

# 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  
Andrea Cameron  
Ann Beaver

Pastor  
Choir Director  
Organist  
Lector  
Cantor  
Altar Guild

## SIXTH SUNDAY OF EASTER

May 13, 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., 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., Harry A., Ginny W., John S., Lon D., George, Jamie and Luke D., Ed and Ann B., Don C., Sarah D., Nick B., Sue K.

### PREPARATION

CHIMES: CALL TO WORSHIP

PRELUDE

*[A Time for Meditation and Prayer]*

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

*This Sunday's image of the life the risen Christ shares with us is the image of friendship. We are called to serve others as Jesus came to serve; but for John's gospel, the image of servanthood is too hierarchical, too distant, to capture the essence of life with Christ. Friendship captures the love, the joy, the deep mutuality of the relationship into which Christ invites us. The Greeks believed that true friends are willing to die for each other. This is the mutual love of Christian community commanded by Christ and enabled by the Spirit.*

### GATHERING

\* ENTRANCE HYMN            "Now All the Vault of Heaven Resounds"

\* GREETING

*P Alleluia! Christ is risen!*

**C Christ is risen indeed. Alleluia!**

*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 (C - 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 (I & II - Choir    C – Congregation)**

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

*I Wor-thy is Christ, the Lamb who was slain, whose blood set us free to be peo-ple of God.*

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

*II Pow-er, rich-es, wis-dom, and strength, and hon-or, bless-ing, and glo-ry are his.*

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

*I Sing with all the peo-ple of God, and join in the hymn of all cre-a-tion:*

*Bless-ing, hon-or, glo-ry, and might be to God and the Lamb for-ev-er. A-men.*

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

*II For the Lamb who was slain has be-gun his reign. Al-le-lu-ia.*

**C This is the feast of vic-to-ry for our God. Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.**

\* **SALUTATION AND RESPONSE (sung)**

*P The Lord be with you*

**C And also with you.**

\* **PRAYER OF THE DAY (spoken in unison)**

*P Let us pray...*

**C O God, you have prepared for those who love you joys beyond understanding. Pour into our hearts such love for you that, loving you above all things, we may obtain your promises, which exceed all we can desire; through Jesus Christ, your Son and our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen**

**WORD**

*While Peter shares the good news of Jesus with a Gentile soldier and his family, the Holy Spirit comes upon them. Recognizing that the Spirit works inclusively in the lives of both Jews and Gentiles, Peter commands that these Gentiles also be baptized in the name of Jesus Christ.*

FIRST READING: Acts 10:44-48

The First reading is from the 10<sup>th</sup> chapter of Acts.

THE LESSON READS:

<sup>44</sup>While Peter was still speaking, the Holy Spirit fell upon all who heard the word. <sup>45</sup>The circumcised believers who had come with Peter were astounded that the gift of the Holy Spirit had been poured out even on the Gentiles, <sup>46</sup>for they heard them speaking in tongues and extolling God. Then Peter said, <sup>47</sup>Can anyone withhold the water for baptizing these people who have received the Holy Spirit just as we have? <sup>48</sup>So he ordered them to be baptized in the name of Jesus Christ. Then they invited him to stay for several days.

Lector: Here ends the reading.

**Congregation: Thanks be to God.**

PSALM: Psalm 98

*L – Shout with joy to the LORD, all you lands. (Ps. 98:4)*

<sup>1</sup>Sing a new song to the LORD, who has done marvelous things, whose right hand and holy arm have won the victory.

**<sup>2</sup>O LORD, you have made known your victory, you have revealed your righteousness in the sight of the nations.**

<sup>3</sup>You remember your steadfast love and faithfulness to the house of Israel; all the ends of the earth have seen the victory of our God.

**<sup>4</sup>Shout with joy to the LORD, all you lands; lift up your voice, rejoice, and sing.**

<sup>5</sup>Sing to the LORD with the harp, with the harp and the voice of song.

**<sup>6</sup>With trumpets and the sound of the horn shout with joy before the king, the LORD.**

<sup>7</sup>Let the sea roar, and all that fills it, the world and those who dwell therein.

**<sup>8</sup>Let the rivers clap their hands, and let the hills ring out with joy before the LORD, who comes to judge the earth.**

<sup>9</sup>The LORD will judge the world with righteousness and the peoples with equity.

**ALL – Shout with joy to the LORD, all you lands.**

*God's children believe that Jesus is the Messiah and love God by keeping God's commandments. Thus the world is conquered not through military might but through love and faith.*

SECOND READING: 1 John 5:1-6

The Second reading is from the 5<sup>th</sup> chapter of 1 John.

THE LESSON READS:

Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the parent loves the child. <sup>2</sup>By this we know that we love the children of God, when we love God and obey his commandments. <sup>3</sup>For the love of God is this, that we obey his commandments. And his commandments are not burdensome, <sup>4</sup>for whatever is born of God conquers the world. And this is the victory that conquers the world, our faith. <sup>5</sup>Who is it that conquers the world but the one who believes that Jesus is the Son of God?

<sup>6</sup>This is the one who came by water and blood, Jesus Christ, not with the water only but with the water and the blood. And the Spirit is the one that testifies, for the Spirit is the truth.

Lector: Here ends the reading.

**Congregation: Thanks be to God.**

\* THE VERSE (**Congregation**)

**Now the green blade rises from the buried grain, Wheat that in dark earth many days has lain; Love lives again, that with the dead has been; Love is come again like wheat arising green.**

*On the night of his arrest, Jesus delivers a final testimony to his disciples to help them in the days ahead. Here, he repeats the most important of all his commands, that they love one another.*

\* GOSPEL: John 15:9-17

*P The Holy Gospel according to John, the 15<sup>th</sup> chapter.*

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

THE GOSPEL READS:

<sup>9</sup>As the Father has loved me, so I have loved you; abide in my love. <sup>10</sup>If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. <sup>11</sup>I have said these things to you so that my joy may be in you, and that your joy may be complete.

<sup>12</sup>This is my commandment, that you love one another as I have loved you. <sup>13</sup>No one has greater love than this, to lay down one's life for one's friends. <sup>14</sup>You are my friends if you do what I command you. <sup>15</sup>I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. <sup>16</sup>You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. <sup>17</sup>I am giving you these commands so that you may love one another.

*P The Gospel of the Lord.*

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

\* THE VERSE (**Congregation**)

**Forth he came at Easter, like the risen grain, He that for three days in the grave had lain; Raised from the dead, my living Lord is seen; Love is come again like wheat arising green.**

SERMON

Pastor Esborn

\* HYMN OF THE DAY

"Joyful, Joyful We Adore Thee"

\* NICENE CREED (**all**)

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father.**

**Through him all things were made. For us and for our salvation he came down from heaven; by the power of the Holy Spirit he became incarnate from the virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead, and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.**

**We acknowledge one Baptism for the forgiveness of sins.**

**We look for the resurrection of the dead, and the life of the world to come.**

**Amen**

**\* PRAYERS OF INTERCESSION**

*P Enlivened in the resurrection of Jesus Christ, we pray for the life of the church, for those in need, and for all of God's creation.*

*A brief silence.*

*P Eternal, loving God, your people have been born anew by water and the Holy Spirit. Renew us always through your forgiveness, and use us to lead others to living waters. Hear us, O God.*

**C Your mercy is great.**

*P All creation springs to life in response to your Word. Remember your preserving and redeeming covenant with creation, and guide us to care for all you have made. Hear us, O God.*

**C Your mercy is great.**

*P You bring about justice and peace through your people. Support those who work for peace among nations and peoples. Reveal your self-giving love in their actions and words. Hear us, O God.*

**C Your mercy is great.**

*P You are victorious over sin, death, and all that separates us from you. Draw near to all who feel alone in illness or crisis (especially all of our shut-ins [both at home and in nursing homes], and for Ryan Keresey, Harry Aurand, Ginny Waller, John Smullen, Lon Diffenderfer, Don Clark, Sarah Dressler, Luke Davis, Nick Beward, Sue Kepner). Fill them with your healing presence. Hear us, O God.*

**C Your mercy is great.**

*P Send your Spirit to mothers and all who care for children, that your motherly love enfold them. Hear us, O God.*

**C Your mercy is great.**

*Here other intercessions may be offered.*

*P The saints rejoice in being your children through Jesus Christ. Give us all a child-like faith that conquers fear and mistrust, and bind your family together in eternal covenant. Hear us, O God.*

**C Your mercy is great.**

*P Trusting in your abundant mercy, O God, we commend ourselves and all for whom we pray into your care, through Jesus Christ our Savior.*

**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."**

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].*

ANTHEM

\* 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, and give us a fore-taste of the feast to come.**

\* OFFERING PRAYER

*P Blessed are you, O God, ruler of heaven and earth. Day by day you shower us with blessings. As you have raised us to new life in Christ, give us glad and generous hearts, ready to praise you and to respond to those in need, through Jesus Christ, our Savior and Lord.*

**C Amen**

**MEAL**

\* THE GREAT THANKSGIVING **(sung responsively)**

*P The Lord be with you.*

**C And al-so with you.**

*P Lift up your hearts.*

**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:*

**C Ho-ly, ho-ly, ho-ly Lord, God of pow'r and might: Heav-en and earth are full of your glo-ry. Ho-san-na. Ho-san-na. Ho-san-na in the high-est. Bless-ed is he who comes in the name of the Lord. Ho-san-na in the high-est.**

\* EUCHARISTIC PRAYER

*P Blessed are you, O God of the universe. Your mercy is everlasting and your faithfulness endures from age to age.*

*Praise to you for creating the heavens and the earth. Praise to you for saving the earth from the waters of the flood. Praise to you for bringing the Israelites safely through the sea. Praise to you for leading your people through the wilderness to the land of milk and honey. Praise to you for the words and deeds of Jesus, your anointed one. Praise to you for the death and resurrection of Christ. Praise to you for your Spirit poured out on all nations.*

*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.*

*With this bread and cup we remember our Lord's Passover from death to life as we proclaim the mystery of faith:*

**C Christ has died. Christ is risen. Christ will come again.**

*P O God of resurrection and new life: Pour out your Holy Spirit on us and on these gifts of bread and wine. Bless this feast. Grace our table with your presence.*

**C Come, Holy Spirit.**

*P Reveal yourself to us in the breaking of the bread. Raise us up as the body of Christ for the world. Breathe new life into us. Send us forth, burning with justice, peace, and love.*

**C Come, Holy Spirit.**

*P With your holy ones of all times and places, with the earth and all its creatures, with sun and moon and stars, we praise you, O God, blessed and holy Trinity, now and forever.*

**C Amen.**

**(Sung) Through him, with him, in him, in the u-ni-ty of the Ho-ly Spir-it, all hon-or and glo-ry is yours, al-might-y Fa-ther, now and for-ev-er. A-men.**

\* 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 Jesus said, "I am the true vine. Abide in me as I abide in you."*

\* LAMB OF GOD (**sung**)

**Lamb of God, you take a – way the sin of the world; have mer-cy on us. Lamb of God, you take a-way the sin of the world; have mer-cy on us. Lamb of God, you take a – way the sin of the world; grant us peace.**

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**

\* POST-COMMUNION CANTICLE (**sung**)

**C Thank the Lord and sing his praise; tell ev-'ry-one what he has done. Let all who seek the Lord re – joice and proud-ly bear his name. He re-calls his prom-is – es and leads his peo-ple forth in joy with shouts of thanks-giv-ing. Al-le – lu – ia. Al-le-lu – ia.**

\* PRAYER AFTER COMMUNION

*P Life-giving God, we give you thanks for nourishing us with the bread of heaven and the wine of love, Jesus our risen Savior. As you send us into the world, guard us from the power of evil, keep us in unity with all your people, and by your Spirit move us to testify to your grace in our words and actions; through Christ our Lord.*

**C Amen**

**SENDING**

\* BLESSING

*P Almighty God, who raised our Lord Jesus from death, lift you up and restore you to wholeness. Jesus Christ, the Word of life, bless you and send you to be his witnesses. God the Holy Spirit, who renews the whole earth, refresh you in the gift of baptism this day and always.*

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

\* CLOSING HYMN

"Jesus Loves Me!"

\* DISMISSAL

*P Go in peace. Share the good news. Alleluia.*

**C Thanks be to God. Alleluia.**

POSTLUDE



NEXT WEEK'S LECTOR – Linda Leister  
NEXT WEEK'S ALTAR GUILD – Sandy Pines

## **WELCOME**

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 worshipping 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) worshipping 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 honor of our Choir.

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 – Johannes von Muller, Swiss Historian (1752 - 1809): Good has one enemy, the evil; but the evil has two enemies, the good and itself.

## **CONGREGATIONAL NEWS**

SUMMER WORSHIP SERVICES will begin on June 10, 2012 at 9:15 a.m. (Sunday School at 8:15 a.m. if classes are meeting) and end on September 2, 2012. Regular worship services will begin on September 9<sup>th</sup>.

PROPERTY MEETING – The Property Committee will meet Monday, May 21, 2012 in the choir room at 6:30 p.m. Please attend if possible, as we have two very important items to discuss. Check your email as property news is being sent periodically.

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.

AVERAGE WEEKLY OFFERING NEEDED to fund 2012 expenses is \$3,250. Offering received on 5/6/12 was \$2,261.00.

RECEIVED IN STAINED GLASS FUND on Sunday, May 6, 2012: \$170. This brings the total received to \$68,798 of the total \$85,890 needed for the project. Balance needed to complete funding is \$17,092.00,

THE NEW ALTAR GUILD SCHEDULE from June, 2012 through June, 2013 will be completed soon. If you are not already on the Altar Guild and you would like to serve, please notify the church office. If you no longer wish to serve, again let the office know. All Altar Guild members will be sent a copy of the annual schedule in May. Thanks to all for your willingness to serve.

THE NEW LECTOR SCHEDULE from June, 2012 through June, 2013 will be completed soon. If you are not already serving as a Lector (the lay person who reads the scripture lessons at the worship service) and you would like to do so, please notify the church office. Any young people who would like to read on the first Sunday of the month are also asked to notify the church office. If you would like to be deleted from the list, again let the office know. All Lectors will be sent a copy of the annual schedule in May. Thanks to all of you who volunteer for this role in our worship services.

THANK YOU to members and friends of Messiah for the cards, phone calls and other expressions of sympathy extended to us following the death of William Walters. Thanks also to Pastor Bill for his visits. All was greatly appreciated.

Dutch & Kitty Walters & family

THANK YOU – I want to thank the Messiah Family for holding me in your hearts and prayers during my treatments. I hope to continue improving. It was good to know that I had this help from all of you.

Sincerely,  
Betty Fleisher

### **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.

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.

### **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).

THRIVENT EVENT – The Juniata County Chapter of Thrivent Financial for Lutherans will host a program entitled "Identity Theft: What You Need to Know" at Messiah Lutheran Church on Sunday, May 20, 2012 in the Fellowship Hall. The program will begin at 12:00 p.m. and lunch will be provided. The program and lunch are open to the public. Please contact Esther Bratton at 436-8856 or Francene Zimmerman at 436-5566 by Sunday, May 6<sup>th</sup> to register.

THE PENNSYLVANIA COUNCIL OF THE BLIND, Carl Shoemaker Chapter, and Radio Reading Service (formally CARRS), will hold its annual Walk for Sight Walkathon on Saturday, May 19, 2012 beginning at 9:30 a.m. Walk will be a state-wide Walkathon again this year and will be a distance of approximately 6 miles. Registration will be from 9:00 to 9:30 a.m. Walk will begin and end at Messiah Lutheran Church. Prizes will be awarded and refreshments will be provided. Children under the age of 10 must be accompanied by an adult. Your support for this annual event would be greatly appreciated. To obtain a sign-up sheet or for more information, call Geraldine Zeigler at 436-2746.

PURELY PRETTY EVENT – Locust Run United Methodist Church will be the scene of the first annual Purely Pretty event. Girls ages 9-16 and their mothers are invited to come and enjoy this mini-retreat. Purely Pretty will be held on Saturday, May 19, 2012 from 9 AM to 12 PM. The morning will include social time for visiting and breakfast, speaker Danyle Shea, who will share about what God has to say in His word concerning remaining pure in dress and appearance and why this is important, manicures and pedicures, and a fun fashion show to showcase trendy outfits available to girls today while still honoring the Lord in every area. The event is FREE and open to the community. The church is located just west of Thompsettown on the corner of William Penn Highway and Locust Run Road and is handicapped accessible. Please call Lyndsay at 535-0070 as registration is required or if you need more information.

THE AMERICAN RED CROSS is holding a blood drive on Wednesday, May 16, 2012 at Central Juniata EMS from 1:00 to 7:00 p.m. 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 blood safely every 56 days. To schedule an appointment, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800 Red Cross. Please bring a Red Cross donor card, photo ID, or two other forms of identification to the donor site.

FOOD PANTRY NEEDS FOR MAY:

ALL NON-PERISHABLE FOODS, DIAPERS (SIZES 4-6), TOILET PAPER, TISSUES  
\*LOCAL GROCERS AND DISCOUNT STORE GIFT CARDS ARE ALSO APPRECIATED!  
\*WE ALSO NEED GROCERY BAGS!

NURSE'S NOTES – Trouble sleeping? Try these tips:

1. Sprinkle just-washed sheets and pillowcases with lavender water. The scent has been shown in studies to promote relaxation, which can lead to better sleep.
2. Buy a new pillow. Studies show that pillows with an indent in the center can enhance sleep quality and reduce neck pain. Also try a "cool" pillow – one containing either all natural fibers or a combination of sodium sulfate and ceramic fibers that help keep your head cool.
3. Eat a handful of walnuts before bed. You'll give yourself a boost of fiber and essential fatty acids along with the amino acid tryptophan – a natural sleep inducer.

(David Katz MD, MPH, director of Yale University's Prevention Research Center as posted on WebMD)

**THIS WEEK AT MESSIAH**

**Today:** -9:15 a.m., Sunday School/Cate. Class.  
-10:30 a.m., Worship/Communion/Jr. Church.

**Monday:** -8 p.m., AA meeting.

**Tuesday:** -9 a.m., "The Needlers" in Fellowship Hall.

**Wednesday:** -Pastor Esborn away from May 16—24. If you need a Pastor during that time, please call Pastor Charles Hershberger at 527-4581.  
-7 p.m., NA group in Youth Area.  
-7 p.m., Choir rehearsal.

**Thursday:** -1 p.m., Dulcimer rehearsal.

**Friday:** -7 p.m., Square Dancing in Fellowship Hall.

**Saturday:** -9:30 a.m., Walk for the Blind beginning in parking lot at Messiah.

**Sunday:** -9:15 a.m., Sunday School.  
-10:30 a.m., Music Sunday/Communion/Jr. Church.  
-12 noon—4 p.m., Thrivent Event in Fellowship Hall.  
-7 p.m., PPC meeting.