

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
Brent Snyder
Ron Yorks
Kay Varner

Pastor
Choir Director
Organist
Lector
Altar Guild

FOURTH SUNDAY AFTER EPIPHANY SERVICE OF THE WORD FOR HEALING January 29, 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. and family; Betty F., Whitey L., Norm and Mary E., Al S., and family of Grace S.

PREPARATION

CHIMES: CALL TO WORSHIP

PRELUDE

[A Time for Meditation and Prayer]

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

In Deuteronomy God promises to raise up a prophet like Moses, who will speak for God; in Psalm 111 God shows the people the power of God's works. For the church these are ways of pointing to the unique authority people sensed in Jesus' actions and words. We encounter that authority in God's word, around which we gather, the word that trumps any lesser spirit that would claim power over us, freeing us to follow Jesus.

* 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 "There Is a Balm in Gilead"

* 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 **Compassionate God, you gather the whole universe into your radiant presence and continually reveal your Son as our Savior. Bring wholeness to all that is broken and speak truth to us in our confusion, that all creation will see and know your Son, Jesus Christ, our Savior and Lord. Amen**

WORD

Today's reading is part of a longer discourse in Deuteronomy, an updating of the law for the Israelite community as the people wait to enter the promised land. Here Moses assures the people that God will continue to guide them through prophets who will proclaim the divine word.

FIRST READING

A reading from Deuteronomy 18:15-20

THE LESSON READS:

¹⁵The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. ¹⁶This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: "If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die." ¹⁷Then the LORD replied to me: "They are right in what they have said. ¹⁸I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. ¹⁹Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. ²⁰But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak — that prophet shall die."

Lector: Here ends the reading.

Cong: Thanks be to God.

PSALM: Psalm 111 (responsively)

L *The fear of the LORD is the beginning of wisdom. (Ps. 111:10)*

¹Hallelujah! I will give thanks to the LORD with my whole heart, in the assembly of the upright, in the congregation.

²**Great are your works, O LORD, pondered by all who delight in them.**

³Majesty and splendor mark your deeds, and your righteousness endures forever.

⁴**You cause your wonders to be remembered; you are gracious and full of compassion.**

⁵You give food to those who fear you, remembering forever your covenant.

⁶You have shown your people the power of your works in giving them the lands of the nations.

⁷The works of your hands are faithfulness and justice; all of your precepts are sure.

⁸They stand fast forever and ever, because they are done in truth and equity.

⁹You sent redemption to your people and commanded your covenant forever; holy and awesome is your name.

¹⁰The fear of the LORD is the beginning of wisdom; all who practice this have a good understanding. God's praise endures forever.

ALL The fear of the LORD is the beginning of wisdom.

Paul is concerned about how some Corinthian Christians use their freedom in Christ as license to engage in non-Christian behavior that sets a damaging example to other, impressionable, believers. Christians have a responsibility to each other that their behavior does not cause a sister or brother to sin.

SECOND READING

A reading from 1 Corinthians 8:1-13

THE LESSON READS:

Now concerning food sacrificed to idols: we know that "all of us possess knowledge." Knowledge puffs up, but love builds up. ²Anyone who claims to know something does not yet have the necessary knowledge; ³but anyone who loves God is known by him.

⁴Hence, as to the eating of food offered to idols, we know that "no idol in the world really exists," and that "there is no God but one." ⁵Indeed, even though there may be so-called gods in heaven or on earth — as in fact there are many gods and many lords — ⁶yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

⁷It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. ⁸Food will not bring us close to God. We are no worse off if we do not eat, and no better off if we do. ⁹But take care that this liberty of yours does not somehow become a stumbling block to the weak. ¹⁰For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? ¹¹So by your knowledge those weak believers for whom Christ died are destroyed. ¹²But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. ¹³Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

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.

The story has barely begun, and already the battle is joined. Jesus sides with humanity against every force that would bring death and disease. These forces recognize Jesus and know what his power means for them. This, however, is only the first fight. The war will go on much longer.

- * GOSPEL: Mark 1:21-28

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

C Glory to you, O Lord. (sung)

THE GOSPEL READS:

²¹They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²²They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³Just then there was in their synagogue a man with an unclean spirit, ²⁴and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." ²⁵But Jesus rebuked him, saying, "Be silent, and come out of him!" ²⁶And the unclean spirit, convulsing him and crying with a loud voice, came out of him. ²⁷They were all amazed, and they kept on asking one another, "What is this? A new teaching — with authority! He commands even the unclean spirits, and they obey him." ²⁸At once his fame began to spread throughout the surrounding region of Galilee.

P The Gospel of the Lord.

C Praise to you, O Christ. (sung)

SERMON

Jim Bahorik

- * HYMN OF THE DAY "God, Whose Almighty Word"
- * 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 Your word is truth and life, Holy One, Holy Three. Make your church bold in word and deed so the world will hear and believe the message of your redeeming love. Hear us, O God.

C Your mercy is great.

P You are gracious and full of compassion for all living things. Heal the soil, water, and air, so that all your creatures flourish. Hear us, O God.

C Your mercy is great.

P Your works are faithfulness and justice. Guide those in authority to seek peaceful solutions to conflicts. Protect the innocent who are caught in the crossfire of ethnic and religious strife. Hear us, O God.

C Your mercy is great.

P Your care for the weak gives us strength. We lift to you those who struggle to provide for their families, the vulnerable young, the frail elderly, the homeless, and the sick (especially all of our shut-ins [both at home and in nursing homes], also Paul Woltman, Bob Cameron, Linda Rhine, Kaye Clark, Jesse Kint, Matt Hutchinson, Sarah Dressler, Dorothy Patterson, Ryan Keresey and family, Betty Fleisher, Whitey Lawson, Norm and Mary Esborn, Al Smith and the family of Grace Stuck). Hear us, O God.

C Your mercy is great.

P Your love builds up the community of believers. Deepen our care for one another as we reach out to those who are absent for any reason, new to this congregation, or experiencing difficult circumstances. Hear us, O God.

C Your mercy is great.

Here other intercessions may be offered.

P Holy One, Holy Three, the beloved dead are eternally in communion with you. Give us wisdom to live our days in praise, secure in the knowledge that your faithfulness endures forever. 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 RITE OF HEALING

THE LAYING ON OF HANDS

P Those who wish to receive the laying on of hands as a commitment to God's power to heal may come forward to the altar rail. This may include those in need of physical, emotional, or mental healing. It may include those in need of reconciliation in their relationship to God or neighbor. It may include those who wish to commit their ministry of healing into the hands of God: as a doctor, nurse or health care worker.

(Then for each individual the following is said with the laying on of hands):

P I lay my hands upon you in the name of our Lord and Savior Jesus Christ, beseeching him to uphold you and fill you with grace, that you may know the healing power of his love.

C Amen

P (Name), I anoint you with oil in the name of the Father, and of the Son, and of the Holy Spirit.

C Amen

*** PRAYER OF COMMITMENT (for all)**

P The almighty Lord a stronger tower to all who put their trust in him, to whom all things in heaven, on earth, and under the earth bow and whom they obey-- be now and evermore your defense, and make you know and feel that the only name under heaven given for health and salvation is the name of our Lord Jesus Christ.

C Amen

*** PRAYER OF THANKSGIVING**

P Let us pray.

Merciful Lord God, constant source of all healing, we give you thanks for all your gifts of strength and life, and above all we thank you for the gift of your Son, through whom we have health and salvation. As we wait for that day when there will be no more pain, help us by your Holy Spirit to be assured of your power in our lives and to trust in your eternal love; through Jesus Christ our Lord.

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

"Let the Whole Creation Cry"

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 – Cynthia Smith

NEXT WEEK'S ALTAR GUILD – Linda Clark

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 worshipping 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) worshipping 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.

THIS MORNING WE ARE LED IN OUR WORSHIP SERVICE by Jim Bahorik, Authorized Lay Worship Leader of the Upper Susquehanna Synod. Authorized Lay Worship Leader persons have received extensive training so as to provide worship leadership and preaching, and also have been authorized by the Bishop of the Synod to preside at the Lord's Table in specific situations. This is a ministry of the ELCA recognizing the mission need of the church for today and the future. We welcome Jim as our worship leader this morning and pray God's blessing on him as he ministers to us this morning.

THIS MORNING we welcome Juniata Countian and fellow Lutheran, Brent Snyder, to our organist's bench. Brent comes to us from our fellow Lutheran Church in Richfield and has agreed to help out here at Messiah with our worship services on a part-time basis. We welcome Brent to our service this morning and thank him for his music!

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 – Jasper Johns - Artist: "It's simple, you just take something and do something with it, and then you do something else with it. Keep doing this and pretty soon you've got something.

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 6-12 \$3.00, and children under 5 are free. Please attend and bring friends and family. We need your support.

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.

FYI – OIL USAGE REPORT: The Property Committee reports the following five year oil usage statistics:

2007 – 6500 gallons
2008 – 6315 gallons
2009 – 4406 gallons
2010 – 4707 gallons
2011 – 4424 gallons

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 will meet on 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."

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 of 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.”

COMMUNITY

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

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.

PREVENTION HEALTH SCREENINGS will be at Messiah Lutheran Church on Saturday, February 11, 2012 from 9 a.m. till 4 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.

NURSE'S NOTES – Need another reason to wear a helmet when riding a bike, cycle, or skateboard? Bumping your noggin can be serious business. The risk of stroke is 10 times greater for 3 months following a concussion or other traumatic brain injury, according to research published by the American Heart Association. The danger: injury caused clots may loosen over time, leading to a stroke, says study author Heng-Ching Lin, PhD.

THIS WEEK AT MESSIAH

- Today:** FOOD PANTRY SUNDAY.
-9:15 a.m., Sunday School/Catechetical Class.
-10:30 a.m., Service of Healing/Communion/Jr. Church.
-11:30 a.m., Worship & Music Committee meeting.
- Monday:** -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.
-7 p.m., Thrivent meeting in Library.
- Friday:** -7 p.m., Sq. Dancing in Fellowship Hall.
- Sunday:** -SOUPER BOWL SUNDAY.
-9:15 a.m., Sunday School/Catechetical Class.
-10:30 a.m., Worship/Communion.