

Messiah Lutheran Church

3 South Third Street

Mifflintown, PA 17059

Church Office / 436-6213 Dial-A-Prayer / 436-2100

The Reverend William N. Esborn
June Bricker
Andrea Cameron
Linda Clark
Briley Holderman
Kay Varner
Drew Lauver
Wesley Lauver & Harrison Mummah

Pastor
Organist
Choir Director
Junior Choir Director
Lector
Altar Guild
Crucifer
Acolytes

SECOND SUNDAY OF CHRISTMAS

January 3, 2016 – 10:30 a.m.

*Please Stand as **YOU** Are Able

PEOPLE TO REMEMBER IN PRAYER TODAY

Those we want to remember in prayer today—please refer to “Prayers of Intercession.”

PREPARATION

CHIMES: CALL TO WORSHIP

PRELUDE: “He Is Born”

Robert Lau

[A Time for Meditation and Prayer]

GREETINGS AND ANNOUNCEMENTS

INTRODUCTION

Within the gospel reading’s profound words lies the simple message that God is revealed in a human person. Though we may try to understand how the Word existed with God from the beginning of time, the wonder we celebrate at Christmas is that the Word continues to dwell among us. Christ comes among us in the gathered assembly, the scriptures, the waters of new birth, and the bread and the wine. Through these ordinary gifts we receive the fullness of God’s grace and truth.

CHILDREN’S SERMON

Pastor Esborn

* CONFESSION AND FORGIVENESS

P Blessed be the holy Trinity, + one God, the Maker of heaven and earth, the Word made flesh, the Lord and giver of life.

C Amen.

P Let us come into the light of Christ, confessing our need for God’s mercy.

Silence is kept for reflection.

P God of peace,

C We confess that we are not at peace—with others or with ourselves.

We bring to you all that tears us apart: discord in our families, violence in our world, our own conflicted hearts. In your mercy, mend us. Reconnect us to one another and to you. Let peace reign over all the earth, through the Prince of peace, our Savior Jesus Christ. Amen.

P In the Word who has come to dwell with us, God has given us grace upon grace: forgiveness that is stronger than our sins, love that can heal every broken heart. Hear this word of God's pardon and peace: in the name of + Jesus our Savior, you are free from all your sins. Rise, shine, for your light has come.

C Amen.

GATHERING

* ENTRANCE HYMN “Hark! The Herald Angels Sing”

* GREETING

P Today Christ is born: Alleluia, alleluia! 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

P Lord, have mercy upon us. **C Lord, have mercy upon us.**

P Christ, have mercy upon us. **C Christ, have mercy upon us.**

P Lord, have mercy upon us. **C Lord, have mercy upon us.**

“What Child Is This (verse 3)

So bring him incense, gold, and myrrh; come, peasant, king, to own him.

The King of kings salvation brings; let loving hearts enthrone him.

Raise, raise the song on high, the virgin sings her lullaby;

joy, joy, for Christ is born, the babe, the son of Mary!

P Lord, have mercy upon us. **C Lord, have mercy upon us.**

P Christ, have mercy upon us. **C Christ, have mercy upon us.**

P Lord, have mercy upon us. **C Lord, have mercy upon us.**

* HYMN OF PRAISE (to the tune of “Joyful, Joyful, We Adore Thee”)

1 Glory be to God in heaven; peace, good will to all the earth.

Mighty God of all creation, Father of surpassing worth:

we exalt you, we adore you, we lift high our thanks and praise.

Saints and angels bow before you; here on earth our songs we raise.

2 Glory be to Christ forever, Lamb of God and Lord of love.

Son of God and gracious Savior, you have come from heav'n above;

on the cross you died to save us; now you reign at God's right hand.
Hear our prayer; restore, forgive us; in your promise firm we stand.

- 3 Holy One we now acclaim you; Lord alone, to you we call;
Holy One in faith we name you, God most high, yet near to all:
Jesus Christ, with God the Spirit, in the Father's splendor bright.
For the peace that we inherit, glory be to God on high!

* 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 **Almighty God, you have filled all the earth with the light of your incarnate Word. By your grace empower us to reflect your light in all that we do, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.**

WORD

God promises to bring Israel back to its land from the most remote parts of exile. In Zion Israel will rejoice over God's gift of food and livestock. Young women will express their joy in dancing; God will give gladness instead of sorrow.

FIRST READING

A reading from Jeremiah 31:7-14

THE LESSON READS:

⁷For thus says the LORD: Sing aloud with gladness for Jacob, and raise shouts for the chief of the nations; proclaim, give praise, and say, "Save, O LORD, your people, the remnant of Israel."

⁸See, I am going to bring them from the land of the north, and gather them from the farthest parts of the earth, among them the blind and the lame, those with child and those in labor, together; a great company, they shall return here. ⁹With weeping they shall come, and with consolations I will lead them back, I will let them walk by brooks of water, in a straight path in which they shall not stumble; for I have become a father to Israel, and Ephraim is my firstborn.

¹⁰Hear the word of the LORD, O nations, and declare it in the coastlands far away; say, "He who scattered Israel will gather him, and will keep him as a shepherd a flock." ¹¹For the LORD has ransomed Jacob, and has redeemed him from hands too strong for him.

¹²They shall come and sing aloud on the height of Zion, and they shall be radiant over the goodness of the LORD, over the grain, the wine, and the oil, and over the young of the flock and the herd; their life shall become like a watered garden, and they shall never languish again. ¹³Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow. ¹⁴I will give the priests their fill of fatness, and my people shall be satisfied with my bounty, says the LORD.

Lector: Here ends the reading.

Cong: Thanks be to God.

PSALM: Psalm 147:12-20

Ps. – Intoned by Choir Response – **Sung by Congregation**

O Come, let us adore him, O come, let us adore him, O come, let us adore him, Christ the Lord!

¹²Worship the LORD, | O Jerusalem; praise your | God, O Zion,

¹³**who has strengthened the bars | of your gates and has blessed your chil- | dren within you.**

¹⁴God has established peace | on your borders and satisfies you with the | finest wheat. **R**

¹⁵**God sends out a command | to the earth, a word that runs | very swiftly.**

¹⁶God gives | snow like wool, scattering | frost like ashes.

¹⁷**God scatters | hail like bread crumbs. Who can stand a- | gainst God's cold?**

¹⁸The LORD sends forth the | word and melts them; the wind blows, and the | waters flow.

¹⁹**God declares the | word to Jacob, statutes and judg- | ments to Israel.**

²⁰The LORD has not done so to any | other nation; they do not know God's judgments. |

Hallelujah! **R**

In Jesus, all of God's plans and purposes have been made known as heaven and earth are united in Christ. Through Jesus, we have been chosen as God's children and have been promised eternal salvation.

SECOND READING

A reading from Ephesians 1:3-14

THE LESSON READS:

³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. ⁵He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, ⁶to the praise of his glorious grace that he freely bestowed on us in the Beloved. ⁷In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace ⁸that he lavished on us. With all wisdom and insight ⁹he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, ¹⁰as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. ¹¹In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, ¹²so that we, who were the first to set our hope on Christ, might live for the praise of his glory. ¹³In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; ¹⁴this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

Lector: Here ends the reading.

Cong: Thanks be to God.

- * THE VERSE “Joy to the World” (vs. 1)
Joy to the world, the Lord is come! Let earth receive her king;
let ev'ry heart prepare him room
and heav'n and nature sing, and heav'n and nature sing,
and heav'n, and heav'n and nature sing.

John begins his gospel with this prologue: a hymn to the Word through whom all things were created. This Word became flesh and brought grace and truth to the world.

- * GOSPEL: John 1:[1-9] 10-18

P The Holy Gospel according to John, the 1st chapter.

C Glory to you, O Lord. (spoken)

THE GOSPEL READS:

[¹In the beginning was the Word, and the Word was with God, and the Word was God. ²He was in the beginning with God. ³All things came into being through him, and without him not one thing came into being. What has come into being ⁴in him was life, and the life was the light of all people. ⁵The light shines in the darkness, and the darkness did not overcome it.

⁶There was a man sent from God, whose name was John. ⁷He came as a witness to testify to the light, so that all might believe through him. ⁸He himself was not the light, but he came to testify to the light. ⁹The true light, which enlightens everyone, was coming into the world.]

¹⁰He was in the world, and the world came into being through him; yet the world did not know him. ¹¹He came to what was his own, and his own people did not accept him. ¹²But to all who received him, who believed in his name, he gave power to become children of God, ¹³who were born, not of blood or of the will of the flesh or of the will of man, but of God.

¹⁴And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth.

¹⁵(John testified to him and cried out, "This was he of whom I said, 'He who comes after me ranks ahead of me because he was before me.'") ¹⁶From his fullness we have all received, grace upon grace. ¹⁷The law indeed was given through Moses; grace and truth came through Jesus Christ.

¹⁸No one has ever seen God. It is God the only Son, who is close to the Father's heart, who has made him known.

P The Gospel of the Lord.

C Praise to you, O Christ. (spoken)

SERMON

- * HYMN OF THE DAY “Of the Father’s Love Begotten”
* APOSTLES’ CREED (all)

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the virgin Mary. He suffered under Pontius

Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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.

*** PRAYERS OF INTERCESSION**

P Rejoicing with all the faithful, let us pray for the church, the world, and all who are in need.

A brief silence.

P Let us pray for the church throughout the world; for bishops, pastors, ministers of word and service, and all other leaders; for teachers and missionaries; for the newly baptized and those preparing for baptism. Lord, in your mercy,

C hear our prayer.

P For coastlands and mountains, rivers and deserts, prairies and valleys; for wilderness and cities, lakes and oceans; for farmlands and pastures, forests and rangelands; and for orchards, vineyards, and gardens. Lord, in your mercy,

C hear our prayer.

P For those who live in the north and the south, the east and the west; for all who work for peace; for those whose safety is threatened by warfare; and for immigrants and refugees. Lord, in your mercy,

C hear our prayer.

P For those who are hungry; for those who live with disabilities; for those who fear what the future holds for them; for those who grieve; and for all who are sick (especially all of our shut-ins: Marian Gross, Reba Sigler, Kitty Walters, Flo Beale, Ethel Bossinger, Jean McNaight, Jane Marhefka, Fay McCormick, Ruth Cisney, Ray Bramm, Dottie Smith, Dorothy Cleck, Carol Simonton, Lura Aughey, Earl & Mona Lawson, and Jim Yetter). And for Bob & Jeanette St. Clair, Allison Garver, Clara Shepps, Andy & Wesley Kinzer, Kaiden Woods, Tina Hutchinson, Leah Bridges, Mical Gayer, Judy Grimes, Sara Ann Aurand, Betsy Aumiller, Jodi Fitzgerald, Virginia Waller, Mindy Fryer, Mary Ann Bardell, Audrey Morral, Diane Layton, Gabby Baney, Josh Delancey, Kay Stuck, Minnie Minick, Tina Benner, Don Wert, Shirley Zeiders, Michelle Stoner, Sue Crouse, Sandy Pines, Carol Jan Mahlin and sons, Nancy Hannon, Tanner Johnson, Vincenzo Evola, Bowie Smith, Ed Forney, Clay Ianson, Steve Dreibelbis, and family of Dorothy Patterson. Lord, in your mercy,

C hear our prayer.

P For this assembly; for council members and all other leaders; for those who help us learn from our past and plan for the future; and for all whose faithful stewardship sustains this congregation's ministry. Lord, in your mercy,

C hear our prayer.

Here other intercessions may be offered.

P With thanksgiving, we remember all who have died and those who have pointed us

toward the light of Christ and the truth of your love. Lord, in your mercy,

C hear our prayer.

P Pondering the mystery of your love, we offer our prayers in the name of Christ, the Word made flesh.

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:

I Wonder As I Wander

Robert Lau

ANTHEM

Junior Choir

[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].

* SUNG OFFERTORY “O Come, All Ye Faithful” (verse 1)

O come, all ye faithful, joyful and triumphant!

O come ye, O come ye to Bethlehem;

come and behold him, born the king of angels;

Refrain: O come, let us adore him, O come, let us adore him,

O come, let us adore him, Christ the Lord!

* OFFERING PRAYER

P Good and loving God, we rejoice in the birth of Jesus, who came among the poor to bring the riches of your grace. As you have blessed us with your gifts, let them be blessing for others. With the trees of the field, with all earth and heaven, we shout for joy at the coming of your Son, Jesus Christ our Lord.

C Amen.

MEAL

* COMMUNION DIALOG (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 We give you thanks, Father, through Jesus Christ, your beloved Son, whom you sent in this end of the ages to save and redeem us and to proclaim to us your will.

He is your Word, inseparable from you, through whom you created all things, and in whom you take delight. He is your Word, sent from heaven to a virgin's womb. He there took on our nature and our lot and was shown forth as your Son, born of the Holy Spirit and of the virgin Mary. He, our Lord Jesus, fulfilled all your will and won for you a holy people; he stretched out his hands in suffering in order to free from suffering those who trust you.

He is the one who, handed over to a death he freely accepted, in order to destroy death, to break the bonds of the evil one, to crush hell underfoot, to give light to the righteous, to establish his covenant, and to show forth the resurrection, taking bread and giving thanks to you, said: Take and eat; this is my body, given for you. Do this for the remembrance of me.

In the same way 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, then, his death and resurrection, we take this bread and cup, giving you thanks that you have made us worthy to stand before you and to serve you as your priestly people.

Send your Spirit upon these gifts of your church; gather into one all who share this bread and wine; fill us with your Holy Spirit to establish our faith in truth, that we may praise and glorify you through your Son Jesus Christ; through whom all glory and honor are yours, almighty Father, with the Holy Spirit, in your holy church, both now and forever.

C Amen.

* 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 The mystery hidden for the ages is revealed for us in this meal. Come, behold and receive your God.

(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 We give you thanks, O God, that in this bread and cup of Christ's very life, you give us food for our journey. As you led the magi by a star, as you brought the holy family home again, guide us on the way unfolding before us. Wherever we go, may our lives proclaim good news of great joy in Jesus Christ our Lord.

C Amen.

* THE SENDING AND BLESSING OF COMMUNION ASSISTANTS

P As we go into the world serving the ministry of Christ, may those who will extend this meal to the homebound take from the Lord's Table what we have received here today; the Body and Blood of our Lord Jesus Christ and his promise of forgiveness. In the name of the Father, the Son and the Holy Spirit.

C Amen.

SENDING

* BLESSING

P May the Word that Mary brought to birth carry you into new and abundant life.

C Amen.

P May the Word that Joseph cradled in his arms enfold you with love and strength.

C Amen.

P May the Word that angels proclaimed in song bring harmony to our world.

C Amen.

P And the blessing of almighty God, the Father, the + Son, and the Holy Spirit, be upon you and remain with you always

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

* CLOSING HYMN

“Angels, from the Realms of Glory”

* DISMISSAL

P Go in peace. Christ is with you.

C **Thanks be to God!**

POSTLUDE:

Now Sing We, Now Rejoice

Paul Manz

NEXT WEEK'S LECTOR – Sam Leister

NEXT WEEK'S ALTAR GUILD – Kay Varner

WELCOME

IF YOU WISH TO USE OR FOLLOW THE LITURGY MUSIC as we proceed through the service today, please use the yellow portfolios placed on top of the sound control system. In addition, headsets are available in the narthex for our sound enhancement system for the hearing impaired.

VISITORS ARE ALWAYS WELCOME to worship at Messiah. We invite you to register your visit not only in the Friendship Pads, but also in the guest book provided in the narthex. If you are seeking a church home, please speak to the pastor. Our fellowship in Jesus Christ is open and extended to all persons who confess His Lordship over all life. Thank you for worshipping with us. We invite you to return. Visitors are invited to commune with us if they are baptized and, if with us in our faith, they trust Jesus' promise of the presence of the Body and Blood of Christ.

WE INVITE EVERYONE (members and visitors) worshipping with us today to sign the Friendship Pads during the Organ Offertory. If you are a visitor, please be sure to include your address when signing. Please also place a check mark in the box (beside your name) if you are communing today and have not as yet given us a record of your participation in the sacrament during this quarter. (A new quarter begins in January, April, July, and October). The pads are found on the aisle seat of each pew in the nave, and in each section of the Adult Sunday School Room.

ALTAR FLOWERS are presented to the Glory of God and in memory of Ralph E. Goss, Jr. by Wendy, Ralph, III, and Galen, Elizabeth and Anduin Goss.

WE EXTEND OUR SYMPATHY to Cindy Van Gavree and family on the death of her mother, Dorothy Patterson, who died on December 28, 2015 at Richfield Senior Living Center. Please keep Cindy and her family in your prayers.

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 – Dave Veerman, Christian Thinker: Biblical application means allowing the truth of the scripture to penetrate our lives, to make a difference in how we live.

CONGREGATIONAL NEWS

December 20, 2015 Worship Service

Attendance – 110

Total Offering - \$3,545.00

General Fund (minus all funds) - \$2,574.00

Sunday School

Attendance – 47

Offering – 30

December 24, 2015

Attendance – 106

Total Offering - \$1,848.00

General Fund (minus all funds) - \$86.00

Matthew 25 - \$1,175.00

December 27, 2015

Attendance – 59

Total Offering - \$2,974.00

General Fund - \$2,754.00

Sunday School

Attendance – 33

Offering - \$55.00

Matthew 25

Total December 2015

\$1,433.00

THE JANUARY 2016 “MESSIAH HERALD” is now available online. Hard copies are available in the church office, Adult Sunday School Room, Kitchenette, and Fellowship Hall. If you would like to receive the newsletter by email and are not already on the list, please send your email address to stclairb@embarqmail.com.

PRAYER CHAIN – Any time you wish to add a name to our prayer list, please contact Stacie Kint at dkkint@nmax.net. If at any time you would like to receive emails with prayer requests, please also contact Stacie.

NEW ENVELOPES – The envelopes for 2016 are in the back of the Adult Sunday School Room. If you have not already picked up your envelopes, please do so as soon as possible. Please be aware that your number has changed and the envelopes are now in alphabetical order according to last names. There are only 52 envelopes in each box—no colored extras for various funds. Please check the funds and the amount you wish to contribute on the front of the envelope. **IMPORTANT: On the memo line of your check(s) also please specify which funds and how much. You may use one check for several funds (specifying on both envelope and check) or write a separate check for each fund.** Thanks for helping us save \$200.00 on envelopes this year. Anyone who would like a statement of their contributions for 2015 for tax purposes may call the church office and your statement will be mailed to you.

THE SECRETARY’S WEEKLY OFFICE HOURS are as follows:

Tuesday – 9:00 a.m. – 5:00 p.m.

Thursday – 9:00 a.m. – 5:00 p.m.

Friday – **12:30 p.m. – 4:30 p.m.**

GIANT STORE GIFT CARDS are also now available as well as the Weis Cards to purchase from members of the Disciples Class.

SYNOD ASSEMBLY DELEGATES NEEDED – Two members of Messiah are needed to attend the annual Synod Assembly in June 2016 at Susquehanna University, Selinsgrove. Synod delegates should also plan on attending the Juniata Valley Conference Assembly the 1st Sunday of May. If you are interested in serving, please contact Pastor Esborn or the church office.

A FIRST COMMUNION CLASS will be offered in February. Please register with the church office by January 22, 2016 if you would like your child to attend. Date and time for the class will be arranged with parents.

BAPTISMAL/NEW MEMBER CLASS – If you wish to have your child baptized or you wish to attend the New Members Class, please let the church office know by January 18, 2016 so a class can be scheduled.

THE 2016 FLOWER CHART is now in the Adult Sunday School Room. If you wish to place altar flowers in the church on a specific date, please sign-up on the chart. Flower dates are on a first-come-first-served basis.

HELP AVAILABLE – If you or someone you know needs help with home repairs or yard work, there are volunteers in our community who may be able to help. For more information, contact Michael “Doc” Johnston at 436-9209.

WOMEN OF THE ELCA

MESSIAH WOMEN OF THE ELCA continuously collect new bath-size bars of soap (4oz. to 5oz., 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 Adult Sunday School Room.

MESSIAH WOMEN OF THE ELCA will meet on Thursday, January 14, 2016 at 7:00 p.m. in the Youth Area.

COMMUNITY

MEALS-ON-WHEELS needs volunteer cooks, drivers and people to help assemble meals. **Cooks are especially needed for the 5th Tuesday and 5th Friday of the month.** If you have some spare time and can help, please call Dottie Heck at 436-6002 or 717-348-1950 (cell).

APARTMENT FOR RENT AT JAM HOUSE – The board of directors at JAM House is looking for an individual or a couple to rent the four-room apartment attached to our house. The apartment has a separate entrance, parking and all utilities are included with the \$800/mo. rent. If you know of someone who may be interested, please contact Larry Wise at 436-6629.

WHAT IS CIMT AND HOW CAN IT HELP ME? Carotid intima-media thickness (CIMT) measurement is a non-invasive screening tool, using ultrasound, that provides very useful information about a person’s cardiovascular health. It detects the earliest traces of plaque within the layers of the artery walls, years before there is enough obstruction of blood flow to cause heart attack or stroke. It also allows the calculation of “arterial age,” which equates a person’s average carotid artery thickness to a person of that age who is at a normal risk. The Prevention Health Screenings group will be at **Messiah Lutheran Church on Friday, January 15, 2016 from 9:00 a.m. to 4:00 p.m.** to offer you this CIMT screening along with 7 other quick, painless, non-invasive health screenings to see if you are at risk for serious health problems. The costs vary depending on how many screenings you have done. You must have an appointment to have the screenings done and appointments are at first-come-first-serve—so register early. This program has been very popular in the past years. **Call 1-800-257-3516 or go to www.preventionhealth.org for more information.**

THIS WEEK AT MESSIAH

- Today:** -9:15 a.m., Sunday School/Catechetical Class.
-10:30 a.m., Worship/Communion.
- Monday:** -8 p.m., AA meeting in Fellowship Hall.
- Tuesday:** -9 a.m., “The Needlers” in Fellowship Hall.
- Wednesday:** -7 p.m., Choir rehearsal.
- Thursday:** -1 p.m., Dulcimer rehearsal.
-6 p.m., Thrivent meeting in Library.
- Saturday:** -?Undecorating the church.
- Sunday:** -Baptism of Our Lord.
-9:15 a.m., Sunday School/Catechetical Class.
-10:30 a.m., Worship/Communion/Jr. Church.