

THE MESSIAH HERALD



AUGUST, 2011

MESSIAH LUTHERAN CHURCH

3 SOUTH THIRD STREET
MIFFLINTOWN, PA 17059
(717)-436-6213
www.mlcmifflintown.org
mlcmifflintown@pa.net

THE REV. WILLIAM N. ESBORN, PASTOR

35 SCENIC VIEW DRIVE
MIFFLINTOWN, PA 17059
(717)-436-9425
pastoresborn@pa.net

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"PROCLAIMING GOD'S LOVE REVEALED IN JESUS CHRIST AND HIS PEOPLE"

The Messiah Herald



August 2011

Brothers and Sisters in Christ,

Last month I wrote to you about studying God's word **Devotionally**. This month we turn to learning about studying the Bible as literature or what we call **Literarily**, not literally.

The Song of Solomon is a love song and from its opening words its poetic license is obvious. Much of scripture is poetic, especially, the Psalms.

Besides understanding the Bible as consisting of numerous forms of literature there is, also, the literary structures of various books that use particular phrases, events, characterizations, and attitudes as significant aspects of the telling of the stories of scripture.

The Bible is filled with books written by many different authors in many different ways and for different purposes and in different periods of history.

Last month I wrote to you about studying God's word **Devotionally**. This month we turn to learning about studying the Bible as literature or what we call **Literarily**, not literally.

Studying the Bible as literature is to recognize that it is made up of many types of writing. These include poetry, hymns, historical reports, miracle stories, proverbs, parables, and more. How you recognize a piece of the scripture as one of these different types of literature affects how you read it and understand it. One does not read poetry or hymnody in the same way one reads historical reports. Poetry and hymnody are far more representative forms of writing.

Song of Solomon, Chapter 1

² Let him kiss me with the kisses of his mouth—
for your love is more delightful than wine.

³ Pleasing is the fragrance of your perfumes;
your name is like perfume poured out.

The Song of Solomon is a love song and from its opening words its poetic license is obvious. A lover's kisses may be more delightful than wine but Solomon's name clearly has no fragrance in any literal sense. Much of scripture is poetic, especially, the Psalms.

The first chapter of Genesis and the story of the seven days of creation is in a structure of ancient Hebrew hymnody. There are verses and refrains throughout it. This raises real questions about whether it is to be understood in any literal sense and moves us on to asking questions about what is this hymn meant to teach God's people as they sang it. We still use hymnody today as a means of teaching the Gospel of Jesus Christ.

Besides understanding the Bible as consisting of numerous forms of literature there is, also, the literary structures of various books that use particular phrases, events, characterizations, and attitudes as significant aspects of the telling of the stories of scripture. John's gospel loves to place a situation or event in one place up front in the Gospel as a foreshadowing of something to occur later in the Gospel. This is what I often refer to as John letting the first shoe drop. Often the second shoe doesn't fall until many chapters later. John, also, uses a theme of people seeing or hearing and not understanding throughout his Gospel along with themes of light and darkness. An example is Nicodemus coming to Jesus by night and not understanding the things Jesus reveals to him. This is all part of the author of John's dramatic skill. Continually, it is Jesus who must unpack for the disciples what events and parables mean. We are blind and Jesus and the Spirit open our eyes.

The Bible is not a single book; it is a library of books. It is filled with books written by many different authors in many different ways and for different purposes and in different periods of history. Nothing good is accomplished when attempting to understand the Bible literally, instead of literarily. Our study of the Bible is enriched when we open ourselves to the richness of the diversity of literature in it working to hear it with all of its nuances and beauty.

Next month I will discuss learning to read the Bible historically and what we gain by digging around in the history and cultures out of which the books of the Bible were born.

Yours in Christ,

Pastor Bill

DAILY HOME BIBLE READINGS

August	1: Deuteronomy 8:1-10
August	2: Deuteronomy 26:1-15
August	3: Exodus 16:2-15, 31-35
August	4: 1 Kings 19:9-18
August	5: Psalm 85:8-13
August	6: Romans 10:5-15
August	7: Matthew 14:22-33
August	8: 2 Peter 2:4-10
August	9: Romans 9:14-29
August	10: Matthew 8:23-27
August	11: Isaiah 56:1, 6-8
August	12: Psalm 67
August	13: Romans 11:1-2a, 29-32
August	14: Matthew 15:[10-20] 21-28
August	15: Galatians 4:4-7
August	16: Isaiah 43:8-13
August	17: Acts 15:1-21
August	18: Isaiah 51:1-6
August	19: Psalm 138
August	20: Romans 12:1-8
August	21: Matthew 16:13-20
August	22: Romans 2:1-11
August	23: 1 Samuel 7:3-13
August	24: John 1:43-51
August	25: Jeremiah 15:15-21
August	26: Psalm 26:1-8
August	27: Romans 12:9-21
August	28: Matthew 16:21-28
August	29: Revelation 3:1-6
August	30: Revelation 3:7-13
August	31: Matthew 12:22-32



PRAYER REQUESTS

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.

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

AUGUST SCHEDULES

LECTORS

7: Sam Leister
14: Linda Leister
21: Ron Yorks
28: Barbara S. Geedey

ALTAR GUILD

Aug. 1—Aug. 7 Christie Holderman
Aug. 8—Aug. 21 Linda Leister
Aug. 22—Aug. 28 Barbara S. Geedey
Aug. 29—Sept. 11 Michelle Stoner

ALTAR FLOWERS

7: Edith Nipple
14: OPEN
21: In memory of Angie Stayer & Steve Benner
28: OPEN



Messiah Women of the ELCA met Thursday, July 14, 2011 in the Youth Area with Pat Fisher as devotional leader. Pat shared with us that she was the sixth and youngest child of a Catholic family. She attended a Catholic school and did not receive any study in the Bible. The children were taught about the Mass because it was felt that they were not mature enough to understand the Bible. Her knowledge of the Bible has come from her own endeavors of reading books and comparing Bible verses in various Bibles. She shared with us a book that she uses entitled "The Bible Promise Book" which defines a word and relates it to a Bible verse. She also

uses the "Christ In Our Home" and shared the reading for July 14th and also a reading entitled "Wherever He Leads" from the Joyce Myer book "Hearing From God Each Morning."

Thank you Pat.

The business meeting was in charge of Barbara S. Geedey, Leader.

Business discussed:

--The Annual Women's Retreat at Camp Mt. Luther, Saturday, September 17, 2011. The theme of the retreat is "Daily Spiritual Life: A Lutheran Woman's Perspective" led by Rev. Sarah V. Hershberger. Registration in bulletin and August newsletter.

--2011 Peace Pole Service: October 15, 2011, 9 AM at the Synod Office in Lewisburg. Theme: Rebuilding Through Faith. Speaker, Beth Yenchko.

--Blanket Sunday: October 2, 2011.

--Thankoffering Service: November 13, 2011.

Our next meeting will be Thursday, August 11, 2011 at 7:00 p.m. in the Youth Area with each attendee bringing a reading as the program for the evening. We will also begin assembling the Health Kits for Lutheran World Relief.

The meeting was closed with the reading of "The Purpose" of the Women of the ELCA.

HEALTH KIT PROJECT

The supplies for the Health Kits goal of 70 kits has been reached. We thank everyone who has contributed to this project. The kits will be sent with the quilts following Blanket Sunday, October 2, 2011.

SCHOOL KIT PROJECT FOR LUTHERAN WORLD RELIEF

Messiah Women of the ELCA are gathering School Kits for the October shipment of World Relief.

A School Kit may provide the only supplies for children returning to school after the

disruption of war. School Kits help parents continue their children's education, even while living in refugee camp, for example. A School Kit may also be used in adult literacy classes. (Reprinted with permission from Lutheran World Relief).

July and August is a good time to collect school supplies as many stores have great sales. There will be plastic bags on the blue table in the Sunday School room with a list of supplies needed. Take a bag and fill it with the items and return it to the table. It will send the message to those in need, around the world, that we care about them.

REMINDER: 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.

FYI (FOR YOUR INFORMATION)

Blanket Sunday Comparison

Blankets: 2010 - 492; 2009 - 481; 2008 - 544; 2007 - 539; 2006 - 708; 2005 - 816; 2004 - 672

Quilts: 2010 - 2232; 2009 - 2710; 2008 - 2286; 2007 - 1784; 2006 - 2446; 2005 - 1165; 2004 - 1630

School Kits: 2010 - 843; 2009 - 900; 2008 - 554; 2007 - 502; 2006 - 583; 2005 - 624; 2004 - 588

Sewing Kits: 2010 - 36; 2009 - 35; 2008 - 33; 2007 - 97; 2006 - 30; 2005 - 66; 2004 - 50

Health Kits: 2010 - 1016; 2009 - 402; 2008 - 334; 2007 - 272; 2006 - 445; 2005 - 274; 2004 - 420

Layettes: 2010 - 115; 2009 - 118; 2008 - 62;
2007 - 22; 2006 - 30; 2005 - 47;
2004 - 24

Fabric: 2010 - 8; 2009 - 2 boxes; 2006 -
9; 2005 - 9; 2004 - 38

Soap: 2010 - 158; 2009 - 265.5; 2008 -
143; 2006 - 16; 2005 - 66 pounds;
2004 - 175

Lap Robes: 2010 - 48; 2009 - 110; 2008 - 95;
2006 - 6

SUMMER SCHEDULE ENDS

Early summer services will continue through September 4, 2011 at 9:15 a.m.

Regular 10:30 a.m. worship services with Sunday School at 9:15 a.m. will resume on September 11, 2011.

“THE NEEDLERS”

“The Needlers” will begin their sewing project on Tuesday, September 13, 2011 at 9:00 a.m. in the Fellowship Hall.

Anyone interested in helping to make patch quilts for local and World Relief, please come and join us!

CONFIRMATION CLASS PLANNING MEETING

A Confirmation Class planning meeting will be held on Sunday, August 21, 2011 following the worship service.

Parents and catechetical students are asked to attend

NEW MEMBER CLASSES

New Member Classes will be held on Sundays September 18 and 25 during the Sunday School hour.

If you wish to attend, please contact the church office at 436-6213.

FALL BIBLE STUDY

Anyone who would like to attend the Fall Bible Study on the Book of Revelation should notify the church office or Pastor Esborn by **September 4, 2011** so materials can be ordered.

Bible Study will begin on September 12, 2011 at 7:00 p.m. and will be a total of 6 weeks.

COLLEGE ADDRESSES

College and other away-from-home students are asked to notify the church office of your school enrollment and campus address (even if living at home), so that we can continue to send any important church mailings.

CHURCH ORGANIST NEEDED

Church Organist for weekly services, beginning immediately, at Messiah Lutheran Church, 3 South Third Street, Mifflintown, PA. Allen Digital Electric Organ and Kurzweil Electronic Keyboard.

Candidates should contact Ed Beaver at ebeaver41@yahoo.com or at 436-9382 for information, including salary. Additional information about the church and congregation can be found at www.mlcmifflintown.org.

MEALS-ON-WHEELS

Individuals, church groups, or Sunday School classes who would like to make a contribution to the Meals-On-Wheels program, your continued support would be greatly appreciated. Contributions can be sent to:

Juniata Meals-On-Wheels
P.O. Box 251
Mifflintown, PA 17059

(W)HOLY, (W)HOLY, (W)HOLY Health Healing & Wholeness Article August 2011

The summer months are flying by, and at one point or another, we will all experience seasonal overload. You know what I mean – you have to go to aunt Suzie's picnic, attend all the kids' ball games, take the kids to the pool, tend those gardens, can/freeze that fresh produce – the list could go on forever! Whatever happened to sitting on the front porch with a glass of iced tea or lemonade, watching the paint dry, or the grass grow? Before we know it, we've become "human doings" instead of human beings, and our stress level has reached the point of making our fun activities feel more like chores.

Typically stress develops when the demands of your life exceed your ability to cope with them. Like our fingerprints, stress is unique to each and every one of us. Research in the field of Neuro-Theology has demonstrated that people who meditate or pray, actually change their brain chemistry in a way that promotes better health and well-being – not surprising if we remember that God has promised to be near us, **especially** when we pray. Other benefits of an active prayer life include relaxation, increased ability to focus, and a sense of peace. Most of us know God's Ten Commandments; I would like to offer up another Ten Commandments – of managing stress:

- 1) *Thou shalt organize thyself.* Take better control of the way you are spending your time and energy so you can handle stress more effectively.
- 2) *Thou shalt control thy environment by controlling who and what is surrounding you.* In this way, you can either get rid of stress or get support for yourself.
- 3) *Thou shalt love thyself by giving yourself positive feedback.* Remember, you are a unique individual who is doing the best you can.
- 4) *Thou shalt reward thyself by planning leisure activities into your life.* It really helps to have something to look forward to.
- 5) *Thou shalt relax thyself by taking your mind off your stress and concentrating on breathing and positive thoughts.* Dreaming counts, along with meditation, prayer, listening to relaxing music, communicating with friends and loved ones, etc.
- 6) *Thou shalt rest thyself as regularly as possible.* Sleep for 7-8 hours a night. Take breaks. There is only so much your mind can absorb at one time. It needs time to process and integrate information. A general rule-of-thumb – take a 10-minute break every two hours. Rest your eyes, as well as your mind.
- 7) *Thou shalt be aware of thyself.* Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, cold/flu, excessive tiredness, etc. Remember, these can be signs of potentially more serious disorders (i.e. ulcers, hypertension, heart disease).
- 8) *Thou shalt feed thyself/thou shalt not poison thy body.* Eat a balanced diet. Avoid high calorie foods that are high in fats and sugars. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for someone to concentrate. A ten-minute walk has been proven to be a better tranquilizer than some prescription drugs.
- 9) *Enjoy thyself!* It has been shown that happier people tend to live longer, have

fewer physical problems, and are more productive. Look for humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.

10) *Thou shalt pray the serenity prayer* – and mean it! “God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”

Your body's flight-or-fight reaction has strong biological roots. It's there for self-preservation. But if stress is getting the

better of you and you fear its long-term effects, don't be afraid or ashamed to seek help in breaking through old stress behavior patterns. Your physical health may depend on it!

Have a safe, happy, and enjoyable end to your summer!

Debbie Best, RN, BSW, MHA

Juniata County Food Pantry August Update

In June 2011, the Food Pantry served 268 families in need—a total of 758 individuals.

We are still suffering empty shelves in the personal care, cleaning supplies, baby care products, and paper product sections. Any help will be greatly appreciated by us and our neighbors in need.

Many thanks to our faithful churches who supported us with donations of food, supplies and money in June. A special thank you to Messiah Lutheran Church for providing volunteers for the month.

Mifflin Agway will again support the Food Pantry on September 16-17 by donating 5% of all sales (excluding delivery sales) to the Food Pantry if the customer mentions the Food Pantry.

Please keep us in your prayers and in your hearts as you make a stop at the local grocery store! We thank you sincerely for whatever help you are able to give.

FOOD PANTRY NEEDS FOR AUGUST

FRESH GARDEN PRODUCE, ALL NON-PERISHABLE FOODS, PAPER PRODUCTS: TOILET PAPER, FACIAL TISSUES, PAPER TOWELS, STORAGE BAGS AND WRAPS

**WE ALSO GLADLY ACCEPT DONATIONS OF CASH
AND WEIS OR SCHLEGEL'S GIFT CARDS**

**PHONE #: 717-436-9718 CONTACT PERSON: Kathy Queitzsch
ADDRESS: PO Box 44, 114 N. Main St, Mifflintown, PA 17059
HOURS: Mon. 1 – 4 PM, Tues./Thurs. 3 – 6 PM Sat. 10:00 AM – 1:00 PM**



06-25-2004

IT'S NOT THE HEAT, IT'S THE HUMIDITY