

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
Andrea Cameron
Kay Varner

Pastor
Choir Director
Lector
Altar Guild

SECOND SUNDAY AFTER EPIPHANY

January 15, 2012 – 10:30 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., Goldie K., Jean M., Cassie S., Ruth C., Ray B., Anna Mary Z., Paul W., Bob C., Linda R., Kaye C., Jesse K., Matt H., Sarah D., Dorothy P., Ryan K., Betty F., Whitey L., Norm E., and Grace S.

PREPARATION

CHIMES: CALL TO WORSHIP

PRELUDE

[A Time for Meditation and Prayer]

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

All the baptized have a calling in God's world. God calls not just the clergy but also the youngest child, like Samuel. The story of the calling of Nathanael play with the idea of place. Nathanael initially dismisses Jesus because he comes from Nazareth. But where we come from isn't important; it's where—or rather whom—we come to. Jesus refers to the story of the vision of Jacob, who called the place of his vision "the house of God, and ... the gate of heaven" (Gen. 28:17). Jesus says he himself is the place where Nathanael will meet God.

Today is the commemoration of Martin Luther King Jr., renewer of society, martyr, who died in 1968. The Week of Prayer for Christian Unity begins this week on Wednesday, January 18.

* CONFESSION AND FORGIVENESS

P Blessed be the holy Trinity, + one God, who spoke light into creation, who calls us to listen and follow, who sends us to shine like stars.

C Amen

P Let us come before God, confessing our sin.

Silence is kept for reflection

P Holy and merciful God,

C we confess that we have sinned against our sisters and brothers and against you. We cherish the values of this world. We cause others to stumble. The earth is wounded by our excess. Have mercy, O God. Forgive us, renew us, and raise us up on eagles' wings, that we may do your will with courage and delight. Amen

P Hear the voice from heaven: "You are my own, my beloved." God gives power to the weary and strengthens the powerless. Be cleansed, be healed, for in the name of + Jesus Christ, I declare to you the forgiveness of your sins and the revealing of God's reign.

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 "Here I Am, Lord"

* GREETING

P The grace of Jesus Christ, the mercy of the Holy One, and the Spirit of the living God be with you all.

C And also with you.

* KYRIE (spoken responsively)

P In peace, let us pray to the Lord.

C Lord, have mercy.

P For the peace from above, and for our salvation, let us pray to the Lord.

C Lord, have mercy.

P For the peace of the whole world, for the well-being of the Church of God, and for the unity of all, let us pray to the Lord.

C Lord, have mercy.

P For this holy house, and for all who offer here their worship and praise, let us pray to the Lord.

C Lord, have mercy.

P Help, save, comfort, and defend us, gracious Lord.

C Amen

* HYMN OF PRAISE (sung to the tune of "Joyful, Joyful, We Adore Thee")

1 Glory be to God in heaven; peace, good will to all the earth.
Mighty God of all creation, Father of surpassing worth:
we exalt you, we adore you, we lift high our thanks and praise.
Saints and angels bow before you; here on earth our songs we raise.

2 Glory be to Christ forever, Lamb of God and Lord of love.
Son of God and gracious Savior, you have come from heav'n above;
on the cross you died to save us; now you reign at God's right hand.
Hear our prayer; restore, forgive us; in your promise firm we stand.

3 Holy One we now acclaim you; Lord alone, to you we call;
Holy One in faith we name you, God most high, yet near to all:
Jesus Christ, with God the Spirit, in the Father's splendor bright.
For the peace that we inherit, glory be to God on high!

* 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 **Thanks be to you, Lord Jesus Christ, most merciful redeemer, for the countless blessings and benefits you give. May we know you more clearly, love you more dearly, and follow you more nearly, day by day praising you, with the Father and the Holy Spirit, one God, now and forever. Amen**

WORD

At a time when visions are rare and unexpected, the Lord comes to Samuel and calls him to speak the divine word. Though just a boy, Samuel responds to God obediently, as Eli the priest has taught him to respond. This marks the beginning of Samuel's prophetic ministry.

FIRST READING

A reading from 1 Samuel 3:1-10 [11-20]

THE LESSON READS:

Now the boy Samuel was ministering to the LORD under Eli. The word of the LORD was rare in those days; visions were not widespread.

²At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; ³the lamp of God had not yet gone out, and Samuel was lying down in the temple of the LORD, where the ark of God was. ⁴Then the LORD called, "Samuel! Samuel!" and he said, "Here I am!" ⁵and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. ⁶The LORD called again, "Samuel!" Samuel got up and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." ⁷Now Samuel did not yet know the LORD, and the word of the LORD had not yet been revealed to him. ⁸The LORD called Samuel again, a third time. And he got up and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the LORD was calling the boy. ⁹Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, 'Speak, LORD, for your servant is listening.'" So Samuel went and lay down in his place.

¹⁰Now the LORD came and stood there, calling as before, "Samuel! Samuel!" And Samuel said, "Speak, for your servant is listening." ¹¹Then the LORD said to Samuel, "See, I am about to do something in Israel that will make both ears of anyone who hears of it tingle. ¹²On that day I will fulfill against Eli all that I have spoken concerning his house, from beginning to end. ¹³For I have told him that I am about to punish his house forever, for the iniquity that he knew, because his sons were blaspheming God, and he did not restrain them. ¹⁴Therefore I swear to the house of Eli that the iniquity of Eli's house shall not be expiated by sacrifice or offering forever."

¹⁵Samuel lay there until morning; then he opened the doors of the house of the LORD. Samuel was afraid to tell the vision to Eli. ¹⁶But Eli called Samuel and said, "Samuel, my son." He said, "Here I am." ¹⁷Eli said, "What was it that he told you? Do not hide it from me. May God do so to you and more also, if you hide anything from me of all that he told you." ¹⁸So Samuel told him everything and hid nothing from him. Then he said, "It is the LORD; let him do what seems good to him."

¹⁹As Samuel grew up, the LORD was with him and let none of his words fall to the ground. ²⁰And all Israel from Dan to Beer-sheba knew that Samuel was a trustworthy prophet of the LORD.

Lector: Here ends the reading.

Cong: Thanks be to God.

PSALM: Psalm 139:1-6, 13-18 (responsively)

L *You have searched me out and known me. (Ps. 139:1)*

¹LORD, you have searched me out; O LORD, you have known me.

²You know my sitting down and my rising up; you discern my thoughts from afar.

³You trace my journeys and my resting-places and are acquainted with all my ways.

⁴Indeed, there is not a word on my lips, but you, O LORD, know it altogether.

⁵You encompass me, behind and before, and lay your hand upon me.

⁶Such knowledge is too wonderful for me; it is so high that I cannot attain to it.

¹³For you yourself created my inmost parts; you knit me together in my mother's womb.

¹⁴I will thank you because I am marvelously made; your works are wonderful, and I know it well.

¹⁵My body was not hidden from you, while I was being made in secret and woven in the depths of the earth.

¹⁶Your eyes beheld my limbs, yet unfinished in the womb; all of them were written in your book; my days were fashioned before they came to be.

¹⁷How deep I find your thoughts, O God! How great is the sum of them!

¹⁸If I were to count them, they would be more in number than the sand; to count them all, my life span would need to be like yours.

ALL *You have searched me out and known me.*

Paul is helping the Corinthians understand that God has claimed the entirety of their lives through the death of Christ. Hence Christian relationships and conduct, including areas of human sexuality, are to reflect the reality that we belong to Christ and that the Holy Spirit lives within us.

SECOND READING

A reading from 1 Corinthians 6:12-20

THE LESSON READS:

¹²All things are lawful for me, but not all things are beneficial. "All things are lawful for me," but I will not be dominated by anything. ¹³Food is meant for the stomach and the stomach for food, and God will destroy both one and the other. The body is meant not for fornication

but for the Lord, and the Lord for the body. ¹⁴And God raised the Lord and will also raise us by his power. ¹⁵Do you not know that your bodies are members of Christ? Should I therefore take the members of Christ and make them members of a prostitute? Never! ¹⁶Do you not know that whoever is united to a prostitute becomes one body with her? For it is said, "The two shall be one flesh." ¹⁷But anyone united to the Lord becomes one spirit with him. ¹⁸Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself. ¹⁹Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? ²⁰For you were bought with a price; therefore glorify God in your body.

¹⁸For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

Lector: Here ends the reading.

Cong: Thanks be to God.

- * THE VERSE (sung to the tune of "Rise, O Children of Salvation")
Alleluia! Lord and Savior: open now your saving word. Let it burn like fire within us; speak until our hearts are stirred. Alleluia! Lord, we sing for the good news that you bring.

In John's gospel, Jesus' ministry begins with the call of disciples, who then bring others to Jesus. Philip's friend Nathanael moves from skepticism to faith when he accepts the invitation to "Come and see."

- * GOSPEL: John 1:43-51

P The Holy Gospel according to John, the 1st chapter.

C Glory to you, O Lord. (sung)

THE GOSPEL READS:

⁴³The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me."
⁴⁴Now Philip was from Bethsaida, the city of Andrew and Peter. ⁴⁵Philip found Nathanael and said to him, "We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth." ⁴⁶Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." ⁴⁷When Jesus saw Nathanael coming toward him, he said of him, "Here is truly an Israelite in whom there is no deceit!" ⁴⁸Nathanael asked him, "Where did you get to know me?" Jesus answered, "I saw you under the fig tree before Philip called you." ⁴⁹Nathanael replied, "Rabbi, you are the Son of God! You are the King of Israel!" ⁵⁰Jesus answered, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than these." ⁵¹And he said to him, "Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man."

P The Gospel of the Lord.

C Praise to you, O Christ. (sung)

SERMON

Pastor Esborn

- * HYMN OF THE DAY "Listen, God Is Calling"

* APOSTLES' CREED (all)

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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].

ANTHEM

* SUNG OFFERTORY ('Create in Me')

Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with your free Spirit.

* OFFERING PRAYER

P Merciful God, as grains of wheat scattered upon the hills were gathered together to become one bread, so let your church be gathered together from the ends of the earth into your kingdom, for yours is the glory through Jesus Christ, now and forever.

C Amen

* PRAYERS OF INTERCESSION

P As God's beloved people made radiant by the light of Christ, let us pray for the church, the whole human family, and God's good creation.

A brief silence.

P Speak, for you servant church is listening and ready to serve. Make us attentive to your call, that with alertness and joy we will follow wherever you lead. Hear us, O God.

C Your mercy is great.

P All your works are wonderful and marvelously made, and you desire abundant life for all your creatures. Knit together all that is broken, and restore the balance of life on earth. Hear us, O God.

C Your mercy is great.

P Raise up courageous prophets and leaders who speak truth to power. Open the heavens and let your justice roll down for all who are oppressed because of color, class, religion, gender, or sexual orientation. Hear us, O God.

C Your mercy is great.

P As you have promised, do great things for those who are homeless, hungry, uninsured, unemployed, or lacking adequate child care, and lift up those who are sick (especially all of our shut-ins [both at home and in nursing homes], and Paul Woltman, Bob Cameron, Linda Rhine, Kaye Clark, Jesse Kint, Matt Hutchinson, Sarah Dressler, Dorothy Patterson, Ryan Keresey, Betty Fleisher, Whitey Lawson, Norm Esborn, and Grace Stuck). Sustain the caring and outreach ministries of this congregation. Hear us, O God.

C Your mercy is great.

P You search our hearts and understand us completely. In your compassion, care for those who are experiencing life transitions or making difficult decisions about health, work, church, and family relations. Hear us, O God.

C Your mercy is great.

Here other intercessions may be offered.

P Remembering the mighty witness of (Martin Luther King Jr. and) all the saints, we look to that day when we will dwell with them at peace in your beloved community. Hear us, O God.

C Your mercy is great.

P Holy God, we lift our prayers to you in hope, entrusting all for whom we pray to your great goodness and mercy, made known to us in Jesus Christ, our Savior.

C Amen.

* THE LORD'S PRAYER ['trespasses'] **(all)**

C Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen

* BLESSING

P God the Father, light-creator; God the Son, Light from Light; and God the Holy Spirit, light-revealer, bless you and + give you peace.

C A-men, A-men, A-men (sung)

* CLOSING HYMN

"Thy Strong Word"

MEAL

* COMMUNION DIALOG (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 O God most mighty, O God most merciful, O God our rock and our salvation, hear us as we praise, call us to your table, grant us your life.

When the earth was a formless void, you formed order and beauty. When Abraham and Sarah were barren, you sent them a child. When the Israelites were enslaved, you led them to freedom. Ruth faced starvation, David fought Goliath, and the psalmists cried out for healing, and full of compassion, you granted the people your life.

You entered our sorrows in Jesus our brother. He was born among the poor, he lived under oppression, he wept over the city. With infinite love, he granted the people your life.

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 his death, we cry out Amen. [**Amen.**] Celebrating his resurrection, we shout Amen. [**Amen.**] Trusting his presence in every time and place, we plead Amen. [**Amen.**]

O God, you are Breath: send your Spirit on this meal. O God, you are Bread: feed us with yourself. O God, you are Wine: warm our hearts and make us one. O God, you are Fire: transform us with hope.

O God most majestic, O God most motherly, O God our strength and our song, you show us a vision of a tree of life with fruits for all and leaves that heal the nations. Grant us such life, the life of the Father to the Son, the life of the Spirit of our risen Savior, life in you, 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 Everlasting God, we bless you that you have brought us to the mountaintop and fed us with the life and light of your Son. Send us in his name from this place to bring light into dark corners, healing where lives are torn, and nourishment to every hungry heart, in the name of Jesus Christ, our Savior and Lord. Amen.

C Amen

* DISMISSAL

P Go in peace. Share the good news.

C Thanks be to God!

POSTLUDE

NEXT WEEK'S LECTOR – Ed Beaver

NEXT WEEK'S ALTAR GUILD – Kay Varner

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.

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.

ALTAR FLOWERS are presented to the Glory of God and in loving memory of Leslie Mark Ernest by Max and Mary Ernest and family.

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 – Wolfhart Panneberg (b. 1928), Philosopher: “The meaning of the present only becomes clear in light of the future.”

CONGREGATIONAL NEWS

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.

THE 2012 CHURCH OFFERING ENVELOPES – If you have not yet picked up your offering envelopes, please do so as soon as possible. Anyone who would like a statement of their contributions for 2011 for tax purposes may call the church office and your statement will be mailed to you.

MESSIAH SPAGHETTI DINNER – There will be an all-you-can-eat spaghetti dinner in the Fellowship Hall on Friday, February 10, 2012 from 4:00--7:00 p.m. This year several members of St. Stephen's Lutheran Church will be helping and we need helpers from Messiah also. If you can't help then perhaps you could donate spaghetti sauce, a dessert, or make a monetary donation. All proceeds will benefit the Central Juniata Swimming Pool. Please contact Linda Leister or a Disciples Class member if you have a donation or a question. Prices will remain the same: Adults \$6.00, Children 5-12 \$3.00, and children under 5 are free. Please attend and bring friends and family. We need your support.

PROPERTY MEETING – The January Property Committee meeting will be Monday, January 23, 2012 at 6:30 p.m. in the choir room. Please let the chairperson know if you cannot attend. Thank you.

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 1st to avoid a late fee.

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 5th.

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.

COMMUNITY

A SPECIAL OFFERING will be collected today for the Todd Taylor Family Mission Trip to Helene, Honduras. Todd and his family will be leaving in February to spend a year in Honduras as missionaries through Mission Encounters International. Any donations will help pay for their housing, food and living expenses while in Helene. Donations will also help pay for medications and medical supplies for the medical clinic and help support the other projects, including an English/Christian School and clean water project, on the island of Helene.

Donations today will be given to the family. But, you can also donate in any of the following ways. All donations are tax deductible.

--You can send a donation to Mission Encounters International at P.O. Box 13682 Oklahoma City, OK 73313 (make sure you designate donation for Todd Taylor Family).

--You can send a donation made out to Mission Encounters International to the Taylor's address – 1109 Hammer Hollow Road, Mifflintown, PA 17059. They will then forward the donation to MEI.

--You can make an online donation. <https://missionencounters.myetap.org/fundraiser/2012/> (look for the Todd Taylor Family)

The family is also collecting the following medical supplies. These can be brought to church next week or given directly to the family.

Adult women's and children's vitamins (chewable), adult ibuprofen (not children's), adult naproxen/generic, Aleve, Topical antibiotics (triple antibiotic, Bacitracin, Neosporin), Topical antifungal creams (Clotrimazole, Lamisil, Lotrimin), baby diaper rash cream, stool softeners like Colace or generic similar medication, Iron, Loratidine/Claritin or other over the counter allergy medications, Benadryl, eye drops for dry eyes, tooth brushes and tooth paste, peroxide, large Ziploc bags, hand sanitizer, pediatric medicine dose cups, and Ace wraps.

If you have any questions about this trip or donations, please contact Stacie Kint at 436-6341.

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CAKES FOR MEALS-ON-WHEELS! Volunteers are needed to bake or buy a cake one time a year for Meals-On-Wheels and deliver the cake to Westminster Presbyterian Church where the meals are prepared for delivery. You will be called only once a year to supply a cake. Please contact Pat Fisher at 436-9781 if you can help.

THE AMERICAN RED CROSS will be holding the following local blood drive:

Saturday, January 14, 2012
9:00 am – 3:00 pm
Tuscarora Elementary School
Port Royal, PA

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 every 56 days. Individuals should bring their Red Cross donor cards, photo ID or two other forms of identification to the donor site. To schedule an appointment call 1-800 Red Cross.

FOOD PANTRY NEEDS FOR JANUARY – DISH SOAP, ALL-PURPOSE HOUSEHOLD CLEANERS AND LAUNDRY DETERGENT

THE STAFF OF HOSPICE: The Bridge, Lewistown Home Health invites those who wish to share a part of themselves with those among us with end-stage illnesses, to join us for our Spring Volunteer Training. The training will be held at the convenience of the participants and will be held at the Hospice office located at 305 Fourth Avenue, Pleasant Acres, Lewistown, PA.

We believe that as we give the gift of time, we receive the gift of gratitude.

As we give the gift of presence, we receive the gift of trust.

As we give the gift of caring, we receive the gift of love.

There is no greater gift than love.

NURSE'S NOTES – A good night's rest revitalizes you and lowers the odds that you'll wake up with a sore throat, cough, and runny nose. In a study at Carnegie Mellon University, participants who got fewer than seven hours sleep were nearly three times as likely to come down with a cold than those who got more rest.

THIS WEEK AT MESSIAH

- Today:** -9:15 a.m., Sunday School/Catechetical Class.
-10:30 a.m., Worship/Communion/Jr. Church.
-7 p.m., PPC meeting.
- Monday:** -NEWSLETTER DEADLINE.
-8 p.m., AA meeting in Fellowship Hall.
- Tuesday:** -9 a.m., "The Needlers" in Youth Area.
- Wednesday:** -7 p.m., N/A meeting in Youth Area.
-7 p.m., Choir rehearsal.
- Thursday:** -1 p.m., Dulcimer rehearsal.
- Friday:** -7 p.m., Sq. Dancing in Fellowship Hall.
- Sunday:** -9:15 a.m., Sunday School/Catechetical Class.
-10:30 a.m., Worship/Communion/Jr. Church.

