# **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 Ron Yorks Linda Leister Pastor Choir Director Lector Altar Guild

# TENTH SUNDAY AFTER PENTECOST August 21, 2011 – 9:15 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., Arlene M., Goldie K., Jean M., Cassie S., Ruth C., Ray B., Anna Mary Z., Paul W., Bob C., Linda R., Jesse K., Audrey M., Conner L., George and Mary Lorraine H., Laurie F., Christy H., Mary W., Kitty W., Mason B., Beth S., and family of Helen C.

#### PREPARATION

CHIMES: CALL TO WORSHIP PRELUDE

[A Time for Meditation and Prayer]

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

In Isaiah the people are bid to look to their spiritual ancestors as the rock from which they were hewn. Jesus declares that the church will be built on the rock of Peter's bold confession of faith. God's word of reconciliation and mercy are keys to the church's mission. Paul urges us to not be conformed to this world, but to offer our bodies as a living sacrifice, using our individual gifts to build up the body of Christ. From the table we go forth to offer our spiritual worship through word and deed.

#### \* BRIEF ORDER FOR CONFESSION AND FORGIVENESS

P In the name of the Father, and of the + Son, and of the Holy Spirit

#### C Amen

P God of all mercy and consolation, come to the aid of your people, turning us from our sin to live for you alone. Give us the power of your Holy Spirit that, attentive to your Word, we may confess our sins, receive your forgiveness, and grow into the fullness of your Son, Jesus Christ our Lord.

#### C Amen

- P Let us confess our sin in the presence of God and of one another.
- P Gracious God,

- C have mercy on us. In your compassion forgive us our sins, known and unknown, things done and left undone. Uphold us by your Spirit so that we may live and serve you in newness of life, to the honor and glory of your holy name; through Jesus Christ our Lord. Amen
- P Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
- 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."

# GATHERING

\* ENTRANCE HYMN "Rejoice, Rejoice, Believers"

p. 11 in bulletin

- \* GREETING
  - 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 (sung)
  - P Ky-ri-e, e-le-i-son: C Lord, have mer-cy.
  - P Chri-ste, e-le-i-son: C Christ, have mer-cy.
  - P Ky-ri-e, e-le-i-son: C Lord, have mer-cy.
- \* HYMN OF PRAISE (sung)

Glo-ry to God, glo-ry to God, glo-ry to God in the highest;

glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth.

Lord God, heav-en-ly king, al-might-y God and Fa-ther, we wor-ship you, we give you thanks, we praise you for your glo-ry.

Glo-ry to God, glo-ry to God, glo-ry to God in the highest;

glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth.

Lord Je-sus Christ, on-ly Son of the Fa-ther, Lord God, Lamb of God, you take a-way the sin of the world: have mer-cy on us;

you are seat-ed at the right hand of the Fa-ther: re-ceive our prayer.

Glo-ry to God, glo-ry to God, glo-ry to God in the highest;

glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth.

For you a-lone are the Ho-ly One, you a-lone are the Lord, you a-lone are the Most High, Je-sus Christ, with the Ho-ly Spir-it, in the glo-ry of God the Fa-ther. A-men.

Glo-ry to God, glo-ry to God, glo-ry to God in the highest;

glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth, and peace to God's peo-ple on earth.

- \* SALUTATION AND RESPONSE (spoken)
  P The Lord be with you
- C And also with you.
- \* PRAYER OF THE DAY (spoken in unison)
  - P Let us pray...
  - C O God, with all your faithful followers of every age, we praise you, the rock of our life. Be our strong foundation and form us into the body of your Son, that we may gladly minister to all the world, through Jesus Christ, our Savior and Lord. Amen

#### WORD

Just as God had called Abraham and Sarah and given them many descendants, so now God offers comfort to Zion. God's deliverance will come soon and will never end.

FIRST READING: A reading from Isaiah 51:1-6

THE LESSON READS:

Listen to me, you that pursue righteousness, you that seek the LORD. Look to the rock from which you were hewn, and to the quarry from which you were dug. <sup>2</sup>Look to Abraham your father and to Sarah who bore you; for he was but one when I called him, but I blessed him and made him many. <sup>3</sup>For the LORD will comfort Zion; he will comfort all her waste places, and will make her wilderness like Eden, her desert like the garden of the LORD; joy and gladness will be found in her, thanksgiving and the voice of song. <sup>4</sup>Listen to me, my people, and give heed to me, my nation; for a teaching will go out from me, and my justice for a light to the peoples. <sup>5</sup>I will bring near my deliverance swiftly, my salvation has gone out and my arms will rule the peoples; the coastlands wait for me, and for my arm they hope. <sup>6</sup>Lift up your eyes to the heavens, and look at the earth beneath; for the heavens will vanish like smoke, the earth will wear out like a garment, and those who live on it will die like gnats; but my salvation will be forever, and my deliverance will never be ended.

Lector: The word of the Lord. Congregation: Thanks be to God. (spoken)

PSALM: Psalm 138 (Responsively)

L – O LORD, your steadfast love endures forever. (Ps. 138:8)

<sup>1</sup>I will give thanks to you, O LORD, with my whole heart; before the gods I will sing your praise. <sup>2</sup>I will bow down toward your holy temple and praise your name, because of your steadfast love and faithfulness; for you have glorified your name and your word above all things.

<sup>3</sup>When I called, you answered me; you increased my strength within me.

<sup>4</sup>All the rulers of the earth will praise you, O LORD, when they have heard the words of your mouth.

<sup>5</sup>They will sing of the ways of the LORD, that great is the glory of the LORD.

<sup>6</sup>The LORD is high, yet cares for the lowly, perceiving the haughty from afar.

<sup>7</sup>Though I walk in the midst of trouble, you keep me safe; you stretch forth your hand against the fury of my enemies; your right hand shall save me.

# <sup>8</sup>You will make good your purpose for me; O LORD, your steadfast love endures forever; do not abandon the works of your hands.

# ALL - O LORD, your steadfast love endures forever.

In response to God's merciful activity, we are to worship by living holistic, God-pleasing lives. Our values and viewpoints are not molded by this age, but are transformed by the Spirit's renewing work. God's grace empowers different forms of service among Christians, but all forms of ministry function to build up the body of Christ.

SECOND READING: A reading from Romans 12:1-8

# THE LESSON READS:

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup>Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God — what is good and acceptable and perfect.

<sup>3</sup>For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. <sup>4</sup>For as in one body we have many members, and not all the members have the same function, <sup>5</sup>so we, who are many, are one body in Christ, and individually we are members one of another. <sup>6</sup>We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; <sup>7</sup>ministry, in ministering; the teacher, in teaching; <sup>8</sup>the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Lector: The word of the Lord. Congregation: Thanks be to God. (spoken)

# GOSPEL ACCLAMATION (sung) Al-le-lu-ia. Lord, to whom shall we go? Al-le-lu-ia. You have the words of e-ter-nal life. Al-le-lu—ia. Al-le-lu—ia.

At a climactic point in Jesus' ministry, God reveals to Peter that Jesus is "the Messiah, the Son of the living God," and Jesus responds with the promise of a church that will overcome the very gates of Hades.

- \* GOSPEL: Matthew 16:13-20
  - P The Holy Gospel according to Matthew, the 16<sup>th</sup> chapter.

# C Glory to you, O Lord. (spoken)

# THE GOSPEL READS:

<sup>13</sup>Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" <sup>14</sup>And they said, "Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets." <sup>15</sup>He said to them, "But who do you say that I am?" <sup>16</sup>Simon Peter answered, "You are the Messiah, the Son of the living God." <sup>17</sup>And Jesus answered him, "Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. <sup>18</sup>And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. <sup>19</sup>I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." <sup>20</sup>Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

P The Gospel of the Lord.

C Praise to you, O Christ. (spoken)

SERMON

\* HYMN OF THE DAY "Built on a Rock"

Pastor Esborn p. 11 in bulletin

\* APOSTLES' CREED ('new version') (all)

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit,

born of the virgin Mary, suffered under Pontius Pilate, was crucified died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen

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].

SPECIAL MUSIC

\$UNG 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, Lord, and give us a fore-taste of the feast to come.

# \* OFFERING PRAYER

- P Let us pray. Merciful God,
- C we offer with joy and thanksgiving what you have first given us—our selves, our time, and our possessions, signs of your gracious love. Receive them for the sake of him who offered himself for us, Jesus Christ our Lord. Amen
- \* PRAYERS OF INTERCESSION
  - P With the whole people of God in Christ Jesus, let us pray for the church, those in need, and all of God's creation.
    A brief silence
  - A brief silence.

- P O God: We pray for your church and for the proclamation of your gospel. Give energy and confidence to all who work to make your love a reality on earth. Lord, in your mercy,
- C hear our prayer.
- P We give thanks for crops nearing harvest. We give thanks for water and sunlight. We give thanks for the nourishment we receive from your creation. Lord, in your mercy,
- C hear our prayer.
- P For all nations in poverty or under persecution (especially), we ask for your presence, O God. We pray for peace and reconciliation among all people. Lord, in your mercy,
- C hear our prayer.
- P Be present with all who are suffering: those who are ill, grieving, angry, addicted, or afraid (especially all of our shut-ins [both at home and in nursing homes], Paul Woltman, Bob Cameron, Linda Rhine, Jesse Kint, Audrey Morral, Connor Lauver, George Sr. and Mary Lorraine Hazard and family, Laurie Funk, Christy Hall, Mary Weiand, Kitty Walters, Mason Beward, Beth Smith, Jean McNaight, Ruth Cisney, Arlene McLain, and family of Helen Coder), that they may be comforted. Lord, in your mercy,

# C hear our prayer.

P We lift up your church in this place, O God. Bless our pastor/s, our Sunday school teachers, our youth and elderly, our communion servers, funeral-lunch preparers, and those who maintain our building. Lord, in your mercy,

# C hear our prayer.

Here other intercessions may be offered.

- P We give thanks, O God, for those who have gone before us. For lives of service and examples of faith, we are grateful. Lord, in your mercy,
- C hear our prayer.
- P Into your hands, gracious God, we commend all for whom we pray, trusting in your mercy; through Jesus Christ, our Savior.
- C Amen.

# \* THE LORD'S PRAYER ['new version'] (all)

- P Let us pray with confidence in the words our Savior gave us:
- C Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven.

Give us today our daily bread. Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

For the Kingdom, the power, and the glory are yours, now and for ever. Amen

- \* BLESSING
  - P Almighty God, Father, + Son, and Holy Spirit, bless you now and forever.
  - C A-men, A-men, A-men (sung)
- \* CLOSING HYMN "Come, Thou Fount of Every Blessing" p. 12 in bulletin

# MEAL

- COMMUNION DIALOGUE (from Isaiah 55)
  - P Let us give thanks to the Lord.
  - C for through these gifts he comes to feed us.
  - P All you who are thirsty, come to the waters. You who have no money, come, receive bread, and eat.
  - C Come, without paying and without cost, drink wine and eat.
  - P Let us come to his table with joy,
  - C for we come as God's invited guests!

#### \* EUCHARISTIC PRAYER

P Holy, mighty, and merciful Lord, heaven and earth are full of your glory.

In great love you sent to us Jesus, your Son, who reached out to heal the sick and suffering, who preached good news to the poor, and who, on the cross, opened his arms to all.

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.

Remembering, therefore, his death, resurrection, and ascension, we await his coming in glory.

Pour out your Holy Spirit, that by this Holy Communion we may know the unity we share with all your people in the body of your Son, Jesus Christ our Lord.

Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, now and forever.

# C Amen

# 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
- \* PRAYER AFTER COMMUNION
  - P Let us pray.

Almighty God, you provide the true bread from heaven, your Son, Jesus Christ our Lord. Grant that we who have received the Sacrament of his body and blood may abide in him and he in us, that we may be filled with the power of his endless life, now and forever.

C Amen

- \* DISMISSAL
  - P Go in peace. Serve the Lord.
  - C Thanks be to God.

# POSTLUDE

NEXT WEEK'S LECTOR – Barbara S. Geedey NEXT WEEK'S ALTAR GUILD – Barbara S. Geedey

# WELCOME

IF YOU WISH TO USE OR FOLLOW THE LITURGY MUSIC as we proceed through the service today, please use the green 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 worshiping 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) worshiping 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.

ALTAR FLOWERS are presented to the Glory of God and in memory of Angie Stayer and Steve Benner.

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.

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 – Dr. Cecil Murray: "I've got the Lord on my side....let the Lord be Lord."

#### **CONGREGATIONAL NEWS**

WE EXTEND OUR SYMPATHY to the family of Helen Coder who died on August 14, 2011 at the Mt. Nittany Medical Center in State College. Please keep the family in your prayers. Sympathy is also extended to Joe Forney on the death of his sister, Kathleen Hubbert, who died on August 10, 2011 at her home. Please keep Joe and family in your prayers also.

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 <u>ebeaver41@yahoo.com</u> or at 436-9382 for information, including salary. Additional information about the church and congregation can be found at <u>www.mlcmifflintown.org</u>.

ALL MEMBERS OF MESSIAH AND FRIENDS are invited to a Pool Party at the Mifflin Pool this evening from 6:00 to 8:00 p.m. Please bring a snack to share!

THE PROPERTY COMMITTEE will meet the fourth Monday of August, (August 22) at 6:30 p.m. in the choir room. There are many important items to discuss. Please let the director know if you cannot attend.

A CONFIRMATION CLASS PLANNING MEETING will be held this morning following the worship service. Parents and catechetical students are asked to attend.

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.

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 <u>September 4, 2011</u> 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.

"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!

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.

RELAY FOR LIFE SPAGHETTI DINNER – An all-you-can-eat Spaghetti Dinner, sponsored by Joe's OIP of Lewistown, will be held on Sunday, September 25, 2011 from 11:30 a.m. till 1:30 p.m. in Messiah's Fellowship Hall. Cost is \$6 for adults, \$3 for children (4-12), and children 3 and under FREE (take-out orders available). Dinner includes spaghetti (with plain or meat sauce), salad, bread, beverage, and dessert. Monetary donations would be gratefully accepted. Tickets are available at the door.

BLANKET SUNDAY will be observed on Sunday, October 2, 2011. Along with all ELCA congregations, you are invited to make a donation to Lutheran World Relief in the special Blanket Sunday envelopes that will be attached to the September newsletters throughout

the church (envelopes will also be available on the table in the Adult Sunday School Room). Please make checks payable to Messiah Women of the ELCA and take this opportunity to serve as Christ's helping hands in our world today!

RECEIVED IN STAINED GLASS FUND on Sunday, August 14, 2011: \$100.00. This brings the total received to \$61,907.00 of the total \$85,890.00 needed for the project.

# 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.

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.

AT THE JULY MEETING OF THE MESSIAH WOMEN OF THE ELCA, we joyfully packed 70 Health Kits for Lutheran World Relief. Our goal was 70 kits and with the help of the congregation, we have been able to meet this goal. We are grateful for all the support that you, as a congregation, give to assist our projects to come to fruition. This enables us to help meet the needs of the suffering women, men and children of the world. Matthew 25:40 "And the King will 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.' "

MESSIAH WOMEN OF THE ELCA will meet on Thursday, September 8, 2011 at 7:00 p.m. in the Youth Area with Dottie Smith as devotional leader. We will also begin assembling the School Kits for the October shipment of Lutheran World Relief. Hostesses for quarterly refreshments are Cynthia Smith and Linda Leister.

# COMMUNITY

FOOD PANTRY NEEDS FOR AUGUST: FRESH GARDEN PRODUCE, ALL NON-PERISHABLE FOODS, PAPER PRODUCTS: TOILET PAPER, FACIAL TISSUES, PAPER TOWELS, STORAGE BAGS AND WRAPS, AND PLASTIC GROCERY BAGS.

We are still suffering empty shelves in the personal care items, cleaning supplies, baby supplies, and paper product sections. Any help will be greatly appreciated by us and our neighbors in need. Donations of cash and Weis or Schlegel's gift cards will also be gladly accepted.

THE AMERICAN RED CROSS upcoming blood drives:

#### Tuesday, August 23

12:00 – 6:00 p.m. Richfield United Methodist Church Friday, August 26 1:00 – 7:00 p.m. Tuscarora Grange, East Waterford

(All donors will be entered into a series of drawings for one of seven Red Cross "Bleed Blue" Donor of the Game packages for Penn State's 2011 Alabama, Iowa, Purdue and Nebraska games)

The need for blood never diminishes because blood is a perishable medicine. Individuals who are in general good health, are age 17 or older and weigh at least 110 pounds are eligible to donate blood every 56 days. To schedule an appointment, call 1-800 Red Cross. Please bring Red Cross donor cards, photo ID or two other forms of identification to the donor site.

THE JUNIATA COUNTY FAIR Community Worship Service will be held on Sunday evening, September 4, 2011 at 5:30 p.m. at Frankhouse Field (Port Royal Little League Field), adjacent to Tuscarora Valley Elementary School. Bring a lawn chair and possibly bug spray. Important suggestion – Arrive at 5:00 p.m. to secure a parking space and your lawn chair seating positions. In the event of wet weather conditions, the worship service will be held in the Port Royal Lutheran Church at 4<sup>th</sup> and Market Streets. A free-will offering will be collected.

THE JUNIATA COUNTY CROP WALK will be held on Sunday, October 2, 2011 at the Walker Township Park—RAIN OR SHINE! Registration begins at 12:30 p.m. and the Walk at 1:30 p.m. The Short Walk will be 3 laps and the Long Walk will be 15 laps. There will be drawings for prizes periodically during the walk time. Games and activities will be provided throughout the afternoon and possibly some entertainment (but nothing confirmed as of this time). Tee Shirts will be available for persons with pledges totaling \$100 or more. Tee Shirts will also be sold for \$10 each after registration time is over. Please bring all pledge money to turn in on walk day! If you have any questions, call Becky Zeigler at 463-2309 or Kathy Whitesel at 436-2401. Sign-up sheets and donation envelopes are available in the Adult Sunday School Room.

NURSE'S NOTES – Quick – where's your tongue? Most likely, it's resting on the roof of your closed mouth. "Those contracted muscles restrict breathing and signal your nervous system that it's under threat," says psychotherapist Eddie Reese. Try relaxing your tongue and jaw, allowing your tongue to rest along your lower jaw.

#### THIS WEEK AT MESSIAH

Today: -9:15 a.m., Early Worship Service/Communion.
 Confirmation Class Planning Meeting following worship service.
 -6--8 p.m., Pool Party at Mifflin Pool.
 Monday: -6:30 p.m., Property Committee meeting in choir room.
 -8 p.m., AA meeting.
 Wednesday: -OFFICE CLOSED (July & August).
 Sunday: -9:15 a.m., Early Worship Service/Communion.
 -Music & Worship Committee meeting following worship service.