

THE MESSIAH HERALD



JUNE, 2012

MESSIAH LUTHERAN CHURCH

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

The Messiah Herald



June 2012

We are now preparing for a re-staffing of our congregational leadership structure.

As we do this it is important to reflect on the purpose of any leadership structure.

The directors and board members are not intended to do all the work of the congregation any more than the pastor is the whole ministry of the church. The calling of the boards and the PPC is to “LEAD” us in serving.

This means that they need people to lead, just like the shepherd needs a flock. At Messiah that flock includes every member of the congregation, young and old, child or adult.

Real Christian leadership always begins with Christ and our leaders must be firmly anchored in the Gospel but then they lead us in serving Christ and neighbor.

Brothers and Sisters in Christ,

Now as we enter June we are preparing for a re-staffing of our congregational leadership structure. As we do this it is important to reflect on the purpose of any leadership structure. Its purpose is to lead. The directors and board members are not intended to be the persons who do all the work of the congregation any more than the pastor is the whole ministry of the church. Again the calling of the boards and the PPC is to “LEAD.”

This means that they need people to lead, just like the shepherd needs a flock. At Messiah that flock includes every member of the congregation, young and old, child or adult. It even includes those who worship with us regularly as guests. There is a place for everyone within the ministry of the congregation.

Nor does being on one of the boards or the PPC and being called to a be leader mean that being a leader in some way excuses one from participating in other ministries within the congregation. If one is on the Board of Worship and Music does not mean you cannot participate with the Board of Compassionate Care as a member of Stephen’s Ministry or a mission team going to help rebuild communities or help with VBS or member of a Sunday School Class. Being a Director of the Board of Christian Ed doesn’t mean you cannot volunteer to help with the landscaping around the church. Being the Executive Director of the PPC and the congregation doesn’t mean you cannot be a Sunday School teacher.

We all share the yoke of ministry and we share it with Christ and the Holy Spirit.

What is unique to the boards and particularly to the PPC is that role of leadership, however. Leading means knowing where we are going and helping the congregation to move in that direction. As we enter this next two year cycle we need the PPC and the boards of the congregation to envision the future and how we can grow our ministry in Christ and then to bring that vision to the congregation for its commitment to move forward towards that vision and the resulting goals we create for ministry.

If we have no goals for our congregational ministry we are sure to always achieve that target but it will be meaningless. If, however, we take the time to establish real goals, we may not achieve all of them but I am sure we can move forward with a sense of purpose and direction and our leaders will be able to show us the way and guide us on our journey.

Christian leadership always begins with Christ and our leaders must be firmly anchored in the Gospel. They must worship and eat regularly at the Lord’s Table and seek God’s vision for ministry in our community. The possibilities are amazing and as numerous as the sands in an hour glass. The challenge is to make sure they are not grains just slipping away but instead ones filled with purpose and God’s grace.

Yours in Christ,

Pastor Bill

DAILY HOME BIBLE READINGS

June	1: Psalm 29
June	2: Romans 8:12-17
June	3: John 3:1-17
June	4: Revelation 4:1-8
June	5: Numbers 6:22-27
June	6: Psalm 20
June	7: Genesis 3:8-15
June	8: Psalm 130
June	9: 2 Corinthians 4:13—5:1
June	10: Mark 3:20-35
June	11: Acts 11:19-30; 13:1-3
June	12: Genesis 3:14-24
June	13: Hebrews 11:4-7
June	14: Ezekiel 17:22-24
June	15: Psalm 92:1-4, 12-15
June	16: 2 Corinthians 5:6-10, (11-13) 14-17
June	17: Mark 4:26-34
June	18: Acts 20:1-16
June	19: Acts 21:1-16
June	20: Job 37:1-13
June	21: Job 38:1-11
June	22: Psalm 107:1-3, 23-32
June	23: 2 Corinthians 6:1-13
June	24: Mark 4:35-41
June	25: Luke 1:57-67
June	26: Acts 27:13-28
June	27: Acts 27:39-44
June	28: Lamentations 3:23-33
June	29: Acts 12:1-11
June	30: 2 Corinthians 8:7-15



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!

JUNE SCHEDULES

LECTORS

3: Ron Yorks
10: Andrea Cameron
17: Ed Beaver
24: Diana Wise

ALTAR GUILD

May 28—June 3 Linda Clark
(Cup Communion – Clint & Jamie Miller)
June 4—June 10 Ann Beaver
June 11—June 24 Ona Stoner

ALTAR FLOWERS

3: OPEN
10: In honor of the Women of the ELCA
17: OPEN
24: Vance & Wendy Varner



Messiah Women of the ELCA met Thursday, May 10, 2012 with Linda Leister as devotional leader using the book "Small Miracles of Love and Friendship," Remarkable Coincidences of Warmth and Devotion by Yita Halberstam and Judith Leventhal. The purpose of the true stories of the book is to create an awareness of the holy and magical moments in our lives, so that we can receive them in their fullness when they unfold, with a deepened sense of gratitude and awe. These stories, both heartwarming and awe-inspiring, convey that coincidences are more than divine messages.

We listened to several stories. Thank you, Linda.

The business meeting was in charge of Barbara S. Geedey, Leader.

Business discussed:

- Barbara reported that the history of our unit of ELCA and the recipes for the 25th Anniversary Cook Book were submitted.
- Tyson LaCompte, our Native American youth whom we support, has a birthday on June 7 and we agreed to send a \$20.00 gift certificate to him.
- Convention is Saturday, July 28, 2012 at Camp Mt. Luther, Mifflinburg. Anyone interested in attending the convention, see Barbara Geedey. Registration is due June 18, 2012.
- A Chinese Auction will be held at the convention. Each unit is asked to bring a gift basket. We decided to make a basket with bathroom items. For our June meeting, we are asked to bring an item for the basket. Funds raised for the auction will go to Camp Mt. Luther.
- Personal in-gathering for the convention is items for the Christmas at Sea bags. Items due by July 22, 2012.
- The Mission Ingathering Offering is designated to: 1. pay the salaries of Liberian teachers and 2. for the Carol Main Scholarship Fund to help spouses of pastors in Liberia get an education.
- Annual Women's Retreat, Saturday, September 13, 2012 at Camp Mt. Luther.
- Blanket Sunday, October 7, 2012.
- 2012 Peace Pole Service, October 20, 9 p.m. at the Synod office in Lewisburg.

The next meeting will be Thursday, June 14, 2012 at 7:00 p.m. in the Youth Area with Claire Mummah as devotional leader and Ona Stoner as hostess.

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

AN INVITATION TO
THE MESSIAH CONGREGATION
TO PARTICIPATE IN A PROJECT
IN ASSOCIATION WITH
SEAFARERS INTERNATIONAL HOUSE

At the 25th 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 Mand 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.

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.

MEALS-ON-WHEELS

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).

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

VOTERS' ASSEMBLY

The next Voters' Assembly will be held on June 17, 2012 following the worship service.

Business will be approval of previous minutes, quarterly reports, and voting on nominations of new PPC members for 2012—2014.

SUMMER WORSHIP SERVICES

Summer Worship Services will begin on June 10, 2012 at 9:15 a.m. (Sunday School at 8:15 a.m. if classes are being held) and end on September 2, 2012. Regular worship services will begin on September 9th.



VBS

Vacation Bible School will be held June 11—15, 2012 from 9:00 to 11:00 a.m. All children through grade 6 are invited to attend.

If you have any questions, please contact Tina Hazard.



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

Health, Healing and Wholeness

June 2012

Most of us have heard about the necessity of getting enough calcium in our diets to ward off osteoporosis, but how many of us know that calcium is also important for regulating the heartbeat, conducting nerve impulses, stimulating hormone secretions, and clotting of blood? According to the National Institute of Health (NIH), our bodies lose calcium daily through our skin, nails, hair, sweat, as well as through urine and the digestive system. The loss must be replaced daily, or our bodies take the needed calcium from our bones to perform other functions.

Although foods such as orange juice, dairy products, bread, and cereals are the best sources, many adults do not get enough in their diets. Calcium supplements can fill the gap by ensuring that you meet your daily needs. By the time we reach our 40s both men and women absorb less calcium from foods they eat. The NIH recommends adults get 1000 to 1200 mg. daily.

Important considerations when choosing a supplement:

Purity: Stick with familiar brand names and look for labels that say, “purified” or have the USP (United States Pharmacopoeia) symbol. Avoid calcium obtained from unrefined oyster shells, bone meal or dolomite without the symbol – they may contain high levels of lead or other toxic metals.

Absorbability: Calcium is best absorbed by the body, when it is taken several times a day in amounts of 500 mg or less. Calcium carbonate is absorbed best when taken with food, while calcium citrate can be taken any time. ***Never take more than the recommended amount of calcium without your doctor's approval.***

Calcium Interactions: As always, it is important to talk with your doctor or pharmacist about possible interactions between other over-the-counter and prescription medications and calcium supplements. “For example, calcium supplements may reduce the absorption of the antibiotic tetracycline. Calcium can also interfere with iron absorption, so they should not be taken at the same time. Any medication that you need to take on an empty stomach should not be taken with calcium supplements.” (NIH)

Calcium supplements are available in a bewildering array of combinations with vitamins and other minerals. Many come in combination with Vitamin D, which is necessary for the absorption of calcium. Minerals such as magnesium and phosphorus also are important, but are usually obtained through food or multivitamins.

Getting enough calcium – whether through your diet or by supplements – helps to protect bone health. However, this is only one of the steps needed to keep your bones healthy. Exercise, a healthy lifestyle, and for some people, medication, are also important.

The Bible reminds us that “...good news gives health to the bones and share that “Good News” with others. For “the Lord will guide you always; he will satisfy your needs in a sun scorched land and will strengthen your bones.” (Isa. 58:11, NIV)

Have a blessed summer!

Debbie Best, RN, BSW, MHA

Juniata County Food Pantry June Update

Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy in thy land. Deut. 15:11

Dear Friends,

The lean summer months are upon us. Food funds are low and need is high. With close to 300 families to provide groceries for, we really need your help. As it is, what we are currently able to provide is only 4-7 days of food per family per month. Fewer funds and fewer donations mean fewer days of food.

If you are able to help us help your neighbors in any way, please do. Remember, we are also glad to accept fresh fruits and vegetables if your gardens are producing more than you need!

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.

***OUR NEW VESTIBULE (LOCATED ON THE RAMP SIDE OF THE BUILDING)
IS OPEN TO RECEIVE DONATIONS ANY HOUR, ANY DAY!
CASH OR GIFT CARD DONATIONS MAY BE DEPOSITED THROUGH THE MAIL SLOT.**

HOURS: MONDAY AND WEDNESDAY, 2:00 – 6:00 PM AND SATURDAY, 9:00 AM – 1:00 PM.
CLOSED ON TUESDAY, THURSDAY, FRIDAY AND SUNDAY.

**PLEASE MAKE CHECKS PAYABLE TO THE JUNIATACOUNTY FOOD PANTRY, P.O. BOX 44, 114 N. MAIN ST.,
MIFFLINTOWN, PA 17059. FOR MORE INFORMATION CALL: 436-9718 (CONTACT PERSON: KATHY QUEITZSCH)*

