

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
Diana Wise
Diana Wise
Clint & Jamie Miller
Andrea Cameron

Pastor
Choir Director
Organist
Lector
Altar Guild
Cup Communion
Cantor

REFORMATION SUNDAY October 28, 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., George, Jamie and Luke D., Ed and Ann B., Sarah D., Haylee Y., Gene R., Ken A., Jr., Jesse K., Susan M., Paul W., Tammy W., Randy C., Josh B., Todd W., Eric S., Matt H., and Cade C.

PREPARATION

CHIMES: CALL TO WORSHIP
MEDITATION AND PRAYER
PRELUDE

[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.

On October 28 the church remembers the apostles Simon and Jude. Their lesser festival may be observed this year on October 29.

* CONFESSION AND FORGIVENESS

P Blessed be the holy Trinity, + one God, whose name is majestic in all the earth, who rescues and heals in every time of trouble, who does all things well.

C Amen

P Let us come before God, seeking forgiveness and life.

Silence is kept for reflection

P Steadfast and saving God,

C have mercy on us. In so many ways we cause or suffer brokenness: envy, ambition, conflict, boasting, hard hearts, lashing tongues, dishonor for the poor. In your compassion, forgive our sins and heal our hurts. Bring forth from us a harvest of righteousness, the fruits of gentleness and peacemaking, the sheaves of wisdom and justice; through Jesus Christ, our Savior and Lord. Amen

P In the name of + Jesus, the Son of God, receive mercy and find grace in your time of need. Your transgressions are forgiven; God's love is healing balm for your wounds. Continue to pray for one another; care for those who are wandering; and seek the good, that you may live.

C Amen

GATHERING

* ENTRANCE HYMN

"Built on a Rock"

* GREETING

P God of hosts most gracious, God the Son who saves us, God the Spirit placed upon us, be with you all.

C And also with you.

* KYRIE (**C - 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**) 1--4 – Cantor **C – All**

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

1 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.

2 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.

3 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.

4 For the Lamb who was slain has begun 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 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- luge and strength, a very present l help in trouble.

²Therefore we will not fear, though the l 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 cit- | y 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**)

**C 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:

³¹Then 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 As disciples of Christ Jesus called to love and serve all people, let us pray for the church, those in need, and all of God's creation.

A brief silence.

P God of the new covenant, in the waters of baptism you claim us as your own. Shower the church with your Holy Spirit, that the church will become one as we are one in you. Lord, in your mercy,

C hear our prayer.

P God of creation, nourish the earth to provide enough food and clean water for all. Teach us to share these resources, that no one hungers or thirsts. Lord, in your mercy,

C hear our prayer.

P God of peace, bring an end to conflicts and wars around the world, shatter the fear we have of people different from us, and break down all that separates us from you and one another. Lord, in your mercy,

C hear our prayer.

P God of grace, quiet the fear and anxiety of those in need: the unemployed, homeless, persecuted, and all who are ill or suffering (especially all of our shut-ins [both at home and in nursing homes], Ryan Keresey, Sarah Dressler, Luke Davis, Haylee Yocum, Gene Rhine, Ken Arbogast, Jr., Jesse Kint, Susan Minick, Paul Woltman, Tammy Walton, Anna Mary Zimmerman, Randy Clark, Josh Beitz, Todd Wise, Eric St. Clair, Ruth Cisney, Matt Hutchinson, and Cade Clark). Grant them peace and healing, for you are their refuge and strength. Lord, in your mercy,

C hear our prayer.

P God of freedom, make this congregation a place of forgiveness and reconciliation. Empower our faith so that we witness to your truth that liberates us from sin. Lord, in your mercy,

C hear our prayer.

Here other intercessions may be offered.

P Eternal Word of life, we give you thanks for (the apostles Simon and Jude and) the reformers of every generation who have passed on the faith to us. Keep us steadfast in your word until we join them around your throne. Lord, in your mercy,

C hear our prayer.

P Hear our prayers, faithful God, and renew us by your Spirit, that we may joyfully love and serve you and one another, 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') **(sung)**

C 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 Merciful God, as grains of wheat scattered upon the hills were gathered together to become one bread, so let your church be gathered together from the ends of the earth into your kingdom, for yours is the glory through Jesus Christ, now and forever.

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 sal-u-tary. . .we praise your name and join their unending hymn: **(sung)***

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.

P 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) C 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 God gives food to those who hunger. Come, be fed, be healed.

*** LAMB OF GOD (sung)**

C 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.

(In hospitality and attempting to meet the needs of individuals, Messiah now offers gluten free communion hosts. If you wish to receive gluten free hosts, please come to the side where Pastor Esborn is serving).

DISTRIBUTION

[“AT THE CHANCEL RAIL” – come forward by the aisle on your right; take a communion cup from the table by the front pew. Stand around the chancel rail to partake and return by the aisle to the left of your seat].

* 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 We give you thanks, O God, that you welcome us to your table and satisfy our deepest hunger and thirst. By your gifts of word and holy meal, strengthen us to take up the cross as we go about our callings in this world, following after Jesus Christ, our servant Lord.

C Amen

SENDING

* BLESSING

P Like children in the arms of Jesus, receive blessing: The Lord bless you and keep you. The Lord’s face shine on you with grace and mercy. The Lord look upon you with favor and + give you peace.

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

* CLOSING HYMN

“God, Whose Almighty Word”

* DISMISSAL

P Go in peace. Remember the poor.

C Thanks be to God.

POSTLUDE

NEXT WEEK’S LECTOR – Ed Beaver

NEXT WEEK’S ALTAR GUILD – Ann Beaver (Clint & Jamie Miller – Cup Communion)

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!

ALTAR FLOWERS are presented to the Glory of God and in honor of Glenn and Mary Grimm and Shane, Todd and Claire by Warren and Claire Mumma.

JUST A THOUGHT – Dionysius the Areopagite, Bishop of Athens (6th century): The simple, absolute and immutable mysteries of the divine Truth are hidden in secret. For this darkness, though of deepest obscurity, is yet radiantly clear; and, though beyond touch and sight, it more than fills our unseeing minds with splendors of transcendent beauty.

CONGREGATIONAL NEWS

The next Voters Assembly meeting will be held on Sunday, November 18, 2012 following the morning worship service. Business: Quarterly reports of the boards and voting on 2013 proposed budget.

THE NOVEMBER 2012 "MESSIAH HERALD" is now available online. Please go to the church website at www.mlcsmiffintown.org and click on the "Publications" tab then click on the "November 2012 Newsletter" button. Hard copies are available in the church office, sanctuary, kitchenette, and Fellowship Hall. If there is someone who would like to receive the newsletter by email who is not already on the email list, please send your email address to Bob St. Clair at stclairb@embarqmail.com and your name will be added to the list.

HEATING OIL PROGRAM – For every gallon of heating oil purchased by a member of Messiah Lutheran Church from Nittany Oil Company or Hilltop Oil, they will donate five cents per gallon back to the church's heating oil account. If not already participating in this program, contact the Hilltop office at 436-2647 if you wish to participate.

SYNOD ASSEMBLY DELEGATES NEEDED – Two members of Messiah are needed to attend the annual Synod Assembly in June 2013 at Susquehanna University, Selinsgrove. If you are interested in serving, please contact the pastor or the church office.

LUTHERAN STUDY BIBLES by Augsburg Fortress are available in the church office for anyone who would like one. Cost is normally \$35.00 but we were able to get them at the sale price of \$18.75 plus shipping.

POINSETTIAS to decorate the church for Christmas may be placed in honor or in memory of someone, or to the Glory of God. The cost is \$8.00 for a 6½" plant with 3 to 4 blooms. You may order by calling the church office at 436-6213.

CAN TREE – Donations of gallon-size canned food is again being collected this year, now through December, for the "can tree" in the Adult Sunday School Room to benefit Bethesda Mission. Everyone is encouraged to donate as many cans as you are able. Cans will be delivered to Bethesda Mission later in December.

BLANKET SUNDAY ENVELOPES may still be returned until the end of October. Please make checks payable to Messiah Women of the ELCA and take this opportunity to serve as Christ's helping hands in our world today! Envelopes are available on the table in the Adult Sunday School Room.

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.

MESSIAH WOMEN OF THE ELCA will meet on Thursday, November 8, 2012 at 7:00 p.m. in the Youth Area with Cynthia Smith as devotional leader.

MESSIAH WOMEN OF THE ELCA Thankoffering Service will be held on Sunday, November 11, 2012. A special offering envelope is included in the November newsletters throughout the church and additional envelopes are available on the table in the Adult Sunday School Room. Offerings help Women of the ELCA with their various projects and services to those in need. Please make checks payable to "Messiah Women of the ELCA."

CHRISTMAS ANGEL PROJECT – Women of the ELCA will be sponsoring 6 children this year for the Christmas Angel Project. A poster with the information will be on the bulletin board in the kitchenette. Gifts are to be wrapped, labeled with the children's name and family number, and returned to the Sunday School Room by December 4, 2012.

COMMUNITY

MEALS-ON-WHEELS needs volunteer drivers, cooks and people to help assemble meals. If you have some spare time and can help, please call Dottie Heck at 436-6002 or 717-348-1950 (cell).

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).

	Tuesday, November 13
	Tuesday, November 20
Monday, October 29	Monday, December 3
Monday, November 5	Tuesday, December 11

This year's 16th annual Christmas Cantata performance "Season of Wonders" will be held Sunday, December 16, 2012 at 2:00 p.m. in the Juniata High School auditorium.

THE INTERNATIONAL GIFTS SALE will be held at Cedar Grove Brethren in Christ Church on Friday, November 16, 2012 from 9 a.m. to 8 p.m. and Saturday, November 17 from 9 a.m. to 3 p.m. This year's sale offers baskets, jewelry, toys, pottery, Christmas ornaments, and international foods by organizations like Ten Thousand Villages, SERRV, Women at Risk International, and BeadForLife. By shopping fair trade you will help skilled artisans in third world countries receive a fair price for their handcrafted wares, create employment opportunities and assist them in being able to pay for uniforms and books in order to send their children to school and provide better opportunities for their future. For more information, visit our website at www.juniatainternationalgiftsale.com.

JUNIATA COUNTY FOOD PANTRY NOVEMBER/DECEMBER UPDATE

We continue to request food to support our goal of providing 350 of our Juniata County families in poverty with both a Thanksgiving and Christmas meal this year. In order to accomplish this, the Food Pantry has joined forces with the Boy Scouts, Kiwanis, Salvation Army and **YOU**. If you could help us to stockpile the following foods for the holidays, we would really appreciate it, but please don't forget that we are still trying to provide the basic necessities for our neighbors in need. It won't do much good if we give a holiday meal to a family who doesn't have anything to eat the next day or the products to keep themselves clean and healthy.

FOOD PANTRY BASIC NEEDS FOR NOVEMBER/DECEMBER:

ALL NON-PERISHABLE FOODS, PERSONAL AND BABY CARE PRODUCTS, PAPER AND CLEANING SUPPLIES.

HOLIDAY MEAL NEEDS FOR NOVEMBER/DECEMBER:

TURKEYS, CRANBERRY SAUCE, STUFFING, CANNED FRUITS AND VEGETABLES, INSTANT MASHED POTATOES, CANNED SWEET POTATOES, GRAVY MIX, CAKE MIX AND READY MADE ICING.

**We also accept donations of cash and local grocery and discount store gift cards!
Remember, our vestibule is open to receive donations any hour, any day!**

**P.O. Box 44, 114 N. Main St., Mifflintown, 17059
Phone # 436-9718, Hours: Mon. & Wed. 2-6, Sat. 9-1**

Please make checks payable to the Juniata County Food Pantry
Contact person: Kathy Queitzsch, email jcfoodpantry@embarqmail.com

THE AMERICAN RED CROSS will be holding blood drives at the following locations:

Tuesday, November 6th
Juniata Mennonite School
1:00 pm – 7:00 pm
289 Leonard Hill Rd., McAlisterville

Friday, November 30th
Walker Grange Hall
1:00 pm – 7:00 pm
William Penn Hwy., Mexico

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. Donors should bring their Red Cross donor cards, photo ID, or two other forms of identification to the donor site. The need for blood never diminishes because blood is a perishable medicine. For more information or to schedule an appointment, visit redcrossblood.org or call 1-800 Red Cross.

NURSE'S NOTES – Compounds in cherries called anthocyanins – the same phytonutrients that give cherries their rich ruby hue – are powerful antioxidants that work in two ways to reduce pain. "They block inflammation and they inhibit pain enzymes, just like aspirin, naproxen, and other nonsteroidal anti-inflammatories," says Muraleedharan Nair, PhD, natural products chemist at Michigan State University's College of Agriculture and Natural Resources. One study in the Journal of Nutrition showed that people who ate a bowl of cherries for breakfast reduced a major marker of inflammation by 25%. Other researchers found less muscle pain in runners who drank 12 ounces of tart cherry juice twice daily for 7 days before a distant run. (*Prevention Magazine*, September 2012, pg. 76)

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.
-8 p.m., AA meeting in Fellowship Hall.
- Tuesday:** -9 a.m., "The Needlers" in Fellowship Hall.
- Wednesday:** -7 p.m., Choir rehearsal.
- Thursday:** -9a.m.,--2 p.m., Family Resource Program in Youth Area
-1 p.m., Dulcimer rehearsal in Fellowship Hall.
-6 p.m., Thrivent meeting in Library.
- Friday:** -7 p.m., Square Dancing in Fellowship Hall.
- Saturday:** -Set time back 1 hour before bed.

Sunday: -ALL SAINTS SUNDAY.
-9:15 a.m., Sunday School/Catechetical Class.
-10:30 a.m., Worship/Communion.

MESSIAH LUTHERAN CHURCH FALL FEST November 11, 2012

You are invited to attend the Fall Fest at Messiah on Sunday, **November 11, 2012** **following the Thankoffering Service** in the Fellowship Hall. Home-made vegetable soup and beverage will be provided. Those attending are asked to **provide a covered dish (hot or cold)** of their choice. Anyone unable to bring a covered dish is still more than welcome to attend as there is always plenty of food for everyone. Mints, chips, etc. are always needed and don't need to be prepared.

Reservations can be made by detaching the bottom portion of this sheet and placing it in the offering plate by **November 4th** or calling the church office at 436-6213.

MESSIAH'S FALL FEST

Name(s)_____Number attending_____

Bringing covered dish? () **YES** () **NO**_____