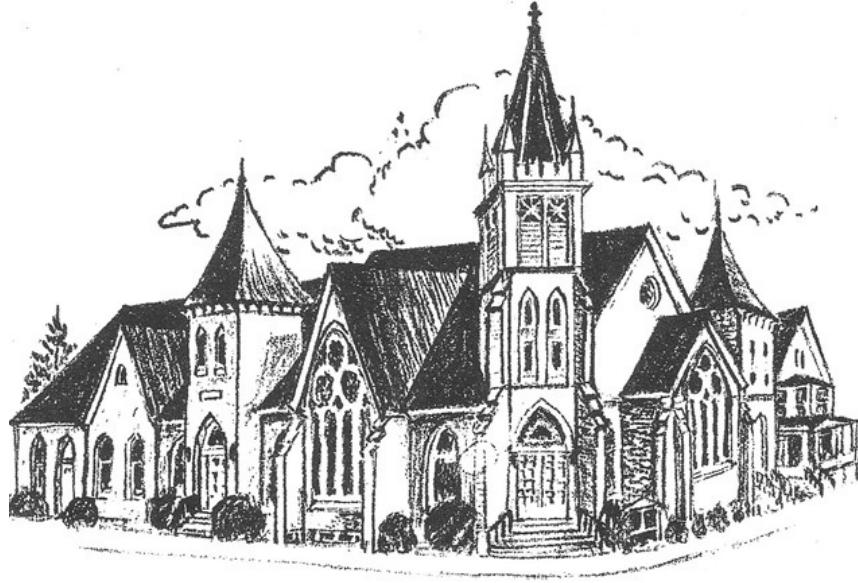


# **THE MESSIAH HERALD**



**FEBRUARY, 2011**

## **MESSIAH LUTHERAN CHURCH**

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**[MESSIAH CHURCH CALENDAR](#)**

**[USS-ARK NEWSLETTER](#)**

**[THE LUTHERAN MAGAZINE](#)**



# ***Pastor's Message***

***February, 2011***

Brothers and Sisters in Christ,

In my last cover letter, I challenged the congregation, in fact, every member to participate in a Lenten discipline this year studying Rick Warren's Purpose Driven Life. I noted that the reason for this was to help us reflect on our purpose and calling as Christians and to grow in understanding on the implications of that for how we live as Christians. I am pleased that at least one Sunday School class has decided to join in on that journey.

For anyone else in the congregation who desires to do so each Monday evening during Lent at 7:00 I will be offering a study session with prayer and discussion on this book and material. These will be about 75 minutes in length. Each Sunday morning my sermons will be shaped by this material, also. I may be doing a community outreach session, too.

Some people have asked where they may attain the book and Jim Bahorik's Sunday School class found it at Ollie's for about \$7-8. It is, also, available from Amazon online in hardback, paperback and Kindle versions. I myself bought the Kindle version.

The study will be limited to 6 sessions each with video support unless folks find a reason for an additional session. For this reason it fits beautifully into a Lenten study. It, also, fits wonderfully into Lent thematically since Lent is traditionally a time of spiritual reflection and contemplation on our walk with Christ.

Lent does not start until March 9<sup>th</sup>, so there is time for Sunday School classes or groups to still consider this, reconsider or change their previous thoughts. I am, also, much more able now to come to your class or group and to answer questions for you. It is very unfortunate that my injury made this almost impossible earlier.

Lastly, some have expressed concern about some theological aspects of the material. I addressed that briefly in my last cover letter noting that this is why as your pastor I want to help guide this experience through a compound approach including sermons. I am the theological caretaker of the congregation by calling and education and I take that responsibility very seriously. In fact, it is in part because some folks have read Purpose Driven Life privately and had questions that I think this communal approach is helpful. Even with differences in some aspects of our core theology with Rick Warren's Anabaptist tradition there is real fruit for us to mine in this material and even more importantly material to help us reflect on the value of our strong Lutheran tradition.

Please pray about joining me and us for this Lenten study this year.

Yours in Christ,

***Pastor Bill***

*In my last cover letter, I challenged the congregation, in fact, every member to participate in a Lenten discipline this year studying Rick Warren's Purpose Driven Life.*

*I noted that the reason for this was to help us reflect on our purpose and calling as Christians and to grow in understanding on the implications of that for how we live as Christians.*

*The study will be limited to 6 sessions each with video support unless folks find a reason for an additional session.*

*Please pray about joining me and us for this Lenten study this year.*

## DAILY HOME BIBLE READINGS

February	1: James 5:1-6
February	2: Luke 2:22-40
February	3: Isaiah 58:1-9a (9b-12)
February	4: Psalm 112:1-9 (10)
February	5: 1 Corinthians 2:1-12 (13-16)
February	6: Matthew 5:13-20
February	7: 2 Kings 22:3-20
February	8: Proverbs 6:6-23
February	9: John 8:12-30
February	10: Deuteronomy 30:15-20
February	11: Psalm 119:1-8
February	12: 1 Corinthians 3:1-9
February	13: Matthew 5:21-37
February	14: James 1:2-8
February	15: James 2:1-13
February	16: Proverbs 2:1-15
February	17: Leviticus 19:1-2, 9-18
February	18: Psalm 119:33-40
February	19: 1 Corinthians 3:10-11, 16-23
February	20: Matthew 5:38-48
February	21: Proverbs 25:11-22
February	22: Hebrews 12:14-16
February	23: Proverbs 3:27-35
February	24: Isaiah 49:8-16a
February	25: Psalm 131
February	26: 1 Corinthians 4:1-5
February	27: Matthew 6:24-34
February	28: Deuteronomy 32:1-14

## FEBRUARY SCHEDULES

### LECTORS

6:	Linda Leister
13:	Andrea Cameron
20:	Ed Beaver
27:	Ron Yorks

### ALTAR GUILD

Jan. 31—Feb. 6	Linda Clark
Feb. 7—Feb. 20	Linda Dreibelbis
Feb. 21—Mar. 6	Linda Clark
Mar. 6—(cup communion),	Clint & Jamie Miller

## FEBRUARY ALTAR FLOWERS

6:	Miller Family
13:	OPEN
20:	OPEN
27:	OPEN

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

## SOUPER BOWL SUNDAY

Our youth will be holding soup pots at the rear of the church on Super Bowl Sunday, February 6, 2011. They will join young people in churches across the nation, sharing God's love with those who need our compassion and care.

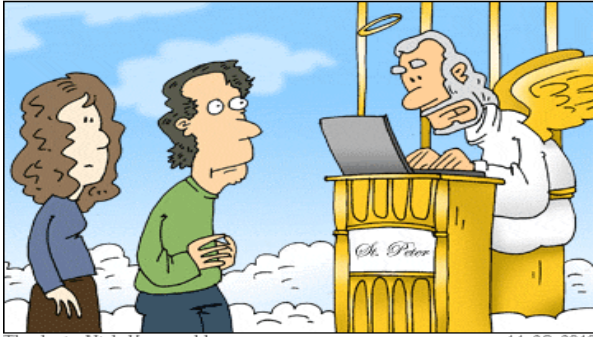
Please support the youth of our church in this effort to "help our neighbors" by dropping a dollar in the soup pot on February 6<sup>th</sup>. Donations will be given to the Juniata County Food Pantry.

## UPCOMING VOTERS' ASSEMBLY

Several years ago when Men of Messiah decided to disband, the group gave the church treasurer about \$950 that was in their treasury. The treasurer put the funds into an interest bearing account in the event the group decided to be active at a later time.

Recently it was mentioned to some of the former members that the funds were in this account and it was proposed that those funds be used towards the Stained Glass Fund debt. There will be an item in the Voters' Assembly to approve the transfer of these funds which now total \$1,027.46 to the Stained Glass Fund.

If anyone has other suggestions for use of these funds, please attend the Voters' Assembly on Sunday, February 20, 2011 following the worship service.



Thanks to Nick Hengeveld

11-29-2010

YOUR SOCIAL NETWORKING RECORD IS TERRIBLE ... TWO MISSED OPPORTUNITIES TO "LIKE JESUS AS YOUR LORD & SAVIOR" AND REFUSAL TO PROVE YOUR FAITH WITH A SIMPLE "FORWARD TO TEN FRIENDS"



Messiah Women of the ELCA met Thursday, January 13, 2011 with Cynthia Smith as devotional leader. We listened to selections from the book "Paul: 90 Days on Journey of Faith" by Beth Moore. We learned about Paul's youth; that he was an exceptional student; that he studied in Jerusalem as his father felt that Paul needed a good Jewish education. There was discussion regarding Paul's writing of Ephesians 5:22-24. Thank you Cynthia and we look forward to more lessons about Paul.

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

Business discussed:

- Received a thank you from Lucille Aldinger for Messiah's participation in the Christmas Angel project. Sixty-one families, 162 children across Juniata County were able to have presents on Christmas.
- Day of Renewal is February 26, 2011 at Christ Lutheran Church, Catawissa. Registration is \$6.00 and the program will be on Katie Luther presented by Pastor Melody Sell. Registration to be sent to Doris Mertz, 9 Greenbriar Sr., Milton, PA 17847.
- Our first project for 2011 will be collecting items for Health Kits. The first in-gathering will be hand towels and wash cloths in dark colors.

--Our treasurer, Claire Mummah, would like someone else to take the responsibilities of treasurer.

Love Project of Messiah Women:

We are taught in Matthew 25:31-46 that we are to show our love by caring for those who are in need. We have chosen as our first project of 2011 to assemble Health Kits for Lutheran World Relief. All we need to do is listen to the news about the upheavals in lives that people of the world experience from all sorts of disasters.

For February we are asking for hand towels, in the size of 15" or 16" x 23" or 25" and wash cloths in dark colors.

Please place your love gifts on the blue table in the Sunday School Room. We have not set a goal, but last year we were able to put together 141 kits.

The next meeting will be Thursday, February 10, 2011 at 7:00 p.m. in the Youth Area with Linda Leister as devotional leader.

The meeting adjourned with the reading of "The Purpose" of the Women of the ELCA.

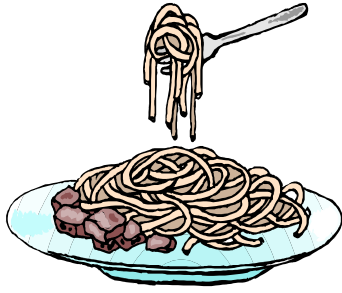
**REMINDER:** Women of the ELCA continuously collect new bath-size bars of soap (4 oz. to 5 oz., preferably Ivory or unscented Dove) as an on-going project for Lutheran World Relief. Please place soap in the basket on the blue table in the Sunday School Room.



## CAMPING BROCHURES

The 2011 camping brochures and registration forms for Camp Mt. Luther are available in the church office.

Any young people planning to attend one of the church camps this summer are asked to get their registrations in before **April 15<sup>th</sup>** for the early discount.



## **SPAGHETTI DINNER**

An all-you-can-eat Spaghetti Dinner, sponsored by the Disciples Class, will be held on Friday, February 11, 2011 from 4:00 to 7:00 p.m. in Messiah Fellowship Hall.

Cost is \$6.00 for adults, \$3.00 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. Donations of sauce, spaghetti, etc., or monetary donations would be gratefully accepted. Tickets are available at the door.

## **MEN'S 2011 PRAYER MEETINGS & BREAKFAST 7:00 a.m. at The Stop**

March 12	Russel Gobeille, speaker
March 19,	Rev. Chris Mathiason, speaker
March 26,	Rev. Ed D'Agostino, speaker
April 2,	Greg Speece, speaker
April 9,	Sam Leister, speaker
April 16,	Rev. Terry Smith, speaker
April 23,	William Rohm, speaker

## **NICE LINES**

Someone has written these beautiful words. As you read them, try to understand the deep meaning of them.

1] Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout.

2] Why is a car's WINDSHIELD so large and the rear view mirror so small? Because our PAST is not as important as our FUTURE. So,

look ahead and move on.

3] Friendship is like a BOOK. It takes a few seconds to burn, but it takes years to write.

4] All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they can't last long either.

5] Old friends are gold! New friends are diamond! If you get a diamond, don't forget the gold! Because to hold a diamond, you always need a base of gold!

6] Often we lose hope and think this is the end, GOD smiles from above and says, "relax, sweetheart, it's just a bend, not the end!"

7] When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.

8] A blind person asked St. Anthony: "can there be anything worse than losing eye sight?" He replied: "yes, losing your vision!"

9] When you pray for others, GOD listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.

10] WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.

## **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





## **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.

## **VOLUNTEER NEEDED**

A volunteer is needed to submit the weekly Messiah Herald article for the newspaper.

There are currently four individuals who submit the article each week. Each person is responsible for 3 months of the year. It can be completed at home on a computer and submitted to The Times and Juniata Sentinel via email: [thetimes@nmax.net](mailto:thetimes@nmax.net) and [csmith@juniata-sentinel.com](mailto:csmith@juniata-sentinel.com).

Coverage is needed for the months of February, June and October. Anyone who is interested can call the church office at 436-6213.

## **THANK YOU**

Thank you to members of Messiah for the monetary Christmas gift. It was very much appreciated.

Judy Armstrong

## **(W)HOLY, (W)HOLY, (W)HOLY** **Health Healing & Wholeness Article** **February 2011**

"When you care enough to give the very best!"—may have been intended as a catchy slogan to sell cards, but it may be truer than we realize. The Bible has many references to the heart – over 600, according to Vine's Expository Dictionary.

God's acceptance of man is based on the whole heart (Ps. 9:1, Prov. 3:5), God knows the secrets of the heart (Ps. 44:20-21), and God's law must be in our heart (Ps. 37:27-31). Man is taught to keep his heart (Prov. 4:23), and to be pure of heart (Matt. 5:8, Tim. 2:22).

Our very existence is meant to mirror the love that God has shown us through the life, death, and resurrection of His Son. When we care for ourselves and for those we love, we can give our very best in return to Him.

In addition to Valentine's Day, February is traditionally American Heart month. Just as we often associate a valentine with love, we sometimes automatically associate cardiovascular disease strictly with diseases of the heart. However, cardiovascular disease can affect just one blood vessel, a group of vessels, an organ [such as the heart], or the entire body. Often, one problem will lead to another and another, becoming chronic and progressive, and can ultimately lead to heart attack, stroke, heart failure, or kidney failure.

Congestive heart failure, peripheral artery disease, and venous thromboembolism, are three examples. Here is a brief description of each:

- **Congestive heart failure** – a condition in which the heart can't pump enough blood to the body's other organs. The heart keeps working, but not as efficiently as it should. The individual becomes short of breath and tires easily.
- **Peripheral arterial disease (PAD)** – in PAD, fatty deposits build up along artery walls and affect circulation, mainly the arteries leading to the legs and feet. In its early stages, a common symptom is cramping or fatigue in the legs and buttocks during activity.
- **Venous thromboembolism (VTE)** – a blood clot that moves through the bloodstream until it lodges in a

narrowed blood vessel and blocks circulation. Pulmonary embolism can occur when the clot breaks away, travels through the bloodstream, and lodges itself in a vessel in the lungs.

It is possible to reduce your risk of cardiovascular disease – by eliminating the risk factors you can control, and managing the risk factors you cannot control. These include:

- Eliminating all tobacco products,
- Controlling blood pressure and salt intake,
- Controlling weight,
- Controlling cholesterol,
- With your physician, developing a regular exercise program,
- If diabetic, controlling your blood sugar level, and finally,
- Committing your health and lifestyle choices to the Lord, and asking for His strength in making and keeping your healthy changes.

As we begin our Lenten journey, may we use this time to reflect upon and prepare our hearts ... to emotionally, physically, and spiritually ... giving our very best to Him.

Lenten blessings,  
Debbie Best, RN, MS, FCN

## Juniata County Food Pantry February Update

**Happy New Year! As we wind down our joyous celebrations of the holiday season, please remember that for many of our neighbors in financial difficulty this season has a different name: “The Season of Heat or Eat!” There are many families during this season that will have to make the choice of whether to heat their homes or buy food and other necessities. Please keep them in mind as you pack away Christmas decorations and finish off leftovers.**

**In December 2010, the Food Pantry served 247 families (732 individuals)! Thank you to the many volunteers who put in a total of 268 hours working at the pantry in December. We couldn't do it without you!**

### **FOOD PANTRY NEEDS FOR FEBRUARY:**

#### **ANY NON-PERISHABLE FOODS**

**BABY SUPPLIES:DIAPERS SZS 3-6, PULL-UPS ALL SIZES, BABY SHAMPOO, BABY LOTION, DIAPER RASH OINTMENT, AND WIPES**

**PHONE # 717-436-9718**

**CONTACT PERSON: Kathy Queitzsch**

**ADDRESS: PO Box 44, 114 N. Main St, Mifflintown, PA 17059**

**HOURS: Monday 1:00-4:00 PM,**

**Tuesday and Thursday 3:00 – 6:00 PM**

**Saturday 10:00 AM– 1:00 PM**