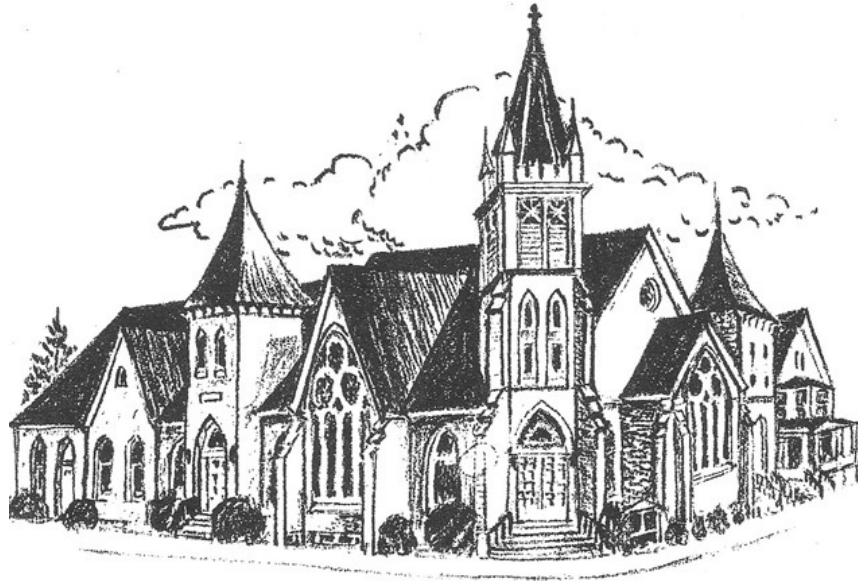


THE MESSIAH HERALD



JULY, 2011

MESSIAH LUTHERAN CHURCH

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[MESSIAH CHURCH CALENDAR](#)

[USS-ARK NEWSLETTER](#)

[THE LUTHERAN MAGAZINE](#)

“Proclaiming God’s love revealed in Jesus Christ and his People”

The Messiah Herald



July 2011

Last month I noted to you the critical importance of being Biblically literate.

In closing, I identified four ways from the ELCA Book of Faith initiative on the Bible to approach and study it. They are Devotionally, Historically, Confessionally, and Literarily (as literature). All of these are valuable for a holistic and healthy understanding of God’s Word.

When we study the Bible devotionally we are using it primarily to hear the voice of God and to understand its power for our lives.

When reading scripture things are rarely clear in a single reading; and that we read it and encounter it differently when reading it to ourselves, to others or in having others read it to us.

As you read and hear the words of scripture allow it to speak to you as a member of God’s people, a people who have heard these words across hundreds and even thousands of years.

Brothers and Sisters in Christ,

Last month I noted to you the critical importance of being Biblically literate. I noted the importance of reading and studying God’s word in scripture so that you is not rendered powerless by either those who give no importance to scripture whatsoever or those who manipulate it and through it people for their own purposes. In closing I identified four ways from the ELCA Book of Faith initiative on the Bible to approach and study it. They are Devotionally, Historically, Confessionally, and Literarily (as literature). All of these are valuable for a holistic and healthy understanding of God’s Word.

When we study the Bible devotionally we are using it primarily to hear the voice of God and to understand its power for our lives. The ELCA Book of Faith page says of devotional study as follows, “We begin by reading the Bible text and reflecting on its meaning. We ask questions and identify items that are unclear. We bring our unique background and experience to the Bible, and the Bible meets us where we are.” In other words it is to encounter God’s Word for our lives.”

Years ago as Pastor Anna and I sat in a Bible study led by Pastor Ray Shaheen he suggested that he had found the reading and rereading a passage to be studied with different expression and in different ways were very important. Also, he suggested reading it for others and then having them reading it to you. Ray’s point was that reading scripture things are rarely clear in a single reading; and that we read it and encounter it differently when reading it to ourselves, to others or in having others read it to us. The Bible was written for communal reading, the stories of the Old Testament were most first told orally from one person or generation to the next. In time they were written and then read in the community gatherings. It is important to remember this has we read and hear God’s Word speaking to us in our group and our private devotions today, as well.

As you read and hear the words of scripture allow it to speak to you as a member of God’s people, a people who have heard these words across hundreds and even thousands of years. Hear the words from 1 Peter 2, ⁹ But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. ¹⁰ Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.”

Hear what these words say to you about who you are, what God has done for you and what you are called to be. Devotional study is allowing God’s word to address us and inform our lives. Before you came to know God you were as nothing, someone without connection and relationship. But you are now God’s chosen possession and now you are connected to God as part of a community and as someone set aside for God’s work. You have now received God’s mercy and that changes everything. Consider the difference between reading this for yourself and hearing it read to you by another. Consider the difference between speaking the word “you” and hearing the word “you.”

Reading God’s word devotionally can be both a private and a communal experience and our hearing of the word and the Word is affected by the context in which we experience it.

Devotional study of God’s word is allowing the Holy Spirit to speak God’s Word into your heart and my heart just as it has addressed generation upon generation of God’s people. Regularly encountering God’s voice devotionally in scripture is one part of addressing biblical illiteracy.

Yours in Christ,

Pastor Bill

DAILY HOME BIBLE READINGS

July	1: Psalm 145:8-14
July	2: Romans 7:15-25a
July	3: Matthew 11:16-19, 25-30
July	4: Ephesians 4:11-16
July	5: Jeremiah 28:10-17
July	6: Jeremiah 13:1-11
July	7: Isaiah 55:10-13
July	8: Psalm 65:[1-8] 9-13
July	9: Romans 8:1-11
July	10: Matthew 13:1-9, 18-23
July	11: 1 Thessalonians 4:1-8
July	12: Ephesians 4:17—5:2
July	13: Matthew 13:10-17
July	14: Isaiah 44:6-8
July	15: Psalm 86:11-17
July	16: Romans 8:12-25
July	17: Matthew 13:24-30, 36-43
July	18: Revelation 14:12-20
July	19: Galatians 4:21—5:1
July	20: 1 Kings 3:5-12
July	21: Psalm 119:129-136
July	22: John 20:1-2, 11-18
July	23: Romans 8:26-39
July	24: Matthew 13:31-33, 44-52
July	25: Mark 10:35-45
July	26: Ephesians 6:10-18
July	27: Proverbs 1:1-7, 20-33
July	28: Isaiah 55:1-5
July	29: Psalm 145:8-9, 14-21
July	30: Romans 9:1-5
July	31: Matthew 14:13-21



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.

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

JULY SCHEDULES

LECTORS

3:	Barbara S. Geedey
10:	Andrea Cameron
17:	Diana Wise
24:	Cynthia Smith
31:	Ed Beaver

ALTAR GUILD

June 27—July 3	Barbara S. Geedey
July 4—July 10	Diana Wise
July 11—July 24	Sandy Pines
July 25—July 31	Ann Beaver

ALTAR FLOWERS

3:	Dottie Smith
10:	Warren & Claire Mummah
17:	Nancy Yocum
24:	Don & Barb Geedey
31:	Carole Nace



Messiah Women of the ELCA met Thursday, June 9, 2011 in the Junior Church Room with Ona Stoner as devotional leader. Ona's granddaughters, Lindsey and Chloe Sheaffer of Port Royal took us on journeys to Costa Rica and Haiti. Lindsey, who is a junior at Bloomsburg University, traveled with a group from the University to Costa Rica and Chloe, a senior at Juniata High School traveled with a group from Cedar Grove Brethren in Christ Church. Both gave descriptions of the areas in which they traveled, the people, the living conditions and described the tasks in which they participated. Both Lindsey and Chloe

are planning to go to Haiti next year on a mission trip with the Cedar Grove group.

Thank you to Lindsey and Chloe for the interesting presentations and thank you to Ona for having her granddaughters bring us highlights of their trips.

With Ona Stoner as hostess, we relocated to the Youth Area to tables decorated in red, white and blue honoring Memorial Day, Flag Day and the Fourth of July. There were red carnations in bud vases, flags, patriotic figures and patriotic plaques. We were served strawberry layer dessert, caramel crèmes, mixed nuts, crackers, sour cream/onion chips, mints, mini-Milky Ways and punch. Following our treats and fellowship, Barbara S. Geedey, Leader, conducted a short business meeting.

Business discussed:

--to wind-up the Health Kit project, we are in need of 31 combs and 59 toothbrushes.

--we agreed to begin the School Kit project in July and place plastic bags in the Sunday School room with the list of items needed to fill a kit.

--The Ronald McDonald ingathering is now completed. Items will be taken to the convention at Camp Mt. Luther on July 25, 2011.

Our next meeting will be July 9, 2011 at 7:00 p.m. in the Youth Area with Pat Fisher as devotional leader.

The meeting adjourned with the reading of "The Purpose" of the Women of the ELCA.

RONALD McDONALD HOUSE

The Ronald McDonald House Ingathering is completed and boxed ready to be delivered to the Upper Susquehanna Synodical Unit of the Women of the ELCA convention, July 25, 2011 at Camp Mt. Luther.

We have 102 personal toiletries, 7 bottles of hand sanitizer, 43 pairs of socks, 2 slipper

socks, 4 cakes of Dove soap, 1 shampoo, 1 hand lotion, 6 laundry detergents, and 1 box of dryer sheets.

Thank you to all who shared these items for the use of families who stay at the House while children are hospitalized. Your caring will be appreciated.

HEALTH KIT PROJECT

The final ingathering of Health Kits is combs with large teeth and toothbrushes. Our goal is 70 kits and we have all the supplies needed except 31 combs and 59 toothbrushes. Please place these items on the blue table in the Sunday School Room.

NEW PROJECT FOR LUTHERAN WORLD RELIEF

Messiah Women of the ELCA will be gathering School Kits for the October shipment of World Relief items collected on Blanket Sunday in October.

A School Kit may provide the only supplies for children returning to school after the disruption of war. School Kits help parents continue their children's education, even while living in refugee camp, for example. A School Kit may also be used in adult literacy classes. (Reprinted with permission from Lutheran World Relief).

July is a good time to collect school supplies as many stores have great sales. There will be plastic bags on the blue table in the Sunday School room with a list of supplies needed. Take a bag and fill it with the items and return it to the table. It will send the message to those in need, around the world, that we care about them.

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.

FYI (FOR YOUR INFORMATION)

Explanation of reasons for instructions as to assembling supplies for Lutheran World Relief. (Reprinted with permission from Lutheran World Relief).

QUILTS, LAYETTES, KITS & SOAP STRETCH YOUR HEARTS AND HANDS TO HELP PEOPLE IN NEED

Today and every day, Lutheran World Relief quilts and kits give families throughout the world a helping hand, a sign of comfort, and hope for the future.

As the intensity of humanitarian needs increases worldwide, the requests from Lutheran World Relief partner organizations for quilts, kits, layettes and soap have also been on the rise. Your quilts and kits are urgently needed to fill existing requests as well as to accommodate the future requests that are sure to come. The work of your hearts and hands will be an immeasurable blessing to families in need around the world!

Please follow the instructions exactly so that our distributions are consistent and fair. **Do not add other items or leave out any of the items listed for each kit.** For all projects, please also follow these guidelines:

--Sending top quality items makes a caring statement to the recipient about the giver. **Please give new items only, except where noted otherwise.**

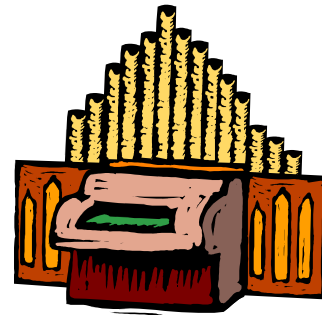
--**Please do not donate items with any religious symbols, messages or with your church's name.** LWR provides material resources based on need, regardless of religious creed. Religious references could be misinterpreted by the governments of the receiving countries, jeopardizing the delivery to the people who need the items most.

--**Please do not donate any items decorated with a U.S. flag, patriotic or military symbols, or references to the armed forces, including**

camouflage. LWR and our overseas partners have access to areas of the world others do not because we are impartial humanitarian organizations. If our intentions are misinterpreted as being politically motivated, our work, our partners and the people we assist could be endangered.

HEALTH KITS SENT BY LUTHERAN WORLD RELIEF
--January, 2010 earthquake in Haiti, 25,645 distributed.

--August, 2010 floods in Pakistan 13,400 distributed.



CHURCH ORGANIST NEEDED

Church Organist for weekly services, beginning immediately, at Messiah Lutheran Church, 3 South Third Street, Mifflintown, PA. Allen Digital Electric Organ and Kurzweil Electronic Keyboard.

Candidates should contact Ed Beaver at ebeaver41@yahoo.com or at 436-9382 for information, including salary. Additional information about the church and congregation can be found at www.mlcmifflintown.org.

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

(W)HOLY, (W)HOLY, (W)HOLY

Health Healing & Wholeness Article

July 2011

The people took their dough before it was leavened, with their kneading bowls wrapped up in their cloaks on their shoulders. They baked unleavened cakes of the dough that they had brought out of Egypt; it was not leavened because they were driven out of Egypt and could not wait, nor had they prepared any provisions for themselves. (Exodus 12:34, 39)

I suppose one could say that this is the first example of 'eating on the run, or eating on the fly' as some would say. The American Dietetic Association reports that roughly 75% of all office workers eat lunch at their desks two to three times a week. Why? For some it may be because there is only a 30-minute time slot in which to have lunch, so bringing food from home or grabbing something "to go" from the local deli, mini-market, or work-place cafeteria allows us to multi-task by continuing to work, while eating at the same time. Or it may be because in corporate America, eating on the job has become a necessity for those who feel a time crunch and are stressed. According to Prevention Magazine, the average "lunch hour" has shrunk to 36 minutes. In offices across America it isn't uncommon for folks to eat both breakfast *and* lunch at their desk. Let's face it, these mobile repasts typically consist of foods that are higher in fat and calories – muffins, donuts, Danish, or bagels with cream cheese, not to mention fast-food "breakfast sandwiches" – and have little nutritional value.

So what is the problem? We're adults – we do what we have to do to get the job done, right? There are actually multiple issues. First, studies have shown that eating and working at the same time leaves the worker feeling less full after lunch than those who focused on what they were eating. This often leads to snacking by mid-afternoon in an attempt to counter an energy slump. In addition, those who ate while working were often unable to recall exactly what they ate. Unconscious eating may cause us to gobble

down larger amounts of food without giving it a second thought.

Finally, there is the problem of bacteria on the surface of the desk, telephone, computer mouse and keyboard. Charles Gerba, PhD, a professor of environmental micro-biology at the University of Arizona in Tucson states, "People turn their desks into bacteria cafeterias because they eat at them, but never clean them. The phone is the dirtiest, the desktop is next, and the mouse and computer follow."

If eating at your desk is your only option, here are a few tips to make it a safer and more enjoyable experience:

- Watch what you eat. Pick foods that are lower in fat and calories, moderate in size so you don't become too full and unable to comfortably work later. Don't allow yourself to get into a food rut – eating the same things day-after-day.
- Consider taking 15-20 minutes just to stop all work, focus on your food, and leave the remaining 10-15 minutes for a walk outside or throughout the building.
- Avoid take-out; pack your lunch so you have more control over calories and nutrition, not to mention cost. Many people spend from \$5 to \$10 per day on take-outs.
- Disinfect your desk – at least once per day. Wet paper towels are not enough – they only give bacteria a free ride to another surface in the office. Avoid touching those surfaces while you eat; you just wind up contaminating your food over and over again.
- Use a placemat. Give yourself a little extra protection after the wipe-down.
- Eat with a friend; you'll find you will be more productive and creative when you've had the opportunity to interact with colleagues.

Choose one improvement and practice it for a month. That's about how long it takes for a new behavior to become a new and better habit.

Debbie Best, RN, BSW, MHA

Juniata County Food Pantry
July Update

Dear Friends,

We are still really in need of personal care and baby care items, as well as paper products like tissues, toilet paper, and paper towels.

In May 2011, the Food Pantry served 244 families in need – a total of 662 individuals. A special thank you to Free Spring Church of the Brethren for providing volunteers for the month of May.

Wish list: the donation of a 14' box truck in good working condition, walk-in freezer approx. 10 X 10' and walk-in cooler approx.. 8 X 8'.

Help needed: Enthusiastic people to form a fundraising committee for the Food Pantry. Hands-on people to man our property committee.

FOOD PANTRY NEEDS FOR JULY

CANNED FRUIT, AND ALL OTHER NON-PERISHABLE FOODS, TOOTHBRUSHES, TOOTH PASTE, DEODORANT, SHAMPOO, SOAP, RAZORS, BABY WASH, DIAPER RASH OINTMENT, WIPES, DIAPERS (SZS. 4-6), PAPER PRODUCTS, AND PLASTIC GROCERY BAGS

**WE ALSO GLADLY ACCEPT DONATIONS OF CASH
AND WEIS OR SCHLEGEL'S GIFT CARDS**

PHONE #: 717-436-9718 CONTACT PERSON: Kathy Queitzsch
ADDRESS: PO Box 44, 114 N. Main St, Mifflintown, PA 17059
HOURS: Mon. 1--4 PM, Tues./Thurs. 3--6 PM Sat. 10:00 AM– 1:00 PM