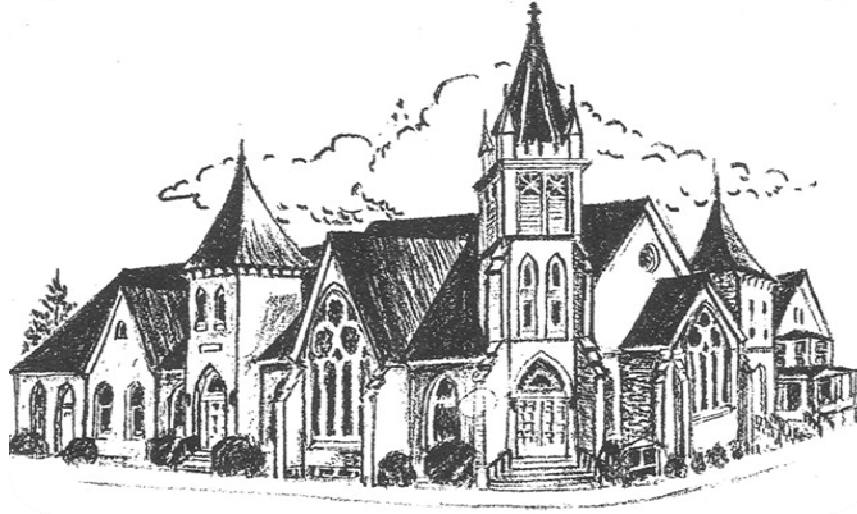


# THE MESSIAH HERALD



## **MESSIAH LUTHERAN CHURCH**

3 SOUTH THIRD STREET  
MIFFLINTOWN, PA 17059  
(717)-436-6213  
[www.mlcmifflintown.org](http://www.mlcmifflintown.org)  
[mlcmifflintown@pa.net](mailto:mlcmifflintown@pa.net)

## **THE REV. WILLIAM N. ESBORN, PASTOR**

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

**MESSIAH CHURCH CALENDAR**

**USS-ARK NEWSLETTER**

**THE LUTHERAN MAGAZINE**

***“Proclaiming God’s love revealed in Jesus Christ and his People”***

# The Messiah Herald



***August 2012***

Brothers and Sisters in Christ,

At the beginning of June we handed out to the congregation copies of the book, Witness to the Word.

This book reminds us of our confessional and Biblical understanding of Jesus Christ as the living Word of God.

As Lutherans we place tremendous emphasis on Word and Sacrament in our Sunday gatherings.

These include the Bible is not “A” book it is a collection of books each with its own context and history. It is books that are filled with very human lives and events.

Secondly, the Bible is not one and the same thing as the Word of God with a capital “W.”

At the beginning of June we handed out to the congregation copies of the book, Witness to the Word. It is a book written by Foster McCurley and John Reumann who were professors at Lutheran Theological Seminary at Philadelphia. Doctor McCurley was Professor Emeritus of Old Testament and Hebrew and former Dean of the Faculty and Professor Reumann was a New Testament scholar and active participant in the Lutheran-Roman Catholic ecumenical dialogs.

This book reminds us of our confessional and Biblical understanding of Jesus Christ as the living Word of God. It is to this Word that we as Christians bear “witness” to in our confessions of faith and in our actions, both our personal actions as individuals and our public actions as community.

As Lutherans we place tremendous emphasis on Word and Sacrament in our Sunday gatherings. We listen to scripture, we preach God’s Word in Jesus Christ and we celebrate that Word manifest in the Lord’s Supper in obedience to God’s command to “Do this in remembrance of me.”

I know that this book is likely very challenging for many of you to read, it is good sometimes to stretch our wings and meet a challenge. There are some very important highlights, however, that we can gain from even a cursory reading. These include the Bible is not “A” book it is a collection of books each with its own context and history. It is books that are filled with very human lives and events.

Secondly, the Bible is not one and the same thing as the Word of God with a capital “W.” Jesus Christ is that living Word; note the capital “W.” There are several meanings, however, for the word of God depending how it is used, with or without the capital “W.” The phrase can be the about Jesus Christ, sometimes meaning the news of the gospel about Jesus rather than Jesus himself as a capitalized proper name. Sometimes it simply means what God is saying, such as, in the prophets of the OT who announce the “word of God” or “the word of the Lord.” To understand the Bible as the word of God is to hear God’s word to us in the diversity of scripture and its uses of the phrase, the word of God.

The Bible as the word of God contains both bad news and good news. The bad news includes both the Old and New Testaments and the stories about the ways that people fall short of what God has created us to be. There is, also, good news in that word because of Jesus Christ that bad news no longer needs to define us. Rather we are marked by a grace from and love from God that is so deep it has even gone in God’s living Word, Jesus Christ, to the cross for us to conquer all that kills. The bad news demands that we comprehend our need for the good news but it is all the word of God.

That’s enough for one coverletter. I will return to this next month with more highlights to draw out our understanding of the word of God and how it is proclaimed in scripture and by us today.

Yours in Christ,

*Pastor Bill*

## DAILY HOME BIBLE READINGS

August	1: Exodus 12:33-42
August	2: Exodus 16:2-4, 9-15
August	3: Psalm 78:23-29
August	4: Ephesians 4:1-16
August	5: John 6:24-35
August	6: 1 Samuel 28:20-25
August	7: Romans 15:1-6
August	8: Galatians 6:1-10
August	9: 1 Kings 19:4-8
August	10: Psalm 34:1-8
August	11: Ephesians 4:25—5:2
August	12: John 6:35, 41-51
August	13: Psalm 81
August	14: Romans 16:17-20
August	15: Luke 1:46-55
August	16: Proverbs 9:1-6
August	17: Psalm 34:9-14
August	18: Ephesians 5:15-20
August	19: John 6:51-58
August	20: Joshua 22:10-20
August	21: Joshua 22:21-34
August	22: Joshua 24:1-2a, 14-18
August	23: Psalm 34:15-22
August	24: John 1:43-51
August	25: Ephesians 6:10-20
August	26: John 6:56-69
August	27: Exodus 32:1-14
August	28: James 1:1-8
August	29: James 1:9-16
August	30: Deuteronomy 4:1-2, 6-9
August	31: Psalm 15



## 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

5: Randy Clark  
12: Sam Leister  
19: Linda Leister  
26: Ron Yorks

### ALTAR GUILD

July 23—Aug. 5     Ona Stoner  
Aug. 6—Aug. 12     Diana Wise  
Aug. 13—Aug. 19     Linda Leister  
Aug. 20—Aug. 26     Ann Beaver  
Aug. 27—Sept. 2     Christie Holderman

### ALTAR FLOWERS

5: Edith Nipple  
12: Don & Barb Geedey  
19: Dorothy Zeiders  
26: In memory of Angie Stayer & Steve Benner



Messiah Women of the ELCA met Thursday, July 12, 2012. Our devotions for the evening, was our summer annual readings from those attending.

We heard:

From "Chicken Soup for the Mother's Soul"  
"What is a Grandmother" and "A Child's Vision."

Psalm 24—which is a liturgy psalm for entering the Temple; Psalm 67—Hymn of Praise for community worship.

From "Chicken Soup for the Grandmother's Soul"—"Grandmother's River."

From "Great Songs of Faith for 365 Days" the explanation of the hymn "He Giveth Me More Grace for July 12<sup>th</sup>."

"Let Go and Let God," "Prayer for Serenity," "Footprints."

"The Knots Prayer."

"When You Thought I Wasn't Looking."

"I Love the Beach," "A Cool Crisp Morning" and "Grandma, Grandpa and Me."

A Commentary, about actor Lee Marvin, Captian Kangaroo and Mr. Rogers and their patriotism serving their country during World War II" and an editorial about "Zucchini, Zucchini Everywhere."

Thank you to everyone for their participation.

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

Business discussed:

--Agreed to give \$50.00 to the Upper Susquehanna Women's Organization for the convention mission project.

--At Synod convention, we were given 11 bags to be filled with the ingathering items for the "Christmas at Sea" project sponsored by the Seafarers International House in New York. It was reported that last year's Synod donations of bags took two vans to transport them to the House.

--Planning for the October Cluster meeting will be done at the August meeting.

The next meeting will be Thursday, August 9, 2012 at 7:00 p.m. in the Youth Area to hear the July 28<sup>th</sup> Women's convention report.

After the reading of "The Purpose," we adjourned to put together items for the two theme baskets for the Chinese Auction at convention and assemble some of the Seafarer's bags and determine what we

need to get to finish them. We also did some inventory for the Lutheran World Relief school bags.

## SALES FOR SCHOOL SUPPLIES BEGIN IN JULY!!!!

Education is important for any community, especially where poverty or disaster has limited the options for young people to reach their potential. School Kits contain essential supplies to help children—and some adults—continue learning despite the hardships they face. And that learning leads to a better life for them, their families and their communities.

Matthew 25:40 "The King will reply 'I tell you the truth, whatever you did for one of the least of these brethren of mine, you did for me.' "

The last Messiah Women of the ELCA project for the year is collection of items to fill 60 back packs for Lutheran World Relief School Kits. We have some supplies but need the congregation to help to add needed items. Collection will continue until September 9, 2012.

- Ballpoint Pens (5 needed for each kit)
- Pencil Sharpener
- Blunt Scissors (safety scissors with embedded steel blades work well)
- Unsharpened #2** pencils with erasers (5 needed for each kit)
- A box of 24 crayons
- 2½ inch erasers

Please place the items on the blue table in the Sunday School Room.

**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.



## **SUMMER SCHEDULE ENDS**

Early summer services will continue through September 2, 2012 at 9:15 a.m.

Regular 10:30 a.m. worship services will resume on September 9, 2012 with Sunday School at 9:15 a.m.



## **“THE NEEDLERS”**

“The Needlers” will begin their sewing project on Tuesday, September 11, 2012 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 19, 2012 following the worship service.

Parents and catechetical students are asked to attend.

## **NEW MEMBER CLASSES**

New Member Classes will be held this Fall for anyone who wishes to attend.

Please contact Pastor Esborn or the church office at 436-6213 if you are interested.

## **FALL BIBLE STUDY**

Anyone who would like to attend a Fall Bible Study should notify the church office at 436-6213 or Pastor Esborn so materials can be ordered.

## **THANK YOU**

Many thanks for the lovely altar flowers that were delivered to me. I enjoyed and appreciated them.

Jane Marhefka

## **FREE COMMUNITY POOL SWIM**

Everyone is invited to a free pool party at the community pool in Mifflin on Wednesday, August 8 from 6-8 p.m.

It will be hosted by the Juniata County Chapter of Thrivent Financial for Lutherans.

Hot dogs and drinks will be served, and there is no cost—so bring a chair if you like, and come join us for food, fun, and fellowship.

## **MEALS-ON-WHEELS**

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).

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 and Wholeness**

**August 2012**

*"Listen to me, my child, and do not disregard me, and in the end you will appreciate my words. In everything you do be moderate, and no sickness will overtake you." (Sirach/Ecclesiastics 31:22)*

The book of Sirach/Ecclesiastics is located in the Apocrypha, a group of religious writings which were not received into the canon or Bible. The Apocrypha covers the inter-testamental time – between the end of the Old Testament, and the beginning of the New. Sirach has a style similar to the book of Proverbs, in that its function seems to be intent on imparting wisdom to the reader. This month's quote seems appropriate when we look at an emerging problem of diabetes – both Types 1 & 2 – among our children.

Type 1 diabetes occurs when the immune system attacks the insulin-producing cells in the pancreas, which causes insulin production to drop then stop. Type 2 diabetes is characterized by the body becoming resistant to insulin. The pancreas reacts by trying to work harder to overcome the resistance. This can lead to the organ not being able to produce enough insulin to meet the body's needs. Insulin is required for our cells to take in the glucose/sugar required to function properly.

We've heard a great deal about the rise of diabetes in our country's children. The Children's Hospital of Philadelphia (CHOP) has provided this month's signs and symptoms of this disease. (*Daily, F. April 2012. Children's Health Tip of the Week: Diabetes in Children: Warning Signs and Symptoms. The Children's Hospital of Philadelphia*)

Both Types 1 and 2 can share the following symptoms:

- Excessive urination
- Excessive thirst
- Fatigue (from cells not being able to get the energy they need)
- Fungal and bacterial infections which thrive in high-sugar environments

Additional symptoms of Type 1 diabetes include:

- Dry mouth
- Weight loss despite increased hunger as the child's body begins to burn fat as fuel
- Vomiting – when the body burns fat, it gives off toxic acids known as ketones; ketones trigger vomiting
- Blurred vision – high blood sugar can temporarily alter the shape of the eye, affecting vision.

Children with Type 2 may have milder symptoms. Additional symptoms and risk factors may include:

- Acanthosis nigricans – a skin condition causing light brown-to-black velvety textured areas on the skin, typically on the sides and back of the neck, in the underarm and groin areas
- Slowed healing of sores and cuts
- Family history of diabetes and other risk factors; conditions such as polycystic ovarian syndrome, high blood pressure and high cholesterol are associated with Type 2 diabetes
- Being overweight – a child with a BMI (body mass index) over 95% for his/her age is at greater risk for the development of Type 2 diabetes.

If you notice any of these signs and symptoms in your child, contact his/her healthcare provider. Simple testing can rule out diabetes as the cause of his/her symptoms.

Debbie Best, RN, BSW, MHA



## **Juniata County Food Pantry August Update**

Thank you to the Juniata County churches and residents for being the hands of the Lord in answer to our prayers this summer! Due to the quick response of our local church community, a crisis was averted as donations came pouring in to the Food Pantry and we were able to meet our financial obligations as well as provide food for our neighbors in need. Please continue to hold us in your prayers as day to day and month to month we strive to keep our local families from hunger and going without the essentials for health and cleanliness. We are still desperate for baby care and personal care supplies.

In May 2012, the Food Pantry served 296 families in need – a total of 848 individuals. A special thank you to Messiah Lutheran Church for providing volunteers for the month of May.

### **FOOD PANTRY NEEDS FOR AUGUST:**

ALL NON-PERISHABLE FOODS, PERSONAL CARE AND BABY CARE SUPPLIES,  
DIAPERS SZS 3-6, AND PAPER PRODUCTS

**\*REMEMBER, OUR VESTIBULE (LOCATED ON THE RAMP SIDE OF THE BUILDING )  
IS OPEN TO RECEIVE DONATIONS ANY HOUR, ANY DAY!  
CASH OR GIFT CARD DONATIONS MAY BE DEPOSITED THROUGH THE MAIL SLOT.**

**HOURS:** MONDAY AND WEDNESDAY, 2:00 – 6:00 PM AND SATURDAY, 9:00 AM – 1:00 PM.  
CLOSED ON TUESDAY, THURSDAY, FRIDAY AND SUNDAY.

\*PLEASE MAKE CHECKS PAYABLE TO THE JUNIATACOUNTY FOOD PANTRY, P.O. BOX 44, 114 N. MAIN ST.,  
MIFFLINTOWN, PA 17059. FOR MORE INFORMATION CALL: 436-9718 (CONTACT PERSON: KATHY QUEITZSCH).  
Email: [jcfoodpantry@embarqmail.com](mailto:jcfoodpantry@embarqmail.com)