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 Robert St. Clair Linda Leister Ann Beaver (Clint & Jamie Miller – Cup Communion)

Pastor Choir Director Organist Lector Altar Guild

L. Smith

BAPTISM OF OUR LORD January 8, 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., Laurie F., Mason B., Beth S., Denny K., Mark K., Kaye C., Stephanie M., Jesse K., Matt H., Sarah D., Dorothy P., Ryan K., Betty F., and Whitey L.

PREPARATION

CHIMES: CALL TO WORSHIP PRELUDE "Brightest and Best" [A Time for Meditation and Prayer] GREETINGS AND ANNOUNCEMENTS INTRODUCTION Our re-creation in baptism is an image of the Genesis creation, where the Spirit/wind

moved over the waters. Both Mark's gospel and the story in Acts make clear that it is the Spirit's movement that distinguishes Jesus' baptism from John's. The Spirit has come upon us as upon Jesus and the Ephesians, calling us God's beloved children and setting us on Jesus' mission to re-create the world in the image of God's vision of justice and peace.

- SACRAMENT OF HOLY BAPTISM
 - P In Holy Baptism our gracious heavenly Father liberates us from sin and death by joining us to the death and resurrection of our Lord Jesus Christ. We are born children of a fallen humanity; in the waters of Baptism we are reborn children of God and inheritors of eternal life. By water and the Holy Spirit we are made members of the Church which is the body of Christ. As we live with him and with his people, we grow in faith, love, and obedience to the will of God.

Parents: We present Ava Elizabeth Hoffman to receive the Sacrament of Holy Baptism.

P Ava Elizabeth Hoffman do you desire to be baptized? Parents: I do.

P In Christian love you have presented this child for Holy Baptism. You should, therefore, faithfully bring her to the services of God's house, and teach her the Lord's Prayer, the Creed, and the Ten Commandments. As she grows in years, you should place in her hands the Holy Scriptures and provide for her instruction in the Christian faith, that, living in the covenant of his Baptism and in communion with the Church, she may lead a godly life until the day of Jesus Christ.

Do you promise to fulfill these obligations?

Parents: Yes, by the help of God.

P Holy God, mighty Lord, gracious Father: We give you thanks, for in the beginning your Spirit moved over the waters and you created heaven and earth. By the gift of water you nourish and sustain us and all living things.

By the waters of the flood you condemned the wicked and saved those whom you had chosen, Noah and his family. You led Israel by the pillar of cloud and fire through the sea, out of slavery into the freedom of the promised land. In the waters of the Jordan your Son was baptized by John and anointed with the Spirit. By the baptism of his own death and resurrection your beloved Son has set us free from the bondage to sin and death, and has opened the way to the joy and freedom of everlasting life. He made water a sign of the kingdom and of cleansing and rebirth. In obedience to his command, we make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.

Pour out your Holy Spirit, so that they who are here baptized may be given new life. Wash away the sin of those who are cleansed by this water and bring them forth as inheritors of your glorious kingdom.

To you be given praise and honor and worship through your Son, Jesus Christ our Lord, in the unity of the Holy Spirit, now and forever.

C Amen

P I ask you to profess your faith in Christ Jesus, reject sin, and confess the faith of the church, the faith in which we baptize.

Do you renounce all the forces of evil, the devil, and all his empty promises?

Parents: Yes, by the help of God.

Do you believe in God the Father?

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

P Do you believe in Jesus Christ, the Son of God?

- C 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.
- P Do you believe in God the Holy Spirit?
- C 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
- P Ava Elizabeth Hoffman, I baptize you in the name of the Father, and of the son and of the Holy Spirit. Amen

The Lord be with you.

C And also with you.

P God, the Father of our Lord Jesus Christ, we give you thanks for freeing your Sons and daughters from the power of sin and for raising them up to a new life through this holy sacrament. Pour your Holy Spirit upon Ava: the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord, the spirit of joy in your presence.

C Amen

P Ava Elizabeth Hoffman child of God, you have been sealed by the Holy Spirit and marked with the cross of Christ forever.

Parents: Amen

Let your light so shine before others that they may see your good works and glorify your Father in heaven.

P O God, the giver of all life, look with kindness upon the father and mother of this child. Let them ever rejoice in the gift you have given them. Make them teachers and examples of righteousness for their child. Strengthen them in their own Baptism so they may share eternally with their child the salvation you have given them, through Jesus Christ our Lord.

C Amen

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Through Baptism God has made this new sister a member of the priesthood we all share in Christ Jesus, that we may proclaim the praise of God and bear his creative and redeeming Word to all the world.

C We welcome Ava Elizabeth Hoffman into the Lord's family. We receive her as a fellow member of the body of Christ, child of the same heavenly Father, and a worker with us in the kingdom of God.

- * 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."

- * 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 confess our sin in the presence of God and one another.

Silence is kept for reflection

- P Holy and healing 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

GATHERING

* ENTRANCE HYMN

"Borning Cry"

p. 15 in bulletin

- * 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 (sung)
 - 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")
 - 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 (sung)
 P The Lord be with you
 C

C And also with you.

- * PRAYER OF THE DAY (spoken in unison)
 - P Let us pray...
 - C Holy God, creator of light and giver of goodness, your voice moves over the waters. Immerse us in your grace, and transform us by your Spirit, that we may follow after your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

WORD

Out of chaos, God brings order. Out of the primeval darkness, God brings light. This familiar story was good news for the Israelites, who experienced much chaos in their history. It remains good news for any person living in the chaos and darkness of despair. God created and continues to create new life.

FIRST READING

A reading from Genesis 1:1-5

THE LESSON READS:

In the beginning when God created the heavens and the earth, ²the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. ³Then God said, "Let there be light"; and there was light. ⁴And God saw that the light was good; and God separated the light from the darkness. ⁵God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

Lector: Here ends the reading.

Cong: Thanks be to God.

PSALM: Psalm 29 (intoned by Choir)

L The voice of the LORD is upon the waters. (Ps. 29:3)

¹Ascribe to the [|] LORD, you gods, ascribe to the LORD glo- [|] ry and strength.

²Ascribe to the LORD the glory | due God's name; worship the LORD in the beau- | ty of holiness.

³The voice of the LORD is upon the waters; the God of | glory thunders; the LORD is upon the | mighty waters.

⁴The voice of the LORD is a pow- | erful voice; the voice of the LORD is a | voice of splendor.
⁵The voice of the LORD breaks the | cedar trees; the LORD breaks the ce- | dars of Lebanon;
⁶the LORD makes Lebanon skip | like a calf, and Mount Hermon like a | young wild ox.
⁷The voice | of the LORD bursts forth in | lightning flashes.

⁸The voice of the LORD | shakes the wilderness; the LORD shakes the wilder- | ness of Kadesh. ⁹The voice of the LORD makes the oak trees writhe and strips the | forests bare. And in the temple of the LORD all are | crying, "Glory!"

¹⁰The LORD sits enthroned a- | bove the flood; the LORD sits enthroned as king for- | evermore.

¹¹O LORD, give strength | to your people; give them, O LORD, the bless- | ings of peace.

ALL The voice of the LORD is upon the waters.

In Ephesus, Paul encounters people who had received John's baptism of repentance but had never heard of the Holy Spirit or of baptism in the name of Jesus. After Paul baptized them, the Holy Spirit came upon them and empowered them with gifts of the Spirit.

SECOND READING

A reading from Acts 19:1-7

THE LESSON READS:

While Apollos was in Corinth, Paul passed through the interior regions and came to Ephesus, where he found some disciples. ²He said to them, "Did you receive the Holy Spirit when you became believers?" They replied, "No, we have not even heard that there is a Holy Spirit." ³Then he said, "Into what then were you baptized?" They answered, "Into John's baptism." ⁴Paul said, "John baptized with the baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus." ⁵On hearing this, they were baptized in the name of the Lord Jesus. ⁶When Paul had laid his hands on them, the Holy Spirit came upon them, and they spoke in tongues and prophesied — ⁷altogether there were about twelve of them.

Lector: Here ends the reading. Cong: Thanks be to God.

* THE VERSE

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.

Mark's gospel reports the story of Jesus' baptism with some irony: the one on whom the Spirit descends is himself the one who will baptize others with the Holy Spirit.

- * GOSPEL: Mark 1:4-11
 - P The Holy Gospel according to Mark, the 1st chapter.

C Glory to you, O Lord. (sung)

THE GOSPEL READS:

⁴John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. ⁵And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. ⁶Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. ⁷He proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. ⁸I have baptized you with water; but he will baptize you with the Holy Spirit."

⁹In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. ¹¹And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

P The Gospel of the Lord.

C Praise to you, O Christ. (sung)

Sermon

* HYMN OF THE DAY "Shine, Jesus, Shine"

Pastor Esborn p. 15 in bulletin

- * 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 Give strength to your people, that all the baptized show forth your loving presence in the world. We pray for our bishops (names), the congregations of our companion synods, and all our partners in ministry. Hear us, O God.
 - C Your mercy is great.
 - P Send your Spirit and renew the face of the earth. Restore damaged habitats, poisoned soil, and polluted waters. Enlighten us in the ways of holy stewardship, that all creation may flourish and praise you. Hear us, O God.

C Your mercy is great.

P Bless the nations with the power of your peace, that all who are wounded in body and mind by the trauma of war may see your light shining in the darkness. Hear us, O God.

C Your mercy is great.

P Console those who are sick, grieving, anxious, in pain, or in any need (especially all of our shut-ins [both at home and in nursing homes], and Paul Woltman, Bob Cameron, Linda Rhine, Laurie Funk, Mason Beward, Beth Smith, Denny King, Mark Krobath, Kaye Clark, Stephanie Minnick, Jesse Kint, Matt Hutchinson, Sarah Dressler, Dorothy Patterson, Ryan Keresey, Betty Fleisher and Whitey Lawson). We remember before you those who are cold and hungry this day. Hear us, O God.

C Your mercy is great.

P Send your renewing Spirit upon those gathered here and those who are absent, that in our common life we may seek to please you. Grant all that we need to work together in mission. Hear us, O God.

C Your mercy is great.

Here other intercessions may be offered.

- P We give you thanks for those who have died and now live in the light of your presence. May we also find assurance in your promises. 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.

OFFERING

OFFERTORY "Blessed Are The Pure In Heart" S. Scott [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

MEAL

- GREAT THANKSGIVING (sung responsively)
 - P The Lord be with you.
 - P Lift up your hearts.

- C And also with you.
- C We lift them to the Lord.
- P Let us give thanks to the Lord our God. C It is right to give him thanks and praise.
- * PREFACE
 - P It is indeed right and salutary ... we praise your name and join their unending hymn:
- (sung) Holy, holy, holy Lord, God of pow'r and might: Heaven and earth are full of your glory. Hosanna. Hosanna. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

* 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.

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

- * INVITATION TO COMMUNION
 - P Come to the table of mercy, where the feast of life is spread.

* LAMB OF GOD (sung)

Lamb of God, you take away the sin of the world; have mercy on us. Lamb of God, you take away the sin of the world; have mercy on us. Lamb of God, you take away the sin of the world; grant us peace.

DISTRIBUTION

["AT CHANCEL RAIL" – come forward by the aisle on your right; take a communion cup from the table by the front pew. Stand around the chancel rail to partake and return by the aisle to the left of your seat].

- * COMMUNION BLESSING
 - P The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace.
 - C Amen
- * POST-COMMUNION CANTICLE (sung)

Thank the Lord and sing his praise; tell everyone what he has done. Let all who seek the Lord rejoice and proudly bear his name. He recalls his promises and leads his people forth in joy with shouts of thanksgiving. Alleluia. Alleluia.

- * 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.

C Amen

SENDING

- * 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 "Songs of Thankfulness and Praise" p. 16 in bulletin
- * DISMISSAL
 P Go in peace. Share the good news.
 C Thanks be to God!

NEXT WEEK'S LECTOR – Andrea Cameron NEXT WEEK'S ALTAR GUILD – Kay Varner

<u>WELCOME</u>

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

GOD CREATES A NEW SAINT TODAY through his Sacrament of Holy Baptism. We welcome Ava Elizabeth Hoffman, daughter of Brandon and Katherine Hoffman.

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 – Scott Duvall & Daniel Hays, Contemporary Seminary Professors & Authors, Grasping Gods Word: "When your friends suffer from inexplicable tragedy, your role is to suffer and weep with them."

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 FLOWER CHART has been placed in the Adult Sunday School Room. If you wish to place altar flowers in the church on a specific date, please sign-up on the chart. Flower dates are on a first-come-first-served basis.

THE 2012 CHURCH OFFERING ENVELOPES are available in the Adult Sunday School Room for you to pick-up. 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.

PROPERTY MEETING – The January Property Committee meeting will be Monday, January 24, 2012 at 6:30 p.m. in the choir room. Please let the chairperson know if you cannot attend. Thank you.

RECEIVED IN STAINED GLASS FUND on Sunday, January 1, 2012: \$240.00. This brings the total received to \$64,792.00 of the total \$85,890.00 needed for the project.

WOMEN OF THE ELCA

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

MESSIAH WOMEN OF THE ELCA will meet on Thursday, January 12, 2012 at 7:00 p.m. in the Youth Area.

COMMUNITY

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 drives:

Wednesday, January 11, 2012 1:00 pm – 7:00 pm Port Royal Community Building Port Royal, PA

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 – Lifting your voice in song may lower your blood pressure. Harvard researchers reported the dramatic case of a woman whose blood pressure was so high that surgeons postponed a critical surgery – that is, until she sang six favorite hymns. Her reading fell by more than 20 points, allowing for a successful surgery the following day.

THIS WEEK AT MESSIAH

- **Today:** -9:15 a.m., Sunday School/Catechetical Class. -10:30 a.m., Worship/Communion/Jr. Church.
- 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: -7 p.m., WELCA in Youth Area.

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. -7 p.m., PPC meeting.