

# 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  
Bob St. Clair  
Andrea Cameron  
Sandy Pines

Pastor  
Choir Director  
Organist  
Lector  
Altar Guild

## FIFTEENTH SUNDAY AFTER PENTECOST

September 9, 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., Don C., Sarah D., Haylee Y., Erin H., Elda Mae R., George H. Jr., Julie B., Gene R., Ken A., Jr., and Jason B.

### PREPARATION

CHIMES: CALL TO WORSHIP

PRELUDE

*[A Time for Meditation and Prayer]*

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

*James tells us to stop showing favoritism in the assembly, treating the rich visitor with more honor than the poor one. Jesus himself seems to show partiality in his first response to the Syrophoenician woman in today's gospel. Was he testing her faith in saying Gentiles don't deserve the goods meant for God's children? Or was he speaking out of his human worldview, but transcended those limits when she took him by surprise with her reply? Either way, the story tells us that God shows no partiality. Everyone who brings her on his need to Jesus is received with equal honor as a child and heir.*

*Today is the commemoration of Peter Claver, priest and missionary to Colombia, who died in 1654.*

### \* 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.*

*P 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** "How Sweet the Name of Jesus Sounds"

**\* 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** **Gracious God, throughout the ages you transform sickness into health and death into life. Open us to the power of your presence, and make us a people ready to proclaim your promises to the whole world, through Jesus Christ, our healer and Lord. Amen**

**WORD**

*These verses are a word of hope to the exiles in Babylon. Chapter 34 portrays God's vengeance on Edom, Israel's age-old enemy, which makes the path from Babylon to Zion safe for the exiles' return. The desert itself will flow with water to give drink to the returning exiles.*

**FIRST READING**

A reading from Isaiah 35:4-7a

**THE LESSON READS:**

<sup>4</sup>Say to those who are of a fearful heart, "Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you." <sup>5</sup>Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; <sup>6</sup>then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert; <sup>7</sup>the burning sand shall become a pool, and the thirsty ground springs of water.

Lector: The word of the Lord.

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

**PSALM: Psalm 146 (Responsively)**

*L – I will praise the LORD as long as I live. (Ps. 146:2)*

<sup>1</sup>Hallelujah! Praise the LORD, O my soul!

**<sup>2</sup>I will praise the LORD as long as I live; I will sing praises to my God while I have my being.**

<sup>3</sup>Put not your trust in rulers, in mortals in whom there is no help.

**<sup>4</sup>When they breathe their last, they return to earth, and in that day their thoughts perish.**

<sup>5</sup>Happy are they who have the God of Jacob for their help, whose hope is in the LORD their God;

<sup>6</sup>**who made heaven and earth, the seas, and all that is in them; who keeps promises forever;**

<sup>7</sup>who gives justice to those who are oppressed, and food to those who hunger. The LORD sets the captive free.

<sup>8</sup>**The LORD opens the eyes of the blind; the LORD lifts up those who are bowed down; the LORD loves the righteous.**

<sup>9</sup>The LORD cares for the stranger; the LORD sustains the orphan and widow, but frustrates the way of the wicked.

<sup>10</sup>**The LORD shall reign forever, your God, O Zion, throughout all generations. Hallelujah!**

**ALL – I will praise the LORD as long as I live.**

*Faithful Christians do not show partiality to the rich and powerful of the world, especially at the expense of the poor and weak. Likewise, faith does not pay mere lip-service to God's will. Instead, a living Christian faith expresses itself in acts of compassion and mercy for those in need.*

## SECOND READING

A reading from James 2:1-10 [11-13] 14-17

### THE LESSON READS:

My brothers and sisters, do you with your acts of favoritism really believe in our glorious Lord Jesus Christ? <sup>2</sup>For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, <sup>3</sup>and if you take notice of the one wearing the fine clothes and say, "Have a seat here, please," while to the one who is poor you say, "Stand there," or, "Sit at my feet," <sup>4</sup>have you not made distinctions among yourselves, and become judges with evil thoughts? <sup>5</sup>Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? <sup>6</sup>But you have dishonored the poor. Is it not the rich who oppress you? Is it not they who drag you into court? <sup>7</sup>Is it not they who blaspheme the excellent name that was invoked over you?

<sup>8</sup>You do well if you really fulfill the royal law according to the scripture, "You shall love your neighbor as yourself." <sup>9</sup>But if you show partiality, you commit sin and are convicted by the law as transgressors. <sup>10</sup>For whoever keeps the whole law but fails in one point has become accountable for all of it. [<sup>11</sup>For the one who said, "You shall not commit adultery," also said, "You shall not murder." Now if you do not commit adultery but if you murder, you have become a transgressor of the law. <sup>12</sup>So speak and so act as those who are to be judged by the law of liberty. <sup>13</sup>For judgment will be without mercy to anyone who has shown no mercy; mercy triumphs over judgment.]

<sup>14</sup>What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? <sup>15</sup>If a brother or sister is naked and lacks daily food, <sup>16</sup>and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? <sup>17</sup>So faith by itself, if it has no works, is dead.

Lector: The word of the Lord.

**Congregation: 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.**

*In Mark's gospel, encounters with women usually signify turning points in Jesus' ministry. Here, a conversation with a Syrophoenician woman marks the beginning of his mission to the Gentiles.*

\* GOSPEL: Mark 7:24-37

*P The Holy Gospel according to Mark, the 7<sup>th</sup> chapter.*

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

THE GOSPEL READS:

<sup>24</sup>From there he set out and went away to the region of Tyre.

He entered a house and did not want anyone to know he was there. Yet he could not escape notice, <sup>25</sup>but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. <sup>26</sup>Now the woman was a Gentile, of Syrophoenician origin. She begged him to cast the demon out of her daughter. <sup>27</sup>He said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." <sup>28</sup>But she answered him, "Sir, even the dogs under the table eat the children's crumbs." <sup>29</sup>Then he said to her, "For saying that, you may go — the demon has left your daughter." <sup>30</sup>So she went home, found the child lying on the bed, and the demon gone.

<sup>31</sup>Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. <sup>32</sup>They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. <sup>33</sup>He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. <sup>34</sup>Then looking up to heaven, he sighed and said to him, "Ephphatha," that is, "Be opened." <sup>35</sup>And immediately his ears were opened, his tongue was released, and he spoke plainly. <sup>36</sup>Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. <sup>37</sup>They were astounded beyond measure, saying, "He has done everything well; he even makes the deaf to hear and the mute to speak."

*P The Gospel of the Lord.*

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

SERMON

Pastor Esborn

\* HYMN OF THE DAY "God, Whose Almighty Word"

\* 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

*[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].*

SPECIAL MUSIC

\* 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.**

\* OFFERING 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 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 Holy Spirit, you gather your church into an ever-widening community of faith. Release our tongues to proclaim you saving deeds to the world. Lord, in your mercy,*

**C hear our prayer.**

*P God of the universe, you made heaven and earth, the seas, and all that is in them. We pray for the well-being of springs and deserts, forests and mountains, creatures and plants. Lord, in your mercy,*

**C hear our prayer.**

*P O God, you give food to those who hunger and justice to those who are oppressed. Bless the rulers and rich of every nation who do not rob the poor, but generously share their bread. Lord, in your mercy,*

**C hear our prayer.**

*P God of mercy and healing, you open the eyes of the blind and lift up the lowly. Sustain all who are sick, grieving, or in any need (especially all of our shut-ins [both at home and in nursing homes], and for Ryan Keresey, Don Clark, Sarah Dressler, Luke Davis, Haylee Yocum, Erin Harris, Elda Mae Rickenbaugh, George Hazard, Jr., Julie Berryman, Gene Rhine, Ken Arbogast, Jr., and Jason Beward), for you are their help and strength. Lord, in your mercy,*

**C hear our prayer.**

*P Lord Jesus Christ, you command us to love our neighbors as ourselves. Open our hearts to care for the stranger and welcome everyone into your assembly with honor and dignity. Lord, in your mercy,*

**C hear our prayer.**

*Here other intercessions may be offered.*

*P We praise you, O Lord, for the witness of (Peter Claver, priest and missionary, and) those who have gone before us. May we too be inheritors of the kingdom that you have promised to those who love you. Lord, in your mercy,*

**C hear our prayer.**

*P Here 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.**

\* 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

"Earth and All Stars!"

**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.**

**(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

[“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**

#### \* 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

NEXT WEEK'S LECTOR – Diana Wise

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 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.

ALTAR FLOWERS are presented to the Glory of God and in memory of loved ones by Neil and Pat Fisher.

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 – Allister McGrath, Anglican Priest and Theologian (b. 1953): The means by which we are justified is faith. Faith is like a channel through which the benefits of Christ flow to us. We are not justified on account of our faith, it is the work of Christ not our faith which is the foundation of justification, Faith itself is a gift of God.

## **CONGREGATIONAL NEWS**

"THE NEEDLERS" will begin their sewing project on Tuesday, September 11, 2012 at 9:00 a.m. in the Fellowship Hall. Anyone interested in helping to make patch quilts for local and World Relief, please come and join us!

THE NEXT PPC MEETING will be held on Sunday, September 23, 2012 at 7:00 p.m. in the Youth Area.

THE BOARD OF COMPASSIONATE SERVICE will meet on Wednesday, September 12, 2012 at 6:30 p.m. in the Library.

BLANKET SUNDAY will be observed on Sunday, October 7, 2012. Along with all ELCA congregations, you are invited to make a donation to Lutheran World Relief in the special Blanket Sunday envelopes that are attached to the newsletters throughout the church (envelopes are also available on the table in the Adult Sunday School Room). 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!

PROPERTY COMMITTEE MEMBERS – There will be a Property Committee meeting on Monday evening, September 24, 2012 at 6:30 p.m. in the Choir Room. We have not had a meeting since May, so there are items to be discussed. Please plan to attend. If you are unable to attend, please let Kay know.

THE NEXT VOTERS' ASSEMBLY MEETING will be held on Sunday, September 16, 2012 following the morning worship service. Business: Quarterly reports of the boards. **NOTE:** PPC Board Directors are asked to submit their proposed 2013 budgets to Ken Eyler by October 14, 2012. You may place them in Ken's mailbox in the church office or by email to [keyler@nmax.net](mailto:keyler@nmax.net).

### **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, September 13, 2012 at 7:00 p.m. in the Youth Area with Dorothy Smith as devotional leader and Barbara S. Geedey and Velma Suloff as hostesses. **NOTE (DATE CHANGE):** The Women of the ELCA Juniata Valley Cluster meeting will be held on **Sunday, October 14, 2012** at Messiah Lutheran Church. Registration at 1:30 p.m. and program at 2:00 p.m.

SALES FOR SCHOOL SUPPLIES BEGIN IN JULY!!!! The last Messiah Women of the ELCA project for the year is collection of items to fill 60 back packs for Lutheran World Relief School Kits. We have some supplies but need the congregation to help to add needed items. Collection will continue until September 9, 2012. Please place the items below on the blue table in the Sunday School Room.

- Ballpoint Pens (5 needed for each kit)
- Pencil Sharpener
- Blunt Scissors (safety scissors with embedded steel blades work well)
- Unsharpened #2** pencils with erasers (5 needed for each kit)
- A box of 24 crayons
- 2½ inch erasers

### **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).

### FOOD PANTRY NEEDS FOR SEPTEMBER:

- FRESH GARDEN PRODUCE AND ALL NON-PERISHABLE FOODS.
- PERSONAL CARE SUPPLIES (SUCH AS TOOTHBRUSHES, TOOTHPASTE, SOAP, SHAMPOO, DEODORANT, SHAVING CREAM, RAZORS, ETC.).
- CLEANING SUPPLIES (LIKE ALL-PURPOSE CLEANSERS, BLEACH, TRASH BAGS, LAUNDRY DETERGENT, DISH DETERGENT, ETC.).
- PAPER PRODUCTS (SUCH AS PAPER TOWELS, TOILET PAPER AND TISSUES).
- BABY CARE ITEMS (LIKE DIAPERS, BABY WIPES, BABY SHAMPOO AND BABY LOTIONS).
- FIRST-AID SUPPLIES AND OVER-THE-COUNTER PAIN AND COLD MEDICINES.

WE ALSO GLADLY ACCEPT DONATIONS OF CASH AND LOCAL  
GROCERY AND DISCOUNT STORE GIFT CARDS.

THE JUNIATA COUNTY CROP WALK will be held on Sunday, October 7, 2012 at Walker Township Park (RAIN OR SHINE!). Short Walk will be 3 laps and Long Walk will be 15 laps. Registration begins at 12:30 p.m. and the Walk begins at 1:30 p.m. Please bring all pledge money on Walk day. Donated items for the Food Pantry will be collected at the Walk. Twenty-five percent of pledge money will go to the Food Pantry and the Meals-On-Wheels program. Prizes will be given to persons with pledges totaling \$100 or more. If you have questions, please contact Becky Zeigler at 463-2309 or Kathy Whitesel at 436-2401. (Sign-up sheet and donation envelopes are available in the Adult Sunday School Room.

50 MENTORS IN 50 DAYS! That's the goal of Big Brothers Big Sisters of Juniata Valley now through October 30. Big Brothers Big Sisters has a long waiting list of area youth who are looking for a mentor. Your time commitment can be as little as one hour per week. Site BIGs are needed to mentor elementary children at after-school programs that meet just one day each week from October thru May. Community BIGs--who usually mentor older children and are free to choose the day, time, and length of their match activity--are also needed. Just an hour of your time each week can have a big impact on the life of a child! Call 248-4034 to Start Something Big in your community today! **Be a friend, be a mentor, just be there.**

NURSE'S NOTES – A hot seat isn't the worst thing about climbing into a car that's been sitting in the sun. Flame retardants in the seats and mats can emit toxins into the air when they get too hot, says Jeff Gearhart, research director at the Ecology Center. On an 80 degree day, the air inside your auto can jump to 123 degrees in 1 hour. Minimize your risk by using a UV-reflecting sun shield. (*Prevention*, August 2012, pg. 11). On hot days, reduce your exposure to these gases by immediately opening your car's windows and/or moon-roof and turning up the car's vent fan to expel the stale air and bring in clean air from outside the car. Angle the vent so the air does not blow directly into your face.

### **THIS WEEK AT MESSIAH**

- Today:** -9:15 a.m., Sunday School.  
-10:30 a.m., Worship/Communion.
- Monday:** -7 p.m., Bible Study.  
-8 p.m., AA meeting.
- Tuesday:** -9 a.m., "The Needlers" in Fellowship Hall.
- Wednesday:** -6:30 p.m., Board of Compassionate Service meeting in Library.  
-7 p.m., Choir rehearsal.
- Thursday:** -7 p.m., WELCA meeting in Youth Area.
- Friday:** -7 p.m., Square Dancing in Fellowship Hall.
- Sunday:** -9:15 a.m., Sunday School.  
-10:30 a.m., Worship/Communion.  
-Voters' Assembly following worship service.