle and return by the side aisle. All who wish to stand at the chancel rail after partaking for a time of silent meditation are invited to do so].*

### \* COMMUNION BLESSING

*P The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace.*

**C Amen**

### \* POST-COMMUNION CANTICLE (sung)

**C Thank the Lord and sing his praise; tell ev-'ry-one what he has done. Let all who seek the Lord re – joice and proud-ly bear his name. He re-calls his prom-is – es and leads his peo-ple forth in joy with shouts of thanks-giv-ing. Al-le – lu – ia. Al-le-lu – ia.**

### \* PRAYER AFTER COMMUNION

*P Life-giving God, we give you thanks for nourishing us with the bread of heaven and the wine of love, Jesus our risen Savior. As you send us into the world, guard us from the power of evil, keep us in unity with all your people, and by your Spirit move us to testify to your grace in our words and actions; through Christ our Lord.*

**C Amen**

## SENDING

### \* BLESSING

*P Almighty God, who raised our Lord Jesus from death, lift you up and restore you to wholeness. Jesus Christ, the Word of life, bless you and send you to be his witnesses. God the Holy Spirit, who renews the whole earth, refresh you in the gift of baptism this day and always.*

**C A-men, A-men, A-men (sung)**

### \* CLOSING HYMN "At the Lamb's High Feast We Sing"

### \* DISMISSAL

*P Go in peace. Share the good news. Alleluia.*

**C Thanks be to God. Alleluia.**

## POSTLUDE

NEXT WEEK'S LECTOR – Ron Yorks

NEXT WEEK'S ALTAR GUILD – Michelle Stoner

## WELCOME

IF YOU WISH TO USE OR FOLLOW THE LITURGY MUSIC as we proceed through the service today, please use the yellow portfolios placed on top of the sound control system. In addition, headsets are available in the narthex for our sound enhancement system for the hearing impaired.

VISITORS ARE ALWAYS WELCOME to worship at Messiah. We invite you to register your visit not only in the Friendship Pads, but also in the guest book provided in the narthex. If you are seeking a church home, please speak to the pastor. Our fellowship in Jesus Christ is open and extended to all persons who confess His Lordship over all life. Thank you for worshipping with us. We invite you to return. Visitors are invited to commune with us if they are baptized and, if with us in our faith, they trust Jesus' promise of the presence of the Body and Blood of Christ.

WE INVITE EVERYONE (members and visitors) worshipping with us today to sign the Friendship Pads during the Organ Offertory. If you are a visitor, please be sure to include your address when signing. Please also place a check mark in the box (beside your name) if you are communing today and have not as yet given us a record of your participation in the sacrament during this quarter. (A new quarter begins in January, April, July, and October). The pads are found on the aisle seat of each pew in the nave, and in each section of the Adult Sunday School Room.

PRAYER REQUESTS will be placed in the weekly bulletin for one month. If you wish to have someone included in the prayer list for more than one month, please call the church office.

WE EXTEND OUR SYMPATHY to the family of Cathryn Renninger who died on April 23, 2012 at Lakeview Senior Care Center, Smethport. Please keep the family in your prayers.

THE DEADLINE FOR ALL ITEMS TO BE INCLUDED IN THE SUNDAY BULLETIN IS THURSDAY NOON.

DIAL-A-PRAYER (436-2100) IS AVAILABLE 24 HOURS DAILY!

JUST A THOUGHT – G. K. Chesterton, English Christian Writer (1874 - 1936): A man was meant to be doubtful of himself but undoubting about the truth. This has been exactly reversed.

### **CONGREGATIONAL NEWS**

SUMMER WORSHIP SERVICES will begin on June 10, 2012 at 9:15 a.m. (Sunday School at 8:15 a.m. if classes are meeting) and end on September 2, 2012. Regular worship services will begin on September 9<sup>th</sup>.

PROPERTY MEETING – The Property Committee will meet Monday, May 21, 2012 in the choir room at 6:30 p.m. Please attend if possible, as we have two very important items to discuss. Check your email as property news is being sent periodically.

THE NEW ALTAR GUILD SCHEDULE from June, 2012 through June, 2013 will be completed soon. If you are not already on the Altar Guild and you would like to serve, please notify the church office. If you no longer wish to serve, again let the office know. All Altar Guild members will be sent a copy of the annual schedule in May. Thanks to all for your willingness to serve.

THE NEW LECTOR SCHEDULE from June, 2012 through June, 2013 will be completed soon. If you are not already serving as a Lector (the lay person who reads the scripture lessons at the worship service) and you would like to do so, please notify the church office. Any young

people who would like to read on the first Sunday of the month are also asked to notify the church office. If you would like to be deleted from the list, again let the office know. All Lectors will be sent a copy of the annual schedule in May. Thanks to all of you who volunteer for this role in our worship services.

### **WOMEN OF THE ELCA**

MESSIAH WOMEN OF THE ELCA continuously collect new bath-size bars of soap (4 oz. to 5 oz., preferably Ivory or unscented Dove) as an on-going project for Lutheran World Relief. Please place soap in the basket on the blue table in the Sunday School Room.

AN INVITATION TO PARTICIPATE in a project in association with Seafarers International House – At the 25<sup>th</sup> Anniversary Convention of the Upper Susquehanna Synodical Unit of the Women of the WELCA, July 28, 2012, there will be an ingathering of items for “Christmas at Sea” sacks which will be given to seamen who cannot be with family for the holidays. These items will be gathered from May until Sunday, July 22, 2012. (Matthew 25:40; And the King will answer and say to them, “Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to me.”)

Items needed: (No substitutes, please)

- Sweatshirt—hooded or unhooded in size L or XL
- Thermal or white gym socks, groups of three pairs
- Casual pull-over T-shirts, size M and L
- Knit heavy winter cap
- Cans of nuts or candy
- Christmas card signed by you

The sacks will be completed and filled at a board meeting of the WELCA Synodical Board before Thanksgiving. These gifts may be placed on the blue table in the Sunday School Room.

### **COMMUNITY**

THRIVENT EVENT – The Juniata County Chapter of Thrivent Financial for Lutherans will host a program entitled “Identity Theft: What You Need to Know” at Messiah Lutheran Church on Sunday, May 20, 2012 in the Fellowship Hall. The program will begin at 12:00 p.m. and lunch will be provided. The program and lunch are open to the public. Please contact Esther Bratton at 436-8856 or Francene Zimmerman at 436-5566 by Sunday, May 6<sup>th</sup> to register.

MEALS-ON-WHEELS needs a head cook and team for the fourth Tuesday of the month (beginning in November). Also needed, at least two people to help assemble the meals for delivery on the second Friday of the month (needed immediately). Drivers are also needed for several routes. If you can help, please call Dottie Heck at 436-6002 or 717-348-1950 (cell).

THE PENNSYLVANIA COUNCIL OF THE BLIND, Carl Shoemaker Chapter, and Radio Reading Service (formally CARRS), will hold its annual Walk for Sight Walkathon on Saturday, May 19, 2012 beginning at 9:30 a.m. Walk will be a state-wide Walkathon again this year and will be a distance of approximately 6 miles. Registration will be from 9:00 to 9:30 a.m. Walk will begin and end at Messiah Lutheran Church. Prizes will be awarded and refreshments will be

provided. Children under the age of 10 must be accompanied by an adult. Your support for this annual event would be greatly appreciated. To obtain a sign-up sheet or for more information, call Geraldine Zeigler at 436-2746.

#### FOOD PANTRY NEEDS FOR APRIL:

ALL NON-PERISHABLE FOODS

SHAMPOO, DEODORANT & FIRST-AID SUPPLIES

\*WE ALSO GLADLY ACCEPT DONATIONS OF CASH AND GIFT CARDS

ELCA MALARIA CAMPAIGN – Malaria is a leading cause of death in Africa, claiming the life of a child every 45 seconds. In Liberia, malaria accounts for 30 percent of all deaths seen in hospitals. Since the launch of the ELCA Malaria Campaign last year, Lutheran churches in Angola, Mozambique, Zambia and Zimbabwe are working to control this disease – distributing mosquito nets and medicine, as well as educating communities on prevention. However, we don't yet have the funds to begin this work in Liberia. Congregations are invited to join other congregations across America to take an offering for World Malaria Day this Sunday and help make this dream a reality. Checks may also be mailed to the ELCA Malaria Campaign, P.O. Box 71764, Chicago, IL 60694-1764. Be sure to include "World Malaria Day" in the memo line.

PURELY PRETTY EVENT – Locust Run United Methodist Church will be the scene of the first annual Purely Pretty event. Girls ages 9-16 and their mothers are invited to come and enjoy this mini-retreat. Purely Pretty will be held on Saturday, May 19, 2012 from 9 AM to 12 PM. The morning will include social time for visiting and breakfast, speaker Danyle Shea, who will share about what God has to say in His word concerning remaining pure in dress and appearance and why this is important, manicures and pedicures, and a fun fashion show to showcase trendy outfits available to girls today while still honoring the Lord in every area. The event is FREE and open to the community. The church is located just west of Thompsonstown on the corner of William Penn Highway and Locust Run Road and is handicapped accessible. Please call Lyndsay at 535-0070 as registration is required or if you need more information.

NURSE'S NOTES – **"Less Effort, Better Results?"** Don't feel guilty about working out at your own pace. New research from Pennsylvania State University shows that women who exercise at a moderate intensity are more likely to benefit in the long run, compared with subjects who struggle through vigorous sweat sessions. In fact, they were about twice as likely to feel energized and confident about exercising regularly. The upshot: The most effective workout is the one you'll do for the long haul." (*Prevention, Magazine*, March 2012, pg. 24)

### **THIS WEEK AT MESSIAH**

- Today:** -FOOD PANTRY SUNDAY.  
-9:15 a.m., Sunday School/Cate. Class.  
-10:30 a.m., Service of Healing/Communion/Jr. Church.  
-Special offering for World Malaria Day.
- Monday:** -8 p.m., AA meeting.
- Tuesday:** -9 a.m., "The Needlers" in Fellowship Hall.
- Wednesday:** -7 p.m., NA group in Youth Area.  
-7 p.m., Choir rehearsal.
- Thursday:** -9 a.m.—2 p.m., Family Resource Program in Youth Area.  
-1 p.m., Dulcimer rehearsal.  
-6 p.m., Thrivent meeting in Library.
- Friday:** -7 p.m., Square Dancing in Fellowship Hall.
- Sunday:** -9:15 a.m., Sunday School/Cate. Class.  
-10:30 a.m., Worship/Communion.