

# 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  
Robert St. Clair  
Carole Nace  
Ed Beaver  
Christie Holderman

Pastor  
Choir Director  
Organist  
Organist  
Lector  
Altar Guild

## TWENTY-SECOND SUNDAY AFTER PENTECOST SERVICE OF THE WORD FOR HEALING October 24, 2010 – 10:30 a.m.

\*Please Stand as **YOU** Are Able

### PEOPLE TO REMEMBER IN PRAYER TODAY

Helen C., Marian G., Reba S., Sue C., Flo B., Ethel B., Virginia F., Cathryn R., Arlene M., Goldie K., Jean M., Cassie S., Ruth C., Ray B., Anna Mary Z., Brett S., Kevin R., Mary Martha G., Sara D., Avonel and Rick W., Dorothy S., Fred T., Sam Z., Ken G., Mac M., Harold W., George H., Sis S., family of Mary Margaret K., family of Doris S., and Norman G.

### PREPARATION

CHIMES: CALL TO WORSHIP

MEDITATION AND PRAYER

PRELUDE

"Open My Eyes"

P. Taylor

*[A Time for Meditation and Prayer]*

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

*Genuine repentance and pretentious piety stand in stark contrast in the gospel and all around us. All creation stands in need of God's forgiveness. Keep the faith. God's people—"all who have longed for his appearing"—shall be accounted righteous for Jesus' sake. Our God is merciful to sinners. For all this the assembly glorifies God forever.*

### \* 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. 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 "Morning Has Broken"

\* 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 Holy God, our righteous judge, daily your mercy surprises us with everlasting forgiveness. Strengthen our hope in you, and grant that all the peoples of the earth may find their glory in you, through Jesus Christ, our Savior and Lord.  
Amen**

**WORD**

*In a time of drought, the people pray for mercy, repenting of their sins and the sins of their ancestors. They appeal to God to remember the covenant, to show forth God's power, and to heal their land by sending life-giving rain.*

FIRST READING

A reading from Jeremiah 14:7-10, 19-22

THE LESSON READS:

Although our iniquities testify against us, act, O LORD, for your name's sake; our apostasies indeed are many, and we have sinned against you. <sup>8</sup>O hope of Israel, its savior in time of trouble, why should you be like a stranger in the land, like a traveler turning aside for the night? <sup>9</sup>Why should you be like someone confused, like a mighty warrior who cannot give help? Yet you, O LORD, are in the midst of us, and we are called by your name; do not forsake us! <sup>10</sup>Thus says the LORD concerning this people: Truly they have loved to wander, they have not restrained their feet; therefore the LORD does not accept them, now he will remember their iniquity and punish their sins.

<sup>19</sup>Have you completely rejected Judah? Does your heart loathe Zion? Why have you struck us down so that there is no healing for us? We look for peace, but find no good; for a time of healing, but there is terror instead. <sup>20</sup>We acknowledge our wickedness, O LORD, the iniquity of our ancestors, for we have sinned against you. <sup>21</sup>Do not spurn us, for your name's sake; do not dishonor your glorious throne; remember and do not break your covenant with us. <sup>22</sup>Can any idols of the nations bring rain? Or can the heavens give showers? Is it not you, O LORD our God? We set our hope on you, for it is you who do all this.

Lector: The word of the Lord.

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

PSALM: Psalm 84:1-7

*L – Happy are the people whose strength is in you. (Ps. 84:5)*

How dear to me is your dwelling, O LORD of hosts!

**<sup>2</sup>My soul has a desire and longing for the courts of the LORD; my heart and my flesh rejoice in the living God.**

<sup>3</sup>Even the sparrow has found a home, and the swallow a nest where she may lay her young,

by the side of your altars, O LORD of hosts, my king and my God.

**4Happy are they who dwell in your house! They will always be praising you.**

<sup>5</sup>Happy are the people whose strength is in you, whose hearts are set on the pilgrims' way.

**6Those who go through the balsam valley will find it a place of springs, for the early rains have covered it with pools of water.**

<sup>7</sup>They will climb from height to height, and the God of gods will be seen in Zion.

**All – Happy are the people whose strength is in you.**

*The conclusion of this letter to a young minister offers a final perspective on life from one who is now facing death. Though others have let him down, Paul is sure of his faith in the Lord, who has stood by him and lent him strength.*

#### SECOND READING

A reading from 2 Timothy 4:6-8, 16-18

THE LESSON READS:

As for me, I am already being poured out as a libation, and the time of my departure has come. <sup>7</sup>I have fought the good fight, I have finished the race, I have kept the faith. <sup>8</sup>From now on there is reserved for me the crown of righteousness, which the Lord, the righteous judge, will give me on that day, and not only to me but also to all who have longed for his appearing.

<sup>16</sup>At my first defense no one came to my support, but all deserted me. May it not be counted against them! <sup>17</sup>But the Lord stood by me and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. So I was rescued from the lion's mouth. <sup>18</sup>The Lord will rescue me from every evil attack and save me for his heavenly kingdom. To him be the glory forever and ever. Amen.

Lector: The word of the Lord.

**Cong: 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.**

*The coming reign of God will involve unexpected reversals of fortune with judgment rooted in mercy. Jesus tells a parable in which the one who humbles himself is exalted and the one who exalts his own righteousness is humbled.*

\* GOSPEL: Luke 18:9-14

*P The Holy Gospel according to Luke, the 18<sup>th</sup> chapter.*

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

THE GOSPEL READS:

[Jesus] also told this parable to some who trusted in themselves that they were righteous and regarded others with contempt: <sup>10</sup>Two men went up to the temple to pray, one a Pharisee and the other a tax collector. <sup>11</sup>The Pharisee, standing by himself, was praying thus, 'God, I

thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax collector. <sup>12</sup>I fast twice a week; I give a tenth of all my income.' <sup>13</sup>But the tax collector, standing far off, would not even look up to heaven, but was beating his breast and saying, 'God, be merciful to me, a sinner!' <sup>14</sup>I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted."

*P The Gospel of the Lord.*

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

SERMON

Pastor Esborn

\* HYMN OF THE DAY "Lord Jesus, Think on Me"

\* 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

"Meditation On 'Vernon' "

S. Scott

*[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

Choir

\* 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.**

\* OFFERTORY 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* God hears the cry of the poor and is near to all in need. Let us pray for our neighbors, our world, and ourselves, trusting in God's mercy and love.

A brief silence.

*P* How dear is your dwelling to us, Lord of hosts. We pray for your church, that it may be a welcome place for all in need of healing and community. Lord, in your mercy,

**C** hear our prayer.

*P* Even the sparrow finds a home in you, O God. We pray for birds of every kind, and thank you for their joyful song by day and night. Keep them and all your creatures safe from harm. Lord, in your mercy,

**C** hear our prayer.

*P* Hope of Israel, we pray for peace and healing in the Holy Land. Bring an end to religiously-motivated violence, and help people of different faiths see your face in one another. Lord, in your mercy,

**C** hear our prayer.

*P* The humble are exalted in your presence, O God. We pray for all who struggle with shame, self-doubt, or any kind of infirmity (especially all of our shut-ins [both at home and in nursing homes], Brett Smith, Kevin Reynolds, Mary Martha Gilbert, Sara Dressler, Avonel and Rick Waller, Dorothy Swab, Fred Towsey, Sam Zeiders, Ken Geedey, Ray Bramm, Mac McLaughlin, Harold Woodward, George Hazard, Sr., Sis Stetler, family of Mary Margaret Keresey, family of Doris Shirk, and Norman Gloss, Jr.). Lift them up in the love and acceptance of Jesus. Lord, in your mercy,

**C** hear our prayer.

*P* You stood by Paul in his final days, O God, and gave him strength. We pray for our congregation's ministry to the dying, that those on their final journey home might be accompanied by our love and prayers. Lord, in your mercy,

**C** hear our prayer.

Here other intercessions may be offered.

*P* Happy are those whose strength was in you, O God, and have now finished their race (especially Mary Margaret Keresey and Doris Shirk). We praise you for their friendship, and we ask that we may share with them the crown of righteousness. Lord, in your mercy,

**C** hear our prayer.

*P* All this we ask, gracious God, together with all that is known to you alone, in the name of your risen and anointed Son, through the power of your life-giving Spirit.

**C** Amen

## THE RITE OF HEALING

### THE LAYING ON OF HANDS

*P* Those who wish to receive the laying on of hands as a commitment to God's power to heal may come forward to the altar rail. This may include those in need of physical, emotional, or mental healing. It may include those in need of reconciliation in their relationship to God or neighbor. It may include those who wish to commit their ministry of healing into the hands of God: as a

doctor, nurse or health care worker.

(Then for each individual the following is said with the laying on of hands):

*P I lay my hands upon you in the name of our Lord and Savior Jesus Christ, beseeching him to uphold you and fill you with grace, that you may know the healing power of his love.*

**C Amen**

*P (Name), I anoint you with oil in the name of the Father, and of the Son, and of the Holy Spirit.*

**C Amen**

\* PRAYER OF COMMITMENT (for all)

*P The almighty Lord a stronger tower to all who put their trust in him, to whom all things in heaven, on earth, and under the earth bow and whom they obey—be now and evermore your defense, and make you know and feel that the only name under heaven given for health and salvation is the name of our Lord Jesus Christ.*

**C Amen**

\* PRAYER OF THANKSGIVING

*P Let us pray.*

*merciful Lord God, constant source of all healing, we give you thanks for all your gifts of strength and life, and above all we thank you for the gift of your Son, through whom we have health and salvation. As we wait for that day when there will be no more pain, help us by your Holy Spirit to be assured of your power in our lives and to trust in your eternal love; through Jesus Christ 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 "Lord, Teach Us How to Pray Aright"

## 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 and Savior 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**

\* DISMISSAL

*P Go in peace. Serve the Lord.*

**C Thanks be to God.**

POSTLUDE

“Christ The Redeemer”

T. Birchwood

NEXT WEEK'S LECTOR – Linda Bahorik    NEXT WEEK'S ALTAR GUILD – Christie Holderman

## **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.

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 – Eleanor Roosevelt, First Lady: “We are in a tremendous stream, and none of us knows where we are going to land.”

## **CONGREGATIONAL NEWS**

WE EXTEND OUR SYMPATHY to the family of Mary Margaret (Marhefka) Keresey, who died on Tuesday, October 19, 2010 at Altoona Hospital. Please keep the family in your prayers. Sympathy is also extended to the family of Doris Shirk, who died on Thursday, October 21, 2010 at her home. Her memorial service will be held at 2 p.m. on Monday, October 25 at the Guss Funeral Home. Please keep the family in your prayers.

ALTAR FLOWERS are presented to the Glory of God and in memory of Esther Cisney by Ron and Deanna Cisney and family.

CHURCH ORGANIST is needed for weekly services, beginning January 1, 2011, at Messiah Lutheran Church. Wednesday evening choir rehearsal, except during summer months. Allen Digital Electric Organ and Kurzweil Electronic Keyboard. Candidates should contact Bob St. Clair at [stclairb@embarqmail.com](mailto:stclairb@embarqmail.com) or at 436-0279 between 5 p.m. and 9 p.m. for information, including salary. Position is for fulltime employment. Additional information about the church and congregation can be found at [www.mlcmissifflintown.org](http://www.mlcmissifflintown.org).

BAPTISMAL BIRTHDAYS: October 25, Jason Gross; October 29, Matthew Gross; October 31, Jean Zimmerman.

BLANKET SUNDAY ENVELOPES may still be returned. Please make checks payable to **Messiah Women of the ELCA** and place them in the offering plates or give them to Claire Mumma. Additional envelopes are available on the table in the Adult Sunday School Room.

MESSIAH HERALD – At the October 10<sup>th</sup> 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. However, 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 January's issue, the Messiah Herald can be either downloaded online at [www.mlcmissifflintown.org](http://www.mlcmissifflintown.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, and 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.

THANK YOU STACIE – Recently Stacie Kint has been organizing and sorting the materials in the Children's Storage Area and we really appreciate her efforts. It looks so much better. A big thank you to Stacie from the Property Committee.

THANK YOU to the congregation of Messiah for the words of comfort by cards, phone calls and visits at the time of the death of my Mother. All is greatly appreciated.

Margaret Guss

### **MEETINGS AND EVENTS**

THE PROPERTY COMMITTEE will meet on Monday, October 25, 2010 at 6:30 p.m. in the Choir Room.

SAVE THE DATE: On Sunday, December 5, 2010 at 2:00 p.m. ALL the youth of the church are invited to attend a holiday activity full of fun and the spirit of giving. Please mark your calendars now and plan to join us here at Messiah. More details will follow.

### **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.

WOMEN OF THE ELCA will meet on Thursday, November 11, 2010 at 7:00 p.m. in the Youth Area, with Linda Leister as devotional leader. Plans are to repair banners.

### **COMMUNITY**

FOOD PANTRY needs for October: Any Non-Perishable Foods, Baby Supplies, Diapers (sizes 3-6), Pull-Ups (all sizes), Baby Shampoo, Baby Lotion, Diaper Rash Ointment, and Wipes. We also need plastic and paper grocery bags. Since the Food Pantry is in great need of non-food items for needy families, your unused coupons would be appreciated.

THE JUNIATA COUNTY FOOD PANTRY BOARD OF DIRECTORS invites you to our Annual Meeting to be held Thursday, October 28, 2010 at 7:00 p.m. Please join us at 114 N. Main Street, Mifflintown and see how much we've accomplished at our new facility. At the meeting we will present an overview of the Food Pantry's progress in our ministry of feeding the hungry in Juniata County, and we will give thanks for the community support and volunteers that make this ministry possible. Please join us as we celebrate our accomplishments, look forward to our future ministry, and work together to fight hunger in our community.

HABITAT WORK TRIP – St. Stephen's is organizing a work group to go to New Orleans for the Habitat work week January 11-15, 2011. Travel dates have tentatively been set for Friday, January 7<sup>th</sup> through Sunday, January 16<sup>th</sup>. There will be an organizational meeting tonight at 6:00 p.m. at St. Stephen's for anyone interested in joining the team. For more information, call Don Bratton at 436-8856.

COMMUNITY CHORUS REHEARSALS will be held on the following dates from 7:00 to 8:30 p.m. in the Juniata High School music room. *(Even if you cannot attend all of the rehearsals, please don't hesitate to join the group).*

Monday, October 25	Monday, November 22
Monday, November 1	Tuesday, December 7
Tuesday, November 9	Monday, December 13
Tuesday, November 16	

This year's 14<sup>th</sup> annual Christmas Cantata performance "A Light Still Shines" will be held Sunday, December 19, 2010 at 2:00 p.m. in the auditorium of Juniata High School.

DINING OUT TO HELP THE HUNGRY – The Original Italian Pizza Restaurant, outside Port Royal, is joining with the Juniata County Food Pantry to raise funds for helping those in need in our community. On Tuesday, November 2, 2010, the OIP will contribute 10% of your bill to the Juniata County Food Pantry when you present a discount ticket. You can get a ticket through your local church or at the office at the Food Pantry on Main Street, Mifflintown during regular hours. Thank you for helping us to care for the families of our community.

NURSE'S NOTES FOR OCTOBER 24 – Want to put a stop to a food craving? Try this. Name 5 things you see in front of you. Identify 4 colors you see. Describe 3 things your body is feeling right now (temperature, texture, etc.). Identify two sounds. State 1 thing that you can smell. Why? "Focusing on your senses quiets the chatter in your mind so you can tune into your body's signals better – and decide if you are actually hungry." (Albers, S (Sept, 2010). *Prevention*, pg. 101).