

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
Linda Bahorik
Christie Holderman
Andrea Cameron

Pastor
Choir Director
Organist
Organist
Lector
Altar Guild
Cantor

REFORMATION DAY October 31, 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., George H., Sis S., Rich S., and Norman G.

PREPARATION

CHIMES: CALL TO WORSHIP

MEDITATION AND PRAYER

PRELUDE "Spirit Of God" L. Smith

[A Time for Meditation and Prayer]

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

On this day we celebrate the heart of our faith: the gospel of Christ—the good news—that makes us free! We pray that the Holy Spirit would continue to unite the church today in its proclamation and witness to the world. In the waters of baptism we are made one body; we pray for the day that all Christians will also be one at the Lord's table.

* CONFESSION AND FORGIVENESS

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

C Amen

P Recognizing our need for God's mercy, let us confess our sin, and seek reconciliation with God and each other.

Silence is kept for reflection

P God of justice and compassion.

C we confess that we have sinned against you in thought, word, and deed. We have not loved our neighbors as ourselves. We have not been faithful stewards of your creation. We have failed to share the bounty of your harvest with the poor and needy. Forgive our sin, increase our faith, strengthen us in service, and bring us to everlasting life. Amen

P Heaven rejoices when a sinner repents and a lost sheep is found. In the mercy of almighty God, Jesus Christ was given to die for us, and for his sake God forgives us all our sins. As a called and ordained minister of the church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the + Son, and of the Holy Spirit.

C Amen

GATHERING

* ENTRANCE HYMN “Lord, Keep Us Steadfast in Your Word”

* GREETING

P The grace given to us in Christ Jesus, the power of God who calls us with a holy calling, and the help of the Holy Spirit living in us be with you all.

C And also with you.

* KYRIE (**sung**)

P In peace, let us pray to the Lord.

C Lord, have mer-cy.

P For the peace from above, and for our salvation, let us pray to the Lord.

C Lord, have mer-cy.

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 mer-cy.

P For this holy house, and for all who offer here their worship and praise, let us pray to the Lord.

C Lord, have mer-cy.

P Help, save, comfort, and defend us, gra-cious Lord.

C A - men

* HYMN OF PRAISE (**sung**)

Regular Print -- Cantor

Bold print - All Congregation

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

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

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

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

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

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.

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

For the Lamb who was slain has begun his reign. Al-le-lu-ia.
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 al-so with you.**

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

P *Let us pray...*

C **Almighty God, gracious Lord, we thank you that your Holy Spirit renews the church in every age. Pour out your Holy Spirit on your faithful people. Keep them steadfast in your word, protect and comfort them in times of trial, defend them against all enemies of the gospel, and bestow on the church your saving peace, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen**

WORD

The renewed covenant will not be breakable, but like the old covenant it will expect the people to live upright lives. To know the Lord means that one will defend the cause of the poor and needy (Jer. 22:16). The renewed covenant is possible only because the Lord will forgive iniquity and not remember sin. Our hope lies in a God who forgets.

FIRST READING: Jeremiah 31:31-34

The First Lesson is from the 31st chapter of Jeremiah.

THE LESSON READS:

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. ³²It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. ³³But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. ³⁴No longer shall they teach one another, or say to each other, "Know the LORD," for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

Lector: Here ends the reading.

Cong: Thanks be to God.

PSALM: Psalm 46

Ps. – Intoned by Cantor

R – Sung by congregation (A might-y for-tress is our God, a sword and shield vic-to-rious;)

God is our ref- | uge and strength, a very present | help in trouble.

²Therefore we will not fear, though the | earth be moved, and though the mountains shake in the depths | of the sea;

³though its waters | rage and foam, and though the mountains tremble | with its tumult.

4There is a river whose streams make glad the city of God, the holy habitation of the Most High.

5God is in the midst of the city; it shall not be shaken; God shall help it at the break of day.

6The nations rage, and the kingdoms shake; God speaks, and the earth melts away. R

7The LORD of hosts is with us; the God of Jacob is our stronghold.

8Come now, regard the works of the LORD, what desolations God has brought up on the earth;

9behold the one who makes war to cease in all the world; who breaks the bow, and shatters the spear, and burns the shields with fire.

10"Be still, then, and know that I am God; I will be exalted among the nations; I will be exalted in the earth."

11The LORD of hosts is with us; the God of Jacob is our stronghold. **R**

Paul's words stand at the heart of the preaching of Martin Luther and the other Reformation leaders. No human beings make themselves right with God through works of the law. We are brought into a right relationship with God through the divine activity centered in Christ's death. This act is a gift of grace that liberates us from sin and empowers our faith in Jesus Christ.

SECOND READING: Romans 3:19-28

The Second Lesson is from the 3rd chapter of Romans.

THE LESSON READS:

Now we know that whatever the law says, it speaks to those who are under the law, so that every mouth may be silenced, and the whole world may be held accountable to God. ²⁰For "no human being will be justified in his sight" by deeds prescribed by the law, for through the law comes the knowledge of sin.

²¹But now, apart from law, the righteousness of God has been disclosed, and is attested by the law and the prophets, ²²the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction, ²³since all have sinned and fall short of the glory of God; ²⁴they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, ²⁵whom God put forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; ²⁶it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus.

²⁷Then what becomes of boasting? It is excluded. By what law? By that of works? No, but by the law of faith. ²⁸For we hold that a person is justified by faith apart from works prescribed by the law.

Lector: Here ends the reading.

Cong: Thanks be to God.

* THE VERSE (sung)

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

Al-le-lu—ia. Al-le-lu—ia.

Jesus speaks of truth and freedom as spiritual realities known through his word. He reveals the truth that sets people free from sin.

* GOSPEL: John 8:31-36

P The Holy Gospel according to John, the 8th chapter.

C Glo - ry to you, O Lord. (sung)

THE GOSPEL READS:

Then Jesus said to the Jews who had believed in him, "If you continue in my word, you are truly my disciples; ³²and you will know the truth, and the truth will make you free." ³³They answered him, "We are descendants of Abraham and have never been slaves to anyone. What do you mean by saying, 'You will be made free'?"

³⁴Jesus answered them, "Very truly, I tell you, everyone who commits sin is a slave to sin. ³⁵The slave does not have a permanent place in the household; the son has a place there forever. ³⁶So if the Son makes you free, you will be free indeed."

P The Gospel of the Lord.

C Praise to you, O Christ. (sung)

SERMON

Pastor Esborn

* HYMN OF THE DAY "A Mighty Fortress Is Our God"

* 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 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 We thank you, God, for the gift of your holy catholic church, and we pray for its continual reform. Keep us open to the movement of your Spirit, and center our lives around your gift of grace. Hear us, O God.

C Your mercy is great.

P We thank you, God, for the gift of your creation, and we pray for its care and protection. Forgive us for our carelessness with the earth and transform our lives of consumption to lives of gratitude. Hear us, O God.

C Your mercy is great.

P We thank you, God, for the gift of freedom. Give wisdom and understanding to voters and those whom they elect, that our nation would be guided in your ways of peace and integrity. Hear us, O God.

C Your mercy is great.

P We thank you, God, for the gift of health, and we pray for those who long for healing (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, George Hazard, Sr., Sis Stetler, Rich Smith, and Norman Gloss, Jr.). Calm their sould with the knowledge that you are God, and comfort them with your presence. Hear us, O God.

C Your mercy is great.

P We thank you, God, for the gift of this family of faith, and we pray for continued vitality in all our ministries, that future generations might come to share in the freedom of your Son. Hear us, O God.

C Your mercy is great.

Here other intercessions may be offered.

P We thank you, God, for our sisters and brothers who now rest in you (especially). We pray that their faith will always accompany us on our journeys. Hear us, O God.

C Your mercy is great.

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

*** 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

"Communion In Christ"

T. Kendall

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

* OFFERING PRAYER

P God of all creation, all you have made is good, and your love endures forever. You bring forth bread from the earth and fruit from the vine. Nourish us with these gifts, that we might be for the world signs of your gracious presence in 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 You are indeed holy, almighty and merciful God. You are most holy, and great is the majesty of your glory.

You so loved the world that you gave your only Son, so that everyone who believes in him may not perish but have eternal life.

We give you thanks for his coming into the world to fulfill for us your holy will and to accomplish all things for our salvation.

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.

For as often as we eat of this bread and drink from this cup, we proclaim the Lord's death until he comes.

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

Remembering, therefore, his salutary command, his life-giving passion and death, his glorious resurrection and ascension, and the promise of his coming again, we give thanks to you, O Lord God Almighty, not as we ought but as we are able; we ask you mercifully to accept our praise and thanksgiving and with your Word and Holy Spirit to bless us, your servants, and these your own gifts of bread and wine, so that we and all who share in the body and blood of Christ may be filled with heavenly blessing and grace, and, receiving the forgiveness of sin, may be formed to live as your holy people and be given our inheritance with all your saints.

To you, O God, Father, Son, and Holy Spirit, be all honor and glory in your holy church, 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 Come to the banquet, for all is now ready.

* 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 and Savior 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 O God, we give you thanks that you have set before us this feast, the body and blood of your Son. By your Spirit strengthen us to serve all in need and to give ourselves away as bread for the hungry, through Jesus Christ our Lord.

C Amen

SENDING

* BLESSING

P Almighty God, Father, + Son, and Holy Spirit, watch over your going out and your coming in, from this time forth and forevermore.

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

* CLOSING HYMN

“Built on a Rock”

* DISMISSAL

P Go in peace. Remember the poor.

C Thanks be to God.

POSTLUDE

“The Awakening”

E. Broughton

NEXT WEEK'S LECTOR – Ron Yorks

NEXT WEEK'S ALTAR GUILD – Linda Clark

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.

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 – Brian Greene, PH.D, Contemporary Physicist, Professor and Author:
“Quantum mechanics is starkly efficient; it explains what you see, but it prevents you from seeing the explanation.”

CONGREGATIONAL NEWS

ALTAR FLOWERS are presented to the Glory of God and in honor of our children and grandchildren by Warren and Claire Mummah.

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 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.mlc-miffintown.org.

BAPTISMAL BIRTHDAYS: November 1, Donald Fogleman, III, Briley Holderman; November 2, Allison Kint, Hannah Ehrisman; November 4, Matt Hutchinson, Brittany Singer, Megan Hardy, Tyler Singer, Jared Hutchinson, Luke Fogleman, Derrick Singer, Justin Wortman, Laurie Singer; November 5, Craig Walker, Hunter Berry, Slone Smith; November 6, Jane Miller, Ona Stoner, Mary Weiland; November 7, Tawny Mummah, Lawrence Singer, Jr.; November 9, Stacie Kint.

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 Mummah. Additional envelopes are available on the table in the Adult Sunday School Room.

MESSIAH HERALD – At the October 10th 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.mlc-miffintown.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.

RECEIVED IN STAINED GLASS FUND on Sunday, October 24, 2010: \$200.00. Total received in fund to date: \$47,605.00.

UNOFFICIAL MINUTES of the October 17, 2010 PPC meeting are available to members of the congregation. They are placed on the piano in the Adult Sunday School Room.

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.

MEETINGS AND EVENTS

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. We will be baking cookies and packing “trail mix” in gift bags. Pizza will be served followed by caroling and delivering cookies. Please mark your calendars now and plan to join us here at Messiah.

THE NEXT VOTERS’ ASSEMBLY MEETING will be held on Sunday, November 21, 2010 following the morning worship service. Business: vote on 2011 budget.

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

WE EXTEND CONGRATULATIONS AND BEST WISHES to Drew Yorks and Brandy Pyle who were married on Sunday, October 24, 2010 at Laurel Rock Farm. Please keep them in your prayers as they begin their life together.

FOOD PANTRY needs for November: All Non-Perishable Foods. Paper products: toilet paper, facial tissues, and paper towels. 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.

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, November 1 Monday, November 22
- Tuesday, November 9 Tuesday, December 7
- Tuesday, November 16 Monday, December 13

This year’s 14th 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 31 – Avoiding germs in a public restroom:

- Avoid the middle stall – it tends to get used the most and accumulates more bacteria. The first stall is typically least used, and the cleanest.
- Don't put your purse on the floor – 1/3 of the purses placed on the restroom floor have fecal matter afterward. If there is no hook, keep it on your shoulder.
- Hovering rather than sitting makes it more difficult for your bladder to empty. Use toilet paper or seat liners before sitting.
- Flee after flushing – the flush of a public toilet is typically more forceful than at home, spreading germs through the air. Leave before they can land on you.

THIS WEEK AT MESSIAH

- Today:** -Reformation Sunday.
-Food Pantry Sunday.
-9:15 a.m., Sunday School/Catechetical Class.
-10:30 a.m., Worship/Communion/Jr. Church.
- Monday:** -7 p.m., Bible Study.
-7 p.m., Community Chorus rehearsal at JHS.
-8 p.m., AA meeting.
- Tuesday:** -OIP 10% Day to benefit Juniata County Food Pantry.
-9 a.m., "The Needlers" in Fellowship Hall.
- Wednesday:** -7 p.m., Choir rehearsal.
- Thursday:** -1 p.m., Dulcimer rehearsal in Fellowship Hall.
-7 p.m., Thrivent meeting in Library.
- Friday:** -7 p.m., Square Dancing in Fellowship Hall.
- Saturday:** -12:00 noon to 6 p.m., Fellowship Hall reserved.
-Set clocks back 1 hour tonight!
- Sunday:** -All Saints Sunday.
-9:15 a.m., Sunday School/Catechetical Class.
-10:30 a.m., Worship/Communion/Jr. Church.
-2—4 p.m., Fellowship Hall reserved.