

# 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

Sam Leister

Ann Beaver

Pastor

Choir Director

Organist

Lector

Altar Guild

## FIFTH SUNDAY AFTER PENTECOST

JULY 1, 2012 – 9:15 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., Goldie K., Jean M., Cassie S., Helen K., Sis S., Fannie K., Jane M., Fay M., Dorothy P., Ruth C., Ray B., Anna Mary Z., Ryan K., Bob C., George, Jamie and Luke D., Ed and Ann B., Don C., Sarah D., Sue K., Haylee Y., Ken A. M., Erin H., Tyler R., Elda Mae R., George H. Jr., and Ralph L.

### PREPARATION

CHIMES: CALL TO WORSHIP

PRELUDE

*[A Time for Meditation and Prayer]*

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

*A woman finds healing by touching Jesus' cloak, and a girl is restored to life when he takes her by the hand. In both cases a boundary is crossed: in Jesus' time the hemorrhaging woman was considered ritually unclean, polluting others by her touch, and anyone who touched a corpse also became unclean. In Mark's gospel Jesus breaks down barriers, from his first meal at a tax collector's house to his last breath on the cross as the temple curtain is torn in two. We dare to touch Jesus in our "uncleanness" and to live as a community that defines no one as an outsider.*

*Today two hymn translators are commemorated: Catherine Winksorth, who died in 1878, and John Mason Neale, who died in 1866.*

CHILDREN'S SERMON

Pastor Esborn

## INSTALLATION OF PPC BOARD MEMBERS AND OFFICERS

*P The following persons, having been elected [by the congregation] to positions of leadership, are asked to come forward as their offices and names are read.*

*In Holy Baptism our Lord Jesus Christ liberated you from sin and death and made you members of his Church. Through Word and Sacrament you have been nurtured in faith. I ask you, together with all who are here gathered, to confess the faith of the Church, the faith in which we are baptized.*

*St. Paul writes: There are different kinds of spiritual gifts, but the same Spirit gives them. There are different ways of serving, but the same Lord is served. There are different abilities to perform service, but the same God gives to everyone ability for particular service. The Spirit's presence is shown in some way in each person, for the good of all.*

*You have been elected to positions of leadership and trust in this congregation.*

*You are to see that the words and deeds of this household of faith reflect him in whose name we gather.*

*You are to work together with other members to see that the worship and work of Christ are done in this congregation, and that God's will is done in this community and in the whole world.*

*You are to be diligent in your specific area of serving, that the one Lord who empowers you is glorified.*

*You are to be examples of faith active in love, to help maintain the life and harmony of this congregation.*

*On behalf of your sisters and brothers in Christ, I ask you: Are you ready to accept and faithfully to carry out the duties of the offices to which you have been elected?*

Response: Yes be the help of God

\* *P People of God, I ask you: Will you support these, your elected leaders, and will you share in the mutual ministry that Christ has given to all who are baptized?*

**C Yes, by the help of God.**

*P I now declare you installed as officers/council members of this congregation. God bless you with his Holy Spirit, that you may prove faithful servants of Christ.*

Response: Amen

\* BRIEF ORDER FOR CONFESSION AND FORGIVENESS

*P In the name of the Father, and of the + Son, and of the Holy Spirit*

**C Amen**

*P God of all mercy and consolation, come to the aid of your people, turning us from our sin to live for you alone. Give us the power of your Holy Spirit that, attentive to your Word, we may confess our sins, receive your forgiveness, and grow into the fullness of your Son, Jesus Christ our Lord.*

**C Amen**

*P Let us confess our sin in the presence of God and of one another.*

*P Gracious God,*

**C have mercy on us. In your compassion forgive us our sins, known and unknown, things done and left undone. Uphold us by your Spirit so that we may live and serve you in newness of life, to the honor and glory of your holy name; through Jesus Christ our Lord. Amen**

*P Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.*

**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 "Great Is Thy Faithfulness"

\* GREETING

*P The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.*

**C And also with you.**

\* KYRIE (sung)

*P Ky-ri-e, e-le-i-son: C Lord, have mer-cy.*

*P Chri-ste, e-le-i-son: C Christ, have mer-cy.*

*P Ky-ri-e, e-le-i-son: C Lord, have mer-cy.*

\* HYMN OF PRAISE (sung)

**Glo-ry to God, glo-ry to God, glo-ry to God in the highest;**

**glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth.**

**Lord God, heav-en-ly king, al-might-y God and Fa-ther, we wor-ship you, we give you thanks, we praise you for your glo-ry.**

**Glo-ry to God, glo-ry to God, glo-ry to God in the highest;**

**glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth.**

Lord Je-sus Christ, on-ly Son of the Fa-ther, Lord God, Lamb of God, you take  
a-way the sin of the world: have mer-cy on us;  
you are seat-ed at the right hand of the Fa-ther: re-ceive our prayer.  
Glo-ry to God, glo-ry to God, glo-ry to God in the highest;  
glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth.  
For you a-lone are the Ho-ly One, you a-lone are the Lord, you a-lone are the  
Most High, Je-sus Christ, with the Ho-ly Spir-it, in the glo-ry of God the Fa-ther.  
A-men.  
Glo-ry to God, glo-ry to God, glo-ry to God in the highest;  
glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth, and peace  
to God's peo-ple on earth.

\* 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 Almighty and merciful God, we implore you to hear the prayers of your people.  
Be our strong defense against all harm and danger, that we may live and grow  
in faith and hope, through Jesus Christ, our Savior and Lord. Amen

**WORD**

*The book of Lamentations is one of our most important sources of information about the fall of Jerusalem to the Babylonians in 587 B.C. Though the people admit that God's judgment was just, today's reading declares a fervent trust that God will not leave them forever.*

FIRST READING

A reading from Lamentations 3:22-33

THE LESSON READS:

<sup>22</sup>The steadfast love of the LORD never ceases, his mercies never come to an end; <sup>23</sup>they are new every morning; great is your faithfulness. <sup>24</sup>"The LORD is my portion," says my soul, "therefore I will hope in him." <sup>25</sup>The LORD is good to those who wait for him, to the soul that seeks him. <sup>26</sup>It is good that one should wait quietly for the salvation of the LORD. <sup>27</sup>It is good for one to bear the yoke in youth, <sup>28</sup>to sit alone in silence when the LORD has imposed it, <sup>29</sup>to put one's mouth to the dust (there may yet be hope), <sup>30</sup>to give one's cheek to the smiter, and be filled with insults. <sup>31</sup>For the LORD will not reject forever. <sup>32</sup>Although he causes grief, he will have compassion according to the abundance of his steadfast love; <sup>33</sup>for he does not willingly afflict or grieve anyone.

Lector: The word of the Lord.

**Congregation:** Thanks be to God. (spoken)

PSALM: Psalm 30 **(Responsively)**

*L – I will exalt you, O LORD, because you have lifted me up. (Ps. 30:1)*

<sup>1</sup>I will exalt you, O LORD, because you have lifted me up and have not let my enemies triumph over me.

**<sup>2</sup>O LORD my God, I cried out to you, and you restored me to health.**

<sup>3</sup>You brought me up, O LORD, from the dead; you restored my life as I was going down to the grave.

**<sup>4</sup>Sing praise to the LORD, all you faithful; give thanks in holy remembrance**

<sup>5</sup>God's wrath is short; God's favor lasts a lifetime. Weeping spends the night, but joy comes in the morning.

**<sup>6</sup>While I felt secure, I said, "I shall never be disturbed.**

<sup>7</sup>You, LORD, with your favor, made me as strong as the mountains." Then you hid your face, and I was filled with fear.

**<sup>8</sup>I cried to you, O LORD; I pleaded with my Lord, saying,**

<sup>9</sup>"What profit is there in my blood, if I go down to the pit? Will the dust praise you or declare your faithfulness?

**<sup>10</sup>Hear, O LORD, and have mercy upon me; O LORD, be my helper."**

<sup>11</sup>You have turned my wailing into dancing; you have put off my sackcloth and clothed me with joy.

**<sup>12</sup>Therefore my heart sings to you without ceasing; O LORD my God, I will give you thanks forever.**

**ALL – I will exalt you, O LORD, because you have lifted me up.**

*Paul encourages the Corinthians to honor their commitment to participate in the collection his churches are organizing for the Christians in Jerusalem. He presents Jesus as an example of selfless stewardship and reminds them that Christians have received abundantly so that they can share abundantly.*

SECOND READING

A reading from 2 Corinthians 8:7-15

THE LESSON READS:

<sup>7</sup>Now as you excel in everything — in faith, in speech, in knowledge, in utmost eagerness, and in our love for you — so we want you to excel also in this generous undertaking.

<sup>8</sup>I do not say this as a command, but I am testing the genuineness of your love against the earnestness of others. <sup>9</sup>For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich. <sup>10</sup>And in this matter I am giving my advice: it is appropriate for you who began last year not only to do something but even to desire to do something — <sup>11</sup>now finish doing it, so that your eagerness may be matched by completing it according to your means. <sup>12</sup>For if the eagerness is there, the gift is acceptable according to what one has — not according to what one does not have. <sup>13</sup>I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between <sup>14</sup>your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair

balance. <sup>15</sup>As it is written,

"The one who had much did not have too much, and the one who had little did not have too little."

Lector: The word of the Lord.

**Congregation: Thanks be to God. (spoken)**

\* GOSPEL ACCLAMATION (**sung**)

**Al-le-lu-ia. Lord, to whom shall we go? Al-le-lu-ia. You have the words of e-ter-nal life. Al-le-lu—ia. Al-le-lu—ia.**

*Jairus, a respected leader, begs Jesus to heal his daughter. A woman with a hemorrhage is ritually unclean, treated as an outcast in Jewish society. Both Jairus and the unnamed woman come to Jesus in faith, believing in his power to heal and bring life out of death.*

\* GOSPEL: Mark 5:21-43

*P The Holy Gospel according to Mark, the 5<sup>th</sup> chapter.*

**C Glory to you, O Lord. (spoken)**

THE GOSPEL READS:

<sup>21</sup>When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. <sup>22</sup>Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet <sup>23</sup>and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live." <sup>24</sup>So he went with him.

And a large crowd followed him and pressed in on him. <sup>25</sup>Now there was a woman who had been suffering from hemorrhages for twelve years. <sup>26</sup>She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. <sup>27</sup>She had heard about Jesus, and came up behind him in the crowd and touched his cloak, <sup>28</sup>for she said, "If I but touch his clothes, I will be made well." <sup>29</sup>Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease.

<sup>30</sup>Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" <sup>31</sup>And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" <sup>32</sup>He looked all around to see who had done it. <sup>33</sup>But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. <sup>34</sup>He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

<sup>35</sup>While he was still speaking, some people came from the leader's house to say, "Your daughter is dead. Why trouble the teacher any further?" <sup>36</sup>But overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." <sup>37</sup>He allowed no one to follow him except Peter, James, and John, the brother of James. <sup>38</sup>When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. <sup>39</sup>When he had entered, he said to them, "Why do you make a commotion and weep? The child is not dead but sleeping." <sup>40</sup>And they laughed at him. Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was. <sup>41</sup>He took her by the hand and said to her, "Talitha cum," which means,

"Little girl, get up!" <sup>42</sup>And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. <sup>43</sup>He strictly ordered them that no one should know this, and told them to give her something to eat.

*P The Gospel of the Lord.*

**C Praise to you, O Christ.** (spoken)

SERMON

Pastor Esborn

\* HYMN OF THE DAY "Oh, for a Thousand Tongues to Sing"

\* APOSTLES' CREED ('new version') **(all)**

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

**I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit,**

**born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come 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].*

SPECIAL MUSIC

"For Spacious Skies!"

Piano & Organ Duet  
Alice Swartz & Carole Nace

\* SUNG OFFERTORY ('vineyards')

**Let the vine-yards be fruit-ful, Lord, and fill to the brim our cup of bless-ing. Gath-er a har-vest from the seeds that were sown, that we may be fed with the bread of life. Gath-er the hopes and dreams of all; u-nite them with the prayers we of-fer now. Grace our ta-ble with your pres-ence, Lord, and give us a fore-taste of the feast to come.**

\* OFFERING PRAYER

*P Let us pray. Merciful God,*

**C we offer with joy and thanksgiving what you have first given us—our selves, our time, and our possessions, signs of your gracious love. Receive them for the sake of him who offered himself for us, Jesus Christ our Lord. Amen**

\* PRAYERS OF INTERCESSION

*P With reverence for the earth, those in need, and the whole human family, let us offer our prayers to God.*

*A brief silence.*

*P Revive your people to proclaim your mercies that are new every morning. Let us pray.*

**C Have mercy, O God.**

*P Raise up world leaders who reflect the generous favor you bestow on all nations and peoples. Let us pray.*

**C Have mercy, O God.**

*P Renew your creation, especially endangered species, and land, air, or water polluted by human neglect and waste. Let us pray.*

**C Have mercy, O God.**

*P Restore to health all those living with disease, chronic illness, grief, loss, or a broken heart (especially all of our shut-ins [both at home and in nursing homes], and for Ryan Keresey, Bob Cameron, Don Clark, Sarah Dressler, Luke Davis, Sue Kepner, Haylee Yocum, Ken A. Mummah, Erin Harris, Ray Bramm, Jane Marhefka, Tyler Rosenberry, Elda Mae Rickenbaugh, George Hazard, Jr., and Ralph Lauver). Let us pray.*

**C Have mercy, O God.**

*P Deepen the genuine love of this community and send us forth filled with your generosity and peace. Let us pray.*

**C Have mercy, O God.**

*Here other intercessions may be offered.*

*P Gather us with (hymn translators Catherine Winkworth and John Mason Neale and) all the communion of saints whom you have lifted from death to life eternal. Let us pray.*

**C Have mercy, O God.**

*P Receive our hopes and prayers, O God of mercy, for great is your faithfulness in Christ Jesus our Lord.*

**C Amen.**

\* THE LORD'S PRAYER ['new version'] **(all)**

*P Let us pray with confidence in the words our Savior gave us:*

**C Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven.**

**Give us today our daily bread. Forgive us our sins as we forgive those who sin against us.**

**Save us from the time of trial and deliver us from evil.**

**For the Kingdom, the power, and the glory are yours, now and for ever. Amen**

\* BLESSING

*P Almighty God, Father, + Son, and Holy Spirit, bless you now and forever.*

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

\* CLOSING HYMN

"Praise to the Lord, the Almighty"

**MEAL**

\* COMMUNION DIALOGUE (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 Holy, mighty, and merciful Lord, heaven and earth are full of your glory.*

*In great love you sent to us Jesus, your Son, who reached out to heal the sick and suffering, who preached good news to the poor, and who, on the cross, opened his arms to all.*

*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, therefore, his death, resurrection, and ascension, we await his coming in glory.*

*Pour out your Holy Spirit, that by this Holy Communion we may know the unity we share with all your people in the body of your Son, Jesus Christ our Lord.*

*Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, 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 Let us pray.*

*Almighty God, you provide the true bread from heaven, your Son, Jesus Christ our Lord. Grant that we who have received the Sacrament of his body and blood may abide in him and he in us, that we may be filled with the power of his endless life, now and forever.*

**C Amen**

\* THE SENDING AND BLESSING OF COMMUNION ASSISTANTS

*P As we go into the world serving the ministry of Christ, may those who will extend this meal to the homebound take from the Lord's Table what we have received here today; the Body and Blood of our Lord Jesus Christ and his promise of forgiveness. In the name of the Father, the Son and the Holy Spirit.*

**C Amen**

\* DISMISSAL

*P Go in peace. Serve the Lord.*

**C Thanks be to God.**

POSTLUDE

NEXT WEEK'S LECTOR – Cynthia Smith

NEXT WEEK'S ALTAR GUILD – Linda Leister

**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.

ALTAR FLOWERS are presented to the Glory of God and in memory of John and Helen Sieber by George and Kay Varner and family.

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 – Randy Alcorn, Contemporary American Protestant Author: Satan need not convince us that heaven does not exist. He need only convince us that heaven is a place of boring, unearthly existence.

### **CONGREGATIONAL NEWS**

AVERAGE WEEKLY OFFERING NEEDED to fund 2012 expenses is \$3,250. Offering received on 6/24/12 was \$\_\_\_\_\_.

A CHICKEN BBQ will be held on Saturday, July 7, 2012 to benefit Houses of Hope For Haiti. Cost is \$4.00 a half. Pick-up will be from 11:00 a.m. to 3:00 p.m. at Centre Lutheran Church. For tickets, contact Linda Leister.

### **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.

THE NEXT MEETING of Messiah Women of the ELCA will be held on Thursday, July 12, 2012 at 7:00 p.m. in the Youth Area. Everyone is to bring a favorite poem, story or reading for the devotional time.

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SALES FOR SCHOOL SUPPLIES BEGIN IN JULY!!!! The last Messiah Women of the ELCA project for the year is collection of items to fill 60 back packs for Lutheran World Relief School Kits. We have some supplies but need the congregation to help to add needed items. Collection will continue until September 9, 2012.

- Ballpoint Pens (5 needed for each kit)
- Pencil Sharpener
- Blunt Scissors (safety scissors with embedded steel blades work well)
- Unsharpened #2** pencils with erasers (5 needed for each kit)
- A box of 24 crayons
- 2½ inch erasers

Please place the items on the blue table in the Sunday School Room.

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AN INVITATION TO PARTICIPATE in a project in association with Seafarers International House – At the 25<sup>th</sup> Anniversary Convention of the Upper Susquehanna Synodical Unit of the Women of the WELCA, July 28, 2012, there will be an ingathering of items for “Christmas at Sea” sacks which will be given to seamen who cannot be with family for the holidays. These items will be gathered from May until Sunday, July 22, 2012. (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.”)

Items needed: (No substitutes, please)

Sweatshirt—hooded or unhooded in size L or XL

Thermal or white gym socks, groups of three pairs

Casual pull-over T-shirts, size M and L

Knit heavy winter cap

Cans of nuts or candy

Christmas card signed by you

The sacks will be completed and filled at a board meeting of the WELCA Synodical Board before Thanksgiving. These gifts may be placed on the blue table in the Sunday School Room.

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## **COMMUNITY**

MEALS-ON-WHEELS needs a head cook and team for the fourth Tuesday of the month (beginning in November). Also needed, at least two people to help assemble the meals for delivery on the second Friday of the month (needed immediately). Drivers are also needed for several routes. If you can help, please call Dottie Heck at 436-6002 or 717-348-1950 (cell).

**THE JUNIATA COUNTY FOOD PANTRY NEEDS YOUR SUPPORT** – July and August is always a lean time for food and monetary donations, and this summer the squeeze has hit particularly hard. With children home from school, as well as the weak economy, the number of people needing food is high. About 300 families a month are being served at the Food Pantry. Monetary donations are especially appreciated as they can be used by the Food Pantry to purchase food at wholesale prices. As always, your support in any way is gratefully appreciated.

### **FOOD PANTRY NEEDS FOR JUNE:**

ALL NON-PERISHABLE FOODS, TOOTHBRUSHES, TOOTHPASTE,  
DEODORANT, SHAMPOO, SOAP, RAZORS, FIRST-AID SUPPLIES,  
OVER-THE-COUNTER PAIN MEDICINES, TOILET PAPER.

WE ALSO NEED CLOTH AND PLASTIC GROCERY BAGS.

WE GLADLY ACCEPT DONATIONS OF CASH AND GIFT CARDS FROM LOCAL STORES.

NURSE'S NOTES – This summer, consider something more surprising than your usual cabin in the woods. Hitting the road – preferably one less traveled – keeps your mental muscle strong as you age. "Research shows that travel helps build vital neural pathways," says Gary Small, MD, a researcher at UCLA. Navigating unfamiliar places, tasting new foods, or learning even just a few words of another language delivers the brain-building effect. (*Prevention Magazine*, June 2012, pg. 7).

### **THIS WEEK AT MESSIAH**

- Today:** -9:15 a.m., Early Summer Worship/Communion.  
-Installation of new PPC members and officers.
- Monday:** -8 p.m., AA meeting.
- Wednesday:** -OFFICE CLOSED (July & August).
- Thursday:** -1 p.m., Dulcimer rehearsal.  
-6 p.m., Thrivent meeting in Library.
- Saturday:** -Todd Wise Wedding at Camp Mt. Luther.
- Sunday:** -9:15 a.m., Worship/Communion.