

# **THE MESSIAH HERALD**



**FEBRUARY, 2012**

## **MESSIAH LUTHERAN CHURCH**

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## **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](#)**

## DAILY HOME BIBLE READINGS

February	1: Isaiah 40:22-31
February	2: Hebrews 2:14-18
February	3: Psalm 147:1-11, 20c
February	4: 1 Corinthians 9:16-23
February	5: Mark 1:29-39
February	6: Acts 14:1-7
February	7: Acts 15:36-41
February	8: Mark 3:7-12
February	9: 2 Kings 5:1-14
February	10: Psalm 30
February	11: 1 Corinthians 9:24-27
February	12: Mark 1:40-45
February	13: 2 Chronicles 7:12-22
February	14: Isaiah 38:1-8
February	15: 1 Timothy 1:12-20
February	16: 2 Kings 2:1-12
February	17: Psalm 50:1-6
February	18: 2 Corinthians 4:3-6
February	19: Mark 9:2-9
February	20: Hebrews 2:1-4
February	21: 1 Timothy 3:14-16
February	22: Joel 2:1-2, 12-17
February	23: Genesis 9:8-17
February	24: Psalm 25:1-10
February	25: 1 Peter 3:18-22
February	26: Mark 1:9-15
February	27: Romans 3:21-31
February	28: Romans 4:1-12
February	29: Psalm 77



## 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!**

## FEBRUARY SCHEDULES

### LECTORS

5: Cynthia Smith  
12: Sam Leister  
19: Barbara S. Geedey  
26: Andrea Cameron

### ALTAR GUILD

Jan. 30—Feb. 5 Linda Clark  
Feb. 6—Feb. 12 Christie Holderman  
Feb. 13—Feb. 19 Barbara S. Geedey  
(cup communion) Clint & Jamie Miller  
Feb. 20—Feb. 26 Sandy Pines  
Feb. 27—Mar. 4 Linda Clark

### ALTAR FLOWERS

5: Miller Family  
12: Ralph Gaul & Family  
19: Ernest Family  
26: Ernest Family



Messiah Women of the ELCA met Thursday, January 12, 2012 with Ann Beaver as devotional leader using part of the DVD "The Making of the King James Bible" and facts about the creation of the King James Bible. Prior to this Bible, beginning in the 1500's until 1604, there were eight translations. Some of these translations were Tyndall, Matthews, Bishop's Bible and Rheems. King James Bible was completed in 1611 following seven years of translation work by 54 Hebrew and Greek scholars chosen from the Puritans and the Church of England. The King James Version of the Bible caught on, it was virtually the only Bible used in the English-speaking world for the next three centuries. More than 250 phrases we hear every day, originates

from the King James Bible. Some of these phrases are:

- "A law unto themselves" Romans 2:14
- "At my wits end" Psalm 107:27
- "Drop in the bucket" Isaiah 40:15
- "Eat, drink, and be merry" Ecclesiastes 8:15
- "Handwriting on the wall" Daniel 5:5

At the request of the group, the remainder of the DVD will be viewed at the February meeting.

Thank you Ann

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

Business discussed:

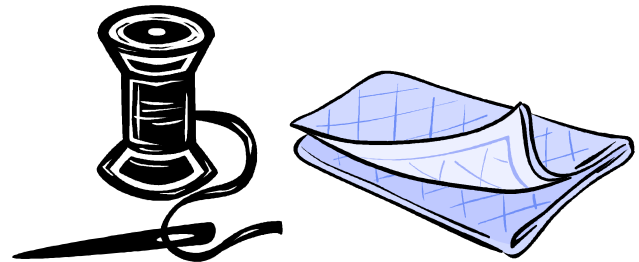
- Day of renewal will be held February 25<sup>th</sup> at St. Matthew Church, Shamokin Dam.
- Received a thank you letter from Lucille Aldinger for our participation in the Christmas Angel project in December, 2011.
- Recipes are requested for the Synodical Women's cookbook. Please bring any recipes that you would like to share to the February meeting.
- The first Lutheran World Relief project for the year is an ingathering of Fabric Kits for February, March and April. Details follow.

The next meeting will be Thursday, February 9, 2012 at 7:00 p.m. in the Youth Area with Ann Beaver, leading the discussion of "The Making of the King James Bible."

The meeting aduourned 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.

## **AN INVITATION TO PARTICIPATE IN THE FIRST 2012 PROJECT FOR LUTHERAN WORLD RELIEF BY THE MESSIAH WOMEN OF THE ELCA**



FABRIC KITS – Sewing is a valuable skill, one that leads to a reliable income for many women and men. Fabric Kits supply vocational training programs with fabric for teaching sewing, and for newly trained tailors to launch their sewing businesses. Include the following items in each Fabric Kit:

- Two pieces of cotton or cotton-blend fabric (no knits or 100% polyester); fabric should have no stains or holes and should be cut into pieces measuring 2¼ yards or 60" wide fabric, or 3 yards of 44" wide fabric, or 4 yards of 36" wide fabric.
- Two spools of matching or neutral-colored general purpose thread, 250-300 yards each.

The following is an example of how the Fabric Kits are used by Lutheran World Relief – BUNDLES OF HOPE – Young women in West Africa face many challenges as they enter early adulthood. Learning marketable skills to support themselves and contribute to their families can often keep them from being married off at a young age. At the House of Hope for Disadvantaged Girls in Bamako, Mali, Fabric Kits are distributed to the 40 young women who live at the school and learn a number of skills—including tailoring—as a means of earning an income. When choosing fabrics, consider bright

colors and colorful prints. If you are not a shopper and want to participate in the project, we will be glad to do your shopping. Just give your donation to Cynthia Smith or Linda Leister.

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."

## **THANK YOU**

Thank you to Messiah Women of the ELCA and all who participated in the Christmas Angel Project. We had another successful year. We were able to support 57 families for a total of 156 children.

We are continually thankful for all the support that you have given to this project in helping each of the families in need at this time of year. Without you we would not have been able to give the families a brighter Christmas. Because of you, the children were able to open presents Christmas morning, and the parents could see the joy on their children's faces.

Thank you again for your continued support!

Sincerely,  
Lucille Aldinger  
Trinity Lutheran Church,  
Social Committee

## **VOTERS' ASSEMBLY**

The next Voters' Assembly meeting will be held on Sunday, February 19, 2012 following the worship service.

Business: quarterly reports of the boards and the 2011 audit.

## **SOUPER BOWL SUNDAY**

Our youth will be holding soup pots at the rear of the church on Super Bowl Sunday, February 5, 2012.

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 5<sup>th</sup>.



## **CAMPING BROCHURES**

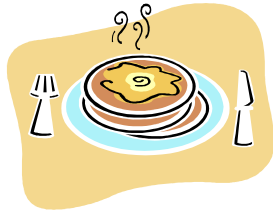
The 2012 camping brochures and registration forms for Camp Mt. Luther are available in the church office.

Any young people planning to attend one of the church camps this summer are asked to get their registrations in before **April 1<sup>st</sup>** to avoid a late fee.

## **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



**2012 PORT ROYAL  
MEN'S PRAYER  
BREAKFAST SPEAKERS**

**7:00 a.m. – Port Royal Community Building**

Feb. 25	Rev. Jonas King, Shade Mt. Fellowship
March 3	Mr. Sam Leister, Messiah Lutheran Church
March 10	Mr. Russell Gobeille, Westminster Presbyterian Church
March 17	Mr. Don Musser, Faith Community Church
March 24	Rev. Tom Burris, Cedar Grove Brethren in Christ Church
March 31	Mr. Tom Getz, Juniata Mennonite School Principal
April 7	Rev. Charles Hershberger, Port Royal Lutheran Church



**LENTEN FISH DINNER**

Lenten Fish Dinners (all-you-can-eat) will be held every Friday from February 17 until March 30, 2012 from 4:00 to 7:00 p.m. at St. Jude's Catholic Church.

Cost is \$10.00 for adults, \$6.00 for kids 6-12 years old, and kids 5 and under FREE. Sponsored by St. Jude's Knights of Columbus.

**SYNOD ASSEMBLY  
DELEGATES NEEDED**

Two members of Messiah are needed to attend the annual Synod Assembly in June, 2012 at Susquehanna University, Selinsgrove.

If you are interested in serving, please contact the pastor or the church office.

**PREVENTION HEALTH SCREENINGS**

Prevention Health Screenings will be at Messiah Lutheran Church on Saturday, February 11, 2012 from 9:00 a.m. to 4:00 p.m. Two out of every 3 stroke victims have NO symptoms or warnings and Doctors cannot order ultrasound tests unless you have symptoms.

Prevention Health Screenings' mission is to provide you affordable screenings to find undetected health problems. We provide screenings that identify risks from heart disease, stroke and vascular disease. With early detection and proper follow-up, these conditions can be treated and possibly save your life. Pre-registration is required. Please call 1-800-257-3516.

**(W)HOLY, (W)HOLY, (W)HOLY**  
**Health, Healing and Wholeness**  
**February 2012**

In the past few weeks I've found myself wondering how Mary must have felt in the days following Jesus birth. In artwork, she is typically depicted with a demure smile, radiating happiness and joy. What must it have been like to give birth to your first child, away from family, in less than hospitable conditions? In Matthew's account, soon after the birth, Joseph and Mary are then uprooted and on an unexpected trek to Egypt. What was going through her mind? In Luke's account, in response to the shepherds' stories, "*Mary treasured up these things and pondered them in her heart*" (Lk. 2:19 NIV), so we assume she had a smooth transition to motherhood. In a sense she appears to be the picture of "perfect" mom.

But how do we console the woman who experiences a more difficult period of adjustment? One that is better expressed in Psalms 13:2, "How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart?" I am referring to the woman who suffers post-partum depression.

Within 48 hours of delivery, hormones rapidly drop and researchers appear to link this to the onset of depression in some women. But unlike the "baby blues," post-partum depression does not lessen within a week to ten days. Instead it can occur any time within the first year after birth. Any combination of the following symptoms that last longer than two weeks may be signs of depression: feeling restless and irritable; feeling sad, hopeless and overwhelmed; crying a lot; having no energy or motivation; sleeping too little or too much; trouble focusing, remembering, or making a decision; feeling worthless and guilty; withdrawal from friends and family; overwhelming anxiety; even being afraid of hurting the baby or oneself (WomensHealth.gov). Often a woman suffers in silence because she feels too ashamed to admit that she does not feel overjoyed by this new addition to her life.

Factors which compound post-partum depression are: doubting ones ability to be a good mother by setting up expectations of perfection; being physically exhausted due to the disruption of sleep patterns; for working mom's, adjusting to a new routine; feeling a sense of loss in the changing of ones identity; having less free time; lack of a good support system; having suffered from depression prior to pregnancy.

Women suffering from depression following childbirth, need to be taken seriously, not shamed. Untreated, post-partum depression can interfere with the mother's ability to form a strong emotional bond with her child. Usually a combination of psychotherapy, sometimes medication, and establishing social support – all factors in treating regular depression – will work to alleviate the problem. If medication is ordered, and the mother is nursing, she should be sure to report this to the prescribing physician – many medications can be passed on to the infant. However, there are several anti-depressants available that are safe for use by nursing mothers.

Other things that can help: finding someone to talk to – another mother, a friend, your spouse – someone who can be trusted to share real feelings; consciously carve out at least 15 minutes each day to do something for herself – soak in the tub, read, take a walk; stop trying to be the "perfect mother;" don't spend a lot of time alone – get out of the house; talk with other mothers – do a mom's Bible study; try not to make drastic life-altering changes immediately after the pregnancy, and if these changes are unavoidable – like relocating to Egypt – set up some support to help get through it.

Don't suffer in silence. Speak to your parish nurse, your pastor, your doctor or midwife. There is no reason to feel ashamed. Post-partum depression is real, and help is available.

*Blessings,*  
Debbie Best, RN, BSW, MHA



## **Juniata County Food Pantry**

This month I'm not sending my regular bulletin report. Instead I have attached a letter written by my 17 year old daughter Caitlin after an incident at the Food Pantry this week. This story is, unfortunately, entirely true, and is one of many such stories that unfold daily here at the Pantry. It affected all of us deeply, and my daughter so much that she felt she had to write it down and e-mail it to everyone in her world. As an addendum to Caitlin's story I will add that because our baby care shelf was empty, we were not able to help this young mother as much as we should have.

Yes for the entire year of 2011 our baby care, personal care and cleaning shelves have been empty most of the time. For the entire year I have asked, pleaded and prayed for more supplies to fill these shelves. I thank the Lord and our community that we have not run out of food for our neighbors in need, but people need other supplies to stay healthy and clean, too. I pray that with your support, 2012 will be a much better year for those who the Lord sends our way.

May the Lord Bless You,  
Kathy Queitzsch, Esecutive Director

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

#### **BABY CARE PRODUCTS, PERSONAL CARE ITEMS AND ALL PURPOSE HOUSEHOLD CLEANERS**

PHONE #: 717-436-9718 -- CONTACT PERSON: KATHY QUEITZSCH

ADDRESS: PO BOX 44, MIFFLINTOWN, PA 17059

LOCATION: 114 N. Main St., Mifflintown, PA

HOURS: MON. 1--4 PM, TUES. & THURS. 3--6 PM, SAT. 10:00 AM-- 1:00 PM



# **A Little Something Call Compassion**

January 24, 2012. The phone rang at the Food Pantry. A girl needed formula for her baby – could she walk down and get some? It was all she wanted, just some baby formula, nothing else.

Where was she walking from? The volunteer at the desk asked.

The next town over. The car at the house where she lived wasn't working.

Time passed. The volunteer told the Food Pantry director about the call, and confessed that she was worried for the girl, who seemed to be new to the area and not aware of the distance between the two towns.

Alarmed and concerned, the director immediately hunted for a way to contact the girl and make sure she was alright. It came as a great relief to find a cell phone number, and even greater relief when the girl answered.

She had made it to the Weis Market a mile away, and could go no further. Too tired. Too cold. She'd gotten lost once.

Another volunteer, who had a vehicle available, drove over to pick her up. He found her carrying her month-old newborn, and pushing her two-year old in a stroller. She and the toddler had only light jackets for warmth. The baby was wrapped in a thin blanket, and was crying with hunger; he'd had nothing but water to drink since that morning, instead of the milk that he should have gotten every two hours.

The girl had walked at least three miles with her children. No one had stopped to offer assistance. No one had tried to help her.

After she had collected the formula she needed, the volunteer drove her back to her home: a run-down house behind a church.

At least she'd be able to get warm once she was home! The volunteer said, hopefully.

The girl didn't think so.

It was cold there, too.

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That girl was no older than eighteen. She could be me. I could be her. How could someone like this live within six miles of my home, and I remain unaware? Are there others like her? Surely – in every town in the world! We might pass someone who is cold and hungry every day on the streets of our home town, without even knowing it. We probably do.

How far the poor of our land seem to us. We don't know any of them; they mean nothing to us personally. There are charities to take care of them. Poverty is something in third-world countries.

Except it's not.

Though I have worked at that same Food Pantry for many years; though I have read all the articles and assisted at many of the food drives; it wasn't until I learned about this girl, my neighbor, whose circumstances so easily could be my own, that the truth was brought home to me:

The poor of our land are not just a few ne'er-do-wells that show up at second-hand stores and food distributions; they are people: friends, mothers, sisters, fathers, brothers, sons and daughters, neighbors, who laugh and cry and love and hurt. They are cold, and hungry, and lost, and lonely, and they are as close as the next street.



But what can we do, now that we know that they are there? Moreover, what WILL we do? Will we continue to walk past them, or will we look at their faces – real faces, familiar faces, faces we can touch, faces that could be our own – and find something that we can do to make a difference?

*"There will always be poor people in the land. Therefore I command you to be openhanded toward your brothers and toward the poor and needy in your land."*  
Deuteronomy 15:11.

If I had the money, I'd pay for heat for her home. If I had the time, I'd make her baby a warm, thick quilt. But I have neither of these things. What I do have is an extra coat I never wear, more fleece blankets than I need and a couple pairs of warm socks that I can share.

And I can write.

And you?

*"Dear brothers, what's the use of saying that you have faith and are Christians if you aren't proving it by helping others? Will that kind of faith save anyone? If you have a friend who is in need of food and clothing, and you say to him, 'Well, good-bye and God bless you; stay warm and eat hearty,' and then don't give him clothes or food, what good does that do?"* James 2:14-16 LB.

Most of us do not have much to give, or many things we can do, but we can always do something. A warm coat, a ride to the store, a pair of gloves, a hot meal, some soap or toothpaste, a bag of vegetables; it does not have to be much, but please, let it be something. If all you can do is send this e-mail onwards, then please do it. Even that will make a difference, because it will show others that you care. That you have a little something called compassion.

*"But if someone who is supposed to be Christian has money enough to live well, and sees a brother in need, and won't help him – how can God's love be within him? Little children, let us stop just saying we love people; let us really love them, and show it by our actions. Then we will know for sure, by our actions, that we are on God's side, and our consciences will be clear, even when we stand before the Lord."* 1 John 3:17-19 LB.

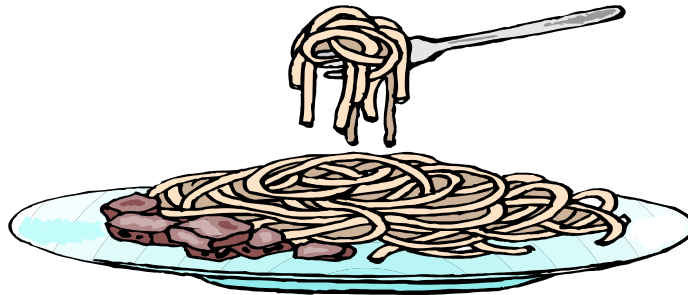
Thank you, and God bless.

--Caitlin

# MESSIAH LUTHERAN CHURCH

## ALL-YOU-CAN-EAT SPAGHETTI DINNER

SPONSORED BY THE DISCIPLES CLASS  
& HELP FROM ST. STEPHEN'S MEMBERS



FRIDAY, FEBRUARY 10, 2012  
4:00 to 7:00 p.m.  
MESSIAH FELLOWSHIP HALL

COST: \$6.00 FOR ADULTS  
\$3.00 FOR CHILDREN 6 to 12  
CHILDREN 5 AND UNDER FREE

DINNER INCLUDES:  
SPAGHETTI (WITH PLAIN OR MEAT SAUCE)  
SALAD, BREAD, BEVERAGE & DESSERT

DONATIONS OF SPAGHETTI SAUCE, DESSERT, OR MONETARY  
DONATIONS WOULD BE GREATLY APPRECIATED  
(HELPERS ARE ALSO NEEDED)

PROCEEDS WILL BENEFIT THE  
CENTRAL JUNIATA SWIMMING POOL

TICKETS ARE AVAILABLE FROM ANY MEMBER  
OF THE DISCIPLES CLASS OR AT THE DOOR

## **2012 COMMUNITY LENTEN SCHEDULE**

Ash Wednesday, February 22, 7:00 PM at Messiah Lutheran Church with Pastor James Wooster preaching. Theme – The Cross in Advent.

Lent 2, February 29, 7:00 PM at Aldersgate Methodist Church with Pastor Martha Carlson preaching. Theme – The Cross in Christmas.

Lent 3, March 7, 7:00 PM at St. Jude's Catholic Church with Pastor Gay Irwin preaching. Theme – The Cross in Epiphany.

Lent 4, March 14, 7:00 PM at St. Stephen's Lutheran Church with Father Fidelis preaching. Theme – The Cross in Lent.

Lent 5, March 21, 7:00 PM at Westminster Presbyterian Church with Pastor Chris Mathiason preaching. Theme – The Cross in Easter.

Lent 6, March 28, 7:00 PM at Trinity Methodist Church with Pastor William Esborn preaching. Theme – The Cross at Pentecost.

Maundy Thursday, April 5, 7:00 PM at Westminster Presbyterian Church with Pastor Chris Mathiason preaching. Theme – The Cross in Holy Week.

Good Friday Service, April 6 from 12:00 noon—3:00 PM at Messiah Lutheran Church – Pastors of the Community. Theme – Seven Last Words.

Good Friday Tenebrae, April 6, 7:00 PM at Trinity Methodist Church – Service of Lessons and Prayers.

Easter Sunrise Service, April 8, 6:30 AM at Aldersgate Methodist Church with Pastor Martha Carlson preaching. Theme – Forth Days He Appeared to the Disciples (Acts 1:1-8).

### **2012 GOOD FRIDAY SERVICE - MESSIAH LUTHERAN CHURCH “SEVEN LAST WORDS”**

Welcome and Opening, 12:00 noon – Pastor William Esborn  
Father forgive them, 12:05-12:30 PM – Pastor William Esborn  
My God, My God, 12:30-12:55 PM – Pastor Martha Carlson  
Today you will be with me, 12:55-1:20 PM – Pastor James Wooster  
Mother, behold thy Son, 1:20-1:45 PM – Pastor Edd Carlson  
I thirst, 1:45-2:10 PM – Pastor Gay Irwin  
It is finished, 2:10-2:35 PM – Pastor Chris Mathiason  
Into thy hands, 2:35-3:00 PM – Father Weary  
Closing and Sending – Pastor William Esborn