

THE MESSIAH HERALD



JANUARY, 2011

MESSIAH LUTHERAN CHURCH

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[MESSIAH CHURCH CALENDAR](#)

[USS-ARK NEWSLETTER](#)

[THE LUTHERAN MAGAZINE](#)

DAILY HOME BIBLE READINGS

January 1: Numbers 6:22-27
January 2: John 1:(1-9) 10-18
January 3: Genesis 28:10-22
January 4: Exodus 3:1-5
January 5: Isaiah 42:1-9
January 6: Matthew 2:1-12
January 7: Psalm 29
January 8: Acts 10:34-43
January 9: Matthew 3:13-17
January 10: Genesis 35:1-15
January 11: Jeremiah 1:4-10
January 12: Matthew 12:15-21
January 13: Isaiah 49:1-7
January 14: Psalm 40:1-11
January 15: 1 Corinthians 1:1-9
January 16: John 1:29-42
January 17: Acts 8:26-40
January 18: Acts 4:8-13
January 19: 1 Samuel 1:1-20
January 20: Isaiah 9:1-4
January 21: Psalm 27:1, 4-9
January 22: 1 Corinthians 1:10-18
January 23: Matthew 4:12-23
January 24: Judges 6:11-24
January 25: Acts 9:1-22
January 26: Judges 7:12-22
January 27: Micah 6:1-8
January 28: Psalm 15
January 29: 1 Corinthians 1:18-31
January 30: Matthew 5:1-12
January 31: Philemon 1-25

JANUARY SCHEDULES

LECTORS

2: Linda Leister
9: Diana Wise
16: Sam Leister
23: Cynthia Smith
30: Linda Dreibelbis

ALTAR GUILD

Dec. 27—Jan. 30 Kay Varner
Jan. 9 (cup communion) Clint & Jamie Miller
Jan. 31—Feb. 6 Linda Clark

ALTAR FLOWERS

JANUARY 2: OPEN
JANUARY 9: OPEN
JANUARY 16: OPEN
JANUARY 23: OPEN
JANUARY 30: OPEN

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



WEEK OF PRAYER FOR CHRISTIAN UNITY

Juniata County congregations, representing a variety of Christian denominations, will come together for an Ecumenical Celebration of the Word of God on Sunday, January 16, 2011 at 3:00 p.m. at Port Royal Presbyterian Church.

The service will be held as part of the area's observance of the annual Week of Prayer for Christian Unity.

SEE YOU AT "STUDY HALL"

Are you looking for a quiet place to study, or need help with your homework? Then Aldersgate United Methodist Church, 109 North Third Street, Mifflintown is the place to be every Wednesday evening from 6:00 to 8:00 p.m. beginning December 15, 2010.

We have lots to offer: experienced tutors and teachers, supervised study areas, room to spread out for large projects, computers available for research, and light snacks provided. OPEN TO STUDENTS OF ALL AGES!



Messiah Women of the ELCA met Thursday, December 9, 2010 for their annual Christmas Festival. We held our meeting in the Fellowship Hall around tables decorated with greens, candles, nutcrackers, and hinged resin cottages named "The Coffee House," "Sock Shop," "Present Shop," and "Snowman Supply Hut." Our program consisted of each attendee presenting a reading about Christmas or something important to them. We listened to:

- A poem by Helen Steiner Rice, "If There Never Was A Christmas."
- "Learn To Do Good" by Oscar Green.
- "Bread of Life" by Julie Ageson from the magazine "Lutheran Women."
- "The Three Symbols of Christmas" by Billy Graham.
- A Prayer Box filled with keepsakes of prayers and we listened to a prayer.
- "Hope for Each Day" by Billy Graham.
- From the book "Season for Joy," a reading "Old Friends," Chip Davis – Mannheim Steamroller.
- "Joy of Friends," Beverly LaHaye.
- "The Legend of the Robin."
- "Messiah," Jack Countryman
- "The Runaway Boy," Chase Walker

We also learned about the origin of Nutcrackers who have existed since at least the 15th century.

The final reading was the prayer by Robert Louis Stevenson, "Christmas Eve Prayer."

The refreshment table was arrayed with apple slices and crackers with pumpkin dip, cheddar, horseradish and pecan dip with crackers, strawberry filled cookies and banana nut bread, chex mix, cheesecake tidbits, cream puffs, bongo-bongo hot dip with Italian bread slices, candied pecans, mini cupcakes, ginger chewie cookies, peanut butter cookies, candy drops,

peppermint puffs, and mixed nuts.

The next meeting will be Thursday, January 13, 2011 at 7:00 p.m. in the Youth Area with Cynthia Smith as devotional leader.

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.



BAPTISMAL/NEW MEMBER CLASSES

Baptismal/New Member Classes will be held this winter.

If you wish to attend, please let the church office know by January 14, 2011.

FIRST COMMUNION CLASS

A First Communion Class will be offered in February. Please register with the church office by January 17, 2011 if you would like your child to attend.

Date and time for the class will be arranged with parents.

2011 CHURCH ENVELOPES

The 2011 church offering envelopes are in the Adult Sunday School Room for you to pick-up.

Anyone who would like a statement of their contributions for 2010 for tax purposes may call the church office and your statement will be mailed to you.

THE "NEW" MESSIAH HERALD

At the October 10th meeting of the Board of Worship and Music, it was determined, and backed up by PPC, that, beginning with the January 2011 edition, the Messiah Herald newsletter will continue to be published monthly. However the delivery will be different. Due to declining mailing numbers, we will no longer be eligible for a U.S. Postal Service annual mailing permit for bulk rate. But, on the positive side, this will save us \$185 annually, plus an approximate \$37 charge each month for mailing the newsletter, totaling around \$630 in savings each year.

Beginning with this issue, the Messiah Herald will be able to be either downloaded online at www.mlcmiffintown.org (click on the "Publications" tab) or by picking up a copy at one of four locations in the church – the church office, narthex, kitchenette, or Fellowship Hall. We will continue to accumulate email addresses and the possibility of emailing the newsletter each month will exist sometime in the spring. As we continue to progress with our technology, we hope and pray that you continue to support, encourage, and utilize the new format by which the newsletter will be received into your homes.

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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

FLOWER CHART

The 2011 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.



HAVE A HAPPY & BLESSED NEW YEAR

We wish you a blessed new year in the faith of our Lord Jesus Christ.

May the year 2011 be filled with good health, happiness, peace and joy!



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.

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Thanks to Mikel Rice

03-28-2007

MARVIN WAS NOT SURE ABOUT THESE NEW PROPHECY TOWELS

(W)HOLY, (W)HOLY, (W)HOLY
Health Healing & Wholeness Article
January 2011

“Forty years you sustained them in the wilderness so that they lacked nothing; their clothes did not wear out and their feet did not swell.” (Nehemiah 9:21)

Like many women, I love shoes – shoes of all shapes, colors and heel heights! As I grow older, however, my feet don't necessarily love the shoes I've put them in; sometimes for good reason. Forced too often into the tight confines of pointed toe-boxes and towering heel heights, they've begun to rebel.

Over time, our feet become wider and longer, and the natural padding that we had when younger begins to thin out. Years of walking and standing tend to flatten the natural arches and stiffen feet and ankles. Wearing shoes with heels two inches or more pitch the toes forward, redistribute our weight, and can create pressure points, leading to the formation of bumps, heavy calluses, and unnaturally shaped and aligned toes. Along with corns, bunions, and hammertoes, some women may experience a tightening of heel cords.

Wearing high heels daily can also lead to a shortening of the Achilles tendon – the tough, fibrous band that connects the calf muscle to the heel bone. “Your Achilles tendon helps point your foot downward, rise you on your toes, and push off as you walk. Wearing high heels prevents your heel bones from regularly coming in contact with the ground, which in turn keeps your Achilles tendon from fully stretching. Over time, your tendons can contract to the point that you no longer feel comfortable wearing flat shoes.” (www.mayoclinic.com)

Though it is reassuring to know that these foot problems do not occur over night, continuous wearing of high heels have also been linked to leg muscle injury, osteoarthritis of the knee, and lower back pain. Toppling off of stilettos or high platforms also lead to numerous daily ankle sprains and injuries. For those of us who love wearing heels, this all sounds pretty depressing – enough to send fashionable women everywhere running to the

closest “comfort-wear” aisle of the local shoe department! However, before you toss out all those pointy-toed heels, there may be some hope from Dr. Martin Ellman, specialist in podiatry at Mayo Clinic, Rochester, Minnesota, and podiatric surgeon, Dr. Jacqueline Sutura of New York City.

Dr. Ellman suggests that you save wearing high heels for special occasions – such as church on Sunday, or an evening out, and avoid wearing them on a daily basis to minimize risk of injury or problems developing over time. Instead he suggests wearing more comfortable shoes – such as athletic or walking shoes – for commuting to and from work, changing into pumps once you arrive at work. He also recommends not wearing them for the entire day, switching to lower heeled footwear in the afternoon and between meetings. Along with recommending heels no higher than three inches, Dr. Sutura recommends wearing a variety of three heel heights throughout the week.

To counter potential shortening of the Achilles tendon due to shrinkage, Dr. Sutura also recommends keeping muscles limber by doing a “stiletto stretch.” “Lean against something waist high, like a counter or bathroom sink. Move your left foot 2 feet behind the right, keeping both feet flat, toes forward, and left knee straight. Bend forward at the waist slightly, hold for 15 seconds, then switch legs. Repeat four times with each leg. (Prevention, December 2010, pg. 16). These, as well as some savvy shopping tips, will help you be more kind to your two “chief supporters”: don't rely on shoe size alone – always try on both shoes before buying; since feet swell during the day – shop for new shoes in the afternoon or evening; understand that there is no such thing as a “break-in” period – shoes should feel comfortable right away; pay attention to seams that may rub and cause injury over time; and finally, ask about the store's return policy.

Though we may not be wandering for forty years as did the Hebrews, we potentially walk thousands of miles in the course of our lives. Taking a few small steps toward caring for our feet now, may prevent a life with crippling foot or leg pain later!

New Year Blessings!
Debbie Best, RN, MS, FCN

Juniata County Food Pantry January Update

IN NOVEMBER, THE FOOD PANTRY SERVED 272 FAMILIES IN NEED - A TOTAL OF 800 INDIVIDUALS.
WE THANK ST. STEPHEN'S LUTHERAN CHURCH FOR PROVIDING VOLUNTEERS FOR THE MONTH.

FOOD PANTRY NEEDS FOR JANUARY:
ALL NON-PERSHABLE FOODS,
SHAMPOO, TOOTHBRUSHES, TOOTHPASTE, TISSUES



PLEASE! DON'T LET OUR CARTS GO EMPTY!
Food Pantry Hours: Mon 1-4, Tue & Thu 3-6, Sat 10-1



I WANT TO HELP MY NEIGHBORS IN NEED! ENCLOSED
IS MY CONTRIBUTION OF \$ _____

**PLEASE MAKE CHECKS PAYABLE TO THE JUNIATA COUNTY FOOD PANTRY, PO BOX
44, 114 N. MAIN ST, MIFFLINTOWN, PA 17059 FOR MORE INFORMATION
PLEASE CALL: 436-9718*

***WEIS GIFT CARDS ARE ALSO APPRECIATED!**

PLEASE DESIGNATE MY CONTRIBUTION FOR THE FOLLOWING:

- ___ FOOD FOR THOSE IN NEED
- ___ BABY, PERSONAL CARE & CLEANING ITEMS
- ___ BUILDING FUND FOR OUR FUTURE
- ___ WHEREVER NEED IS GREATEST

NAME(S) _____

ADDRESS _____