

The Messenger

2014, ISSUE 3

JUL—AUG 2014

Rector's Corner: "Change is gonna come, oh yes it will!"



Black singer, songwriter Sam Cooke wrote in 1963, "It's been a long, a long time coming. But I know a change gonna come, oh yes it will." Well, change "gonna come" to St. Mark's, "oh yes it will." While the change that's gonna come is not as profound as the one envisioned by Cooke over 50 years ago, we need to learn again and again that there is one constant in human experience and that is: change.

St. Mark's bids farewell to Deacon Loretta Collins who leaves to take up new responsibilities given to her by Bishop Baxter before he retired at the end of May. Deacon Loretta's last official day was June 30. However, she returns to St. Mark's to help us bring closure on a chapter in our life as she joins us for worship on Sunday, July 13 and for a festive brunch, in the inimitable style of St. Mark's. With the news of Deacon Loretta's departure, I was also informed that there were no candidates to replace her on the staff of St. Mark's. Regrettably, there are no deacon ordinations scheduled in the near future nor are there deacons in the area that are available for ministry in Lewistown. That means, of course, more change than we might expect!

Just as Deacon Loretta takes her leave, St. Mark's is poised to initiate a concerted effort at moving toward what many call "Total Ministry." Total or "Shared" Ministry is a way of enabling the ministry of all the baptized. It is based in our theology of Baptism, where we affirm that each baptized Christian is called to use their God-given gifts for ministry. In this concept, a team of leaders is called within a congregation to work together. In some places, such a team is called a ministry support team, indicating that these leaders seek to involve as many members of the congregation as possible in various forms of ministry. In other places, Total Ministry is also called Collaborative Ministry, Shared Ministry, Team Ministry, or Mutual Ministry.

Deacon Loretta's absence (both personally and professionally) will make quite a difference in our approach. However, rather than slow down our movement, the change that is here now accentuates our need as a parish community to rise to the occasion. We have been preparing for this movement for nearly four years. Most of the work has been behind the scenes in Vestry meetings, private conversations, efforts at ministry training, and expansion of our concept of stewardship to include more than our financial resources. For over a year, Lay Eucharistic Visitors have been caring for the sick and the homebound. Lectors have been encouraged to "read, mark, and inwardly digest" the scriptures they proclaim through the use of study guides provided by the parish. Ministry assessments have occurred based on the perceived gifts of members of the parish. Slow, but sure, these things have been happening and all toward the higher goal of creating a truly "total ministry" parish community.

Perhaps Bishop Baxter's call for Deacon Loretta to share her great talents in another community is God's way of pushing us out of the nest, of telling us that it's now time to fly. Like any fledgling, we may be a bit clumsy at first, but I have every confidence that the words of the prophet are true: "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." (Isaiah 40:31)

That confidence is not misplaced. It is grounded in the experience of the last four plus years. I have every confidence that God is calling Deacon Loretta to a community that needs her ministry and in doing so, I believe that God is calling us to exercise our own in new and exciting ways.

For Deacon Loretta and for you, I pray in the words of St. Paul that God, "who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6).

David +

PARISH EVENTS

Farewell Liturgy and Brunch
for Deacon Loretta Collins
Jul 13, 9:30 AM
Church & Parish Hall

Vestry Meeting
With Canon Szoke
Jul 15, 5:30 PM
Parish House Library

Folks of A Seasoned Age
Steering Committee Meeting
Jul 16, 11:00 AM
Rector's Office

Church in the Park
Aug 17 10:00 am
Kish Park—Grey Pavilion

Vestry Meeting
Aug 19 5:30 pm
Parish House Library

Church School Resumes
Sep 7 8:30 am
Parish House/Parish Hall

Back to School Sunday
Blessing of Backpacks
Sep 7 beginning at 9:30 am
Church and Parish Hall

Remembering Sunday and
Ice Cream Social
Sep 14 2-4 pm
Parish Hall

Vestry Meeting
Sep 16, 5:30 pm
Parish House Library

The Jubilee Ministry Center at St Mark's

Mother Hubbard's Cupboard and Its Role in Our Community



In the last issue of *The Messenger*, we discussed the nature of food security and the importance of Mother Hubbard's Cupboard in meeting some of the needs of those dealing with food insecurity. We'd like to share some information and how this demonstrates the role of The Cupboard in improving the life of so many in our community.

In Mifflin County [using statistics for 2012, the last available], fully 13.4% of our neighbors live in some form of food insecurity. Shockingly, 23.5% of all children in Mifflin county experience some form of food insecurity. Of the total number of people ranked as insecure, 40% of them are children! Of the 13.4%, 87% are eligible for some form of federal nutrition program with incomes at least 185% of the poverty level. 13% are not eligible because their household incomes exceed 185% of stated poverty level. This means that if an individual earns more than \$18,396 he or she is not eligible for SNAP (food stamps). Think about it. If an individual earns more than \$8.84 per hour or \$354 per week

before taxes and other payroll deductions, they are not eligible. And even if they are, the assistance is seldom sufficient since it is based on a cost of \$2.74 per meal.

On the face of it, the numbers may be confusing, but in all, we need to remember that these numbers represent *real people* and those real people are increasingly the working poor—people who work full-time, low wage jobs and still cannot make ends meet. This is where The Cupboard comes in. This is where we try to make a difference.

In future editions of *The Messenger* we hope to share some of the real stories of the people who are being helped by The Cupboard.

Breaking Bread Together Dinner



The volunteers that do so much good work for our monthly Breaking Bread Together Dinners will have a welcome break during the hottest weather of the season. BBT Dinners will **NOT be held in July or August** and will **resume on September 25th** at 5:30.

Folks of A Seasoned Age



Folks of a Seasoned Age continues its weekly exercise program on **Tuesdays at 3:30 PM** in the Parish Hall. The good weather is bringing people out in our best attendance yet!

Knit and Knot Group. Each Tuesday the **Knit and Knot Group** meets to learn and refine skills involved in knitting and crocheting. The group invites novice and experienced “knitters and knitters” to join in fellowship (a good time is always had by all). The group also has two special projects: creating caps for the Neonatal ICU patients at Geisinger Hospital and “fingerless” gloves for patients undergoing dialysis. The group is always in need of your excess yarn for these special projects.

If you'd like more information on these programs or have suggestions for social, educational, or spiritual activities for those in the “AARP crowd” fell free to contact Jackie Leight at (717) 953-6158.

144th Diocesan Convention Meets

The 144th Convention of the Diocese of Central Pennsylvania met in State College, PA on June 14th. In addition to the usual business of convention (election of diocesan officers, approval of diocesan budget), the delegates unanimously elected The Rt. Rev. Robert Gepert as Bishop Provisional of the diocese until the election and consecration of a new bishop in September, 2015. As Bishop Provisional, Bishop Gepert will guide the diocese as would the diocesan bishop. The only significant difference is that Bishop Gepert's tenure is temporary. In every other way, he is the bishop of the diocese.

This year, St. Mark's was represented by Joyce Hart and Anton “Tony” Hatfield-Nicholson as lay delegates and Father David Zwifka and Deacon Loretta Collins as clergy delegates.

The Convention overwhelmingly approved a resolution affirming marriage equality in Pennsylvania and affirmed the work of the Council of Trustees in reorganizing and consolidating appropriate funds within the diocesan investment portfolio.

A Letter

5/25

Dear Family of St. Mark's,

Thank you for your witness over the years to a ministry of active compassion. It continues to be an inspiration to us throughout the diocese and particularly in Lancaster County. As ten parishes, we are trying to respond to God's call and work together to respond to the needs of folks as they are presented to us.

We learned of your fire in the “Terraces” through television and you were responded to in prayers in each of our parishes the following Sundays. In addition, we have a fund called “Prayers and More.” While we realize the amount we are affording is not a substitute for your community's losses, it is an assurance of our prayers and concern. Hopefully, it can be added to Lewistown's and St. Mark's ongoing ministry in behalf of its people. Thank you for being so present to all on our behalf. What a gift you are and continue to be.

Blessedness,

ALERT

ALERT stands for the “All Lancaster Episcopal Response Team”. Its vision is to be “aware of the suffering of those in our communities and respond by being Christ's hands and heart, especially when devastating events occur. We offer our prayers and more.” With the letter was a check for \$100 to be used for relief efforts for victims of the Juniata Terrace Fire.

Sandwich Generation

By Brian Caulfield

Sometime during the second four-hour trip to New York in so many days, while leaving behind my wife and children to care for my parents, I realized the accuracy of the term “Sandwich Generation.” Sharing duties with my two brothers, I was traveling to the city to visit my father in the hospital and bring my mother back to the apartment where I was raised. As a son, a husband, and a father, I was positioned between two generations that needed my time and attention, unsure if my divided efforts were doing much good for others. This situation is familiar to many baby boomers, especially those who married later in life and have children in middle school. We are middle-aged ourselves, committed to careers that can take long hours and business travel, yet we seek to take seriously the commandment to honor dad and mom, even in their “senior years.”

It is easy for us *sandwichers* to feel sorry for ourselves, yet we should realize that we are blessed. Ours is not the sweet blessing of spiritual ecstasy, or even the more common feeling of accomplishment for a job well done, because our duties are far from finished. The fat is, we are often stretched by travel and exhausted by long hours spent in hospitals or nursing homes. Our patience is strained while listening to our parents repeat the same story over and over, or by repeating the same thing over and over to our own children, who aren't listening because we haven't had the time to keep the lines of communication open. No, we are not blessed in the sense of a temporally better or more satisfying life. The blessing comes from knowing what we do not always feel — that God has placed us here, between our aging parents and our growing children, for a reason, for our good and for theirs.

Perhaps by our double duty we are kept from the frivolous diversions of our culture; if left to a free weekend, we would likely waster time with television, the internet, or some self-indulgent distraction. Knowing that we are needed may boost

Caring for
your parents
and your chil-
dren brings
trials and
rewards

our self-image and confidence, while realizing how little we can do to change the fact of aging keeps us humble. We may come to recognize the dignity of the human person in our father, who struggles to the bathroom on his won because he hates adult diapers, or learn the value of suffering from our mother, who still puts the comfort of others before her own. And when we come home to our own families, we long to see our spouse and our children; we appreciate the gift of their love and try to make up for the time away.

We are weighed down by the struggle and the work and the hope we pit against the stubborn fact of physical decline and death. But we are also saved from our natural presumption of good health. Watching our parents age and weaken keeps us close to our own mortality, and if we are wise, we stay mindful of the four last things: death, judgment, heaven, and hell. I was privileged to be present when my dad received the anointing of the sick and witnessed the real emotional, spiritual, and even physical renewal that ensued. When I told my sons of this experience, they were sad that granddad almost died, but they were also drawn more deeply into the faith that reaches beyond the grave.

After a week in the hospital, my dad returned to the apartment to be with my mom, weak but happy to be home. On a recent Sunday, my brothers and I sat with them in the familiar living room, remembering old times and talking of the future in terms of our own children and grandchildren. Worries seemed to wash away with the laughter, yet the labors of the day remained. The sandwich generation may be stressed, but our efforts are worth it, especially is we understand that in serving two generations we are doubly blessed.

— Brian Caulfield is editor of the website “Fathers for Good”
Article excerpted from *Columbia*, July 2014, p. 19.

This article is printed as a service of “Folks of A Seasoned Age”

In Memoriam:

Marvin “Jack” Alexander

With sadness Marvin Alexander, 90, was laid to rest on July 10, 2014 in St. Mark's Community Cemetery. Jack was a long-time parishioner at St. Mark's as well as a member of many fraternal and service organizations in the Lewistown area. He leaves behind his beloved wife, Margaret (Peg) and daughter Margaret Morret. Jack was a veteran of World War II and is counted among those members of what Tom Brokaw called “The Greatest Generation.” He exemplified the values of self-giving and hard work often seen among those who weathered the Great Depression, the sacrifices of war, and the determination that built post war America. We are grateful to God for the example that he gave.

May his soul and the souls of all the faithful departed rest in peace.

Rector returns from CREDO Conference Renewed for Ministry

From April 28-May5th, Father Zwifka participated in CREDO Conference held at Conference Center/Camp of the Diocese of Arizona in Prescott, Arizona. CREDO Conferences are sponsored by the Episcopal Church's church Pension Group and focus on the health and wellness of the clergy in the church. All aspects of a priest's life and ministry are discussed with the hope of creating and “action plan” for ministry and for wellness. Father Zwifka reported that the conference went far beyond his expectations. Apart from the sheer beauty of the conference environment (the high desert of the Southwest), issues regarding his spiritual life, physical and psychological health were explored in depth. Father Zwifka's action plan called for a renewed emphasis on clergy collegiality, a more balanced approach to diet and exercise, and the need to explore new facets of his spiritual journey. Father Zwifka expressed his gratitude to CPG, the Vestry and the parish for this tremendous opportunity and requests the continuing support and prayers of our parish community in following through on his plan. As we are often reminded, “For the plan to work, you must work the plan!”





FINANCIAL STEWARDSHIP — A PROGRESS REPORT

At right is a summary of parish finances for the first half of 2014 as compared to the first half of 2013. A few notes of explanation: “Investment Income” represents the income generated from our investments; “Donations” includes pledges and loose plate collections and other special offerings; “Personnel” includes *all* expenses related to clergy and lay staff. “Property expenses” includes all expenses related to the daily maintenance and upkeep of the parish’s buildings; “Operations” include all other usual expenses. “Investment withdrawals” are funds taken out of the *principal* of our investment accounts. So far this year, it is clear that our biggest financial obligation is to our staff. The dramatic change from 2013 is due for the most part to the change in our rector’s status from half-time to full-time. Vestry knew last summer that this would be a heavy financial burden for the parish when it made its decision. The changes were reflected in the Fiscal Year 2014 Budget presented at the

Annual Meeting in January. All indications are that we are on track with that budget. Vestry continues to monitor our financial situation closely and will make any necessary and possible adjustments during the course of the year.

As was pointed out in budget discussions at the Annual Meeting, the largest “hole” in our income development is external fundraising. Vestry will be considering several projects that will meet that challenge. Currently, we hope to expand our GIANT Foodstore CASH for Causes program to include the cash card program at Weis Markets. The Amazon Associates program is another painless effort to raise funds. We hope that these programs grow and develop at least a part of our funding lack. If any parishioner or friend of St. Mark’s knows of creative ways of raising funds in and from the community, please speak with a member of Vestry or with Fr. Zwifka.

Ordinary Income/Expense

	Jan 1 - Jul 1, 2014	Jan 1 - Jul 1, 2013	\$ Change	% Change
Income				
01-10100 DONATIONS	35,628.23	35,373.60	254.63	0.72%
01-10200 -EXTRAORDINARY REVENUE	659.77	50.00	609.77	1,219.54%
01-10300 - INVESTMENT ACCOUNTS	41,502.29	21,075.07	20,427.22	96.93%
02-10000 - GAF-INCOME	7,528.98	5,747.75	1,781.23	30.99%
03-10000 - JUBILEE CTR REVENUE	12,905.59	10,682.19	2,223.40	20.81%
04-10000 - CEMETERY REVENUES	2,705.00	2,820.50	-115.50	-4.1%
Misc Income	<u>790.37</u>	<u>1,077.64</u>	<u>-287.27</u>	<u>-26.66%</u>
Total Income	<u>101,720.23</u>	<u>76,826.75</u>	<u>24,893.48</u>	<u>32.4%</u>
Expense				
01-20000 - OPERATIONS EXPENSE	32,770.20	28,091.27	4,678.93	16.66%
01-30000 - PERSONNEL EXPENSES	62,103.56	33,586.68	28,516.88	84.91%
02-20000 - GAF-EXPENSE	2,680.63	2,747.45	-66.82	-2.43%
03-20000 - JUBILEE CTR EXPENSE	10,440.51	12,424.35	-1,983.84	-15.97%
04-20000 - CEMETERY EXPENSES	8,690.00	8,120.00	570.00	7.02%
Misc-Expenses	0.00	927.00	-927.00	-100.0%
Property-	<u>823.48</u>	<u>100.00</u>	<u>723.48</u>	<u>723.48%</u>
Total Expense	<u>117,508.38</u>	<u>85,996.75</u>	<u>31,511.63</u>	<u>36.64%</u>
Net Ordinary Income	-15,788.15	-9,170.00	-6,618.15	-72.17%

A Small Life Insurance Policy Can Help St. Mark’s in a Big Way

Most people do not think that they will have the kind of financial legacy that will permit a large gift to the Church at the end of their lives. In recent years, however, individuals have discovered an easy and cost-effective way to make their contribution to the continuing ministry of their parish community even after their ability to give ends.

There are two basic ways to make a gift of life insurance: an irrevocable gift of a new or existing policy

where the donor gives up all incidents of ownership, or by naming the parish as the outright or contingent beneficiary of a policy. Each approach has advantages and disadvantages.

Your financial advisor, attorney, and insurance agent will be of significant help to you in deciding what to do.

If you’d like to learn more about how you can help our church *Share the Vision* through retirement plan assets, contact Father Zwifka.



Church in the Park August 17 10 AM

Our annual celebration of "Church in the Park" will take place at Kish Park (Derry Township Park) with Eucharist beginning at 10 AM with a pot luck picnic to follow. Activities for both young and old will round out the morning! Come and invite a friend. It's an excellent opportunity to introduce someone to our community.

Parish Hall Renovations Completed

Thanks to the generosity of parishioners and a grant from the Bishop Darlington Fund of the Diocese of Central Pennsylvania, renovations in the Parish Hall were completed in late spring. It may look from the ground floor that it was little more than a fresh coat of paint but a conversation with contractor Jeff Glendye will tell you that there was a lot more to repair than met the eye! Sizeable cracks and deteriorating plaster were repaired with great care before the new color palate was applied to the ceilings and walls and trim. Additionally, the large auditorium style mercury vapor lights were dismantled and replaced by four efficient, reversible variable speed ceiling fans. The difference in ventilation is palpable making the parish hall more user friendly in warm weather and more heat efficient in the cold. The bulletin boards also were renewed with new cork surfaces. Still to come: storage trucks for tables and chairs to assist with set-up and tear down for various events in the hall. Because of the extent of work needed, the project took more time than first anticipated and had a slight cost overrun. Donations to the parish's Maude Walker Maintenance Fund will help to alleviate the shortfall and help us toward future maintenance projects.

Vestry Moves to Replace Steeple Roof, Restore Windows

The Vestry recently approved repairs to the Church steeple roof and work on the next phase of our church window restoration project. The roof repairs are seen as a proactive measure as the current roofing material shows signs of increasing deterioration. The cost of the roof work is projected at approximately \$24,000. As part of its approval, the Vestry directed the Rector to pursue various avenues of funding including "but not limited to grants, loans, and direct subscription of donations."

To this end, the parish has submitted a grant request to the Society for the Advancement of Christianity in Pennsylvania, a group that underwrites projects like this for Episcopal Churches throughout the Commonwealth. At the Vestry's direction, the grant request included funds for the restoration windows on the south elevation of the Church, which are considered most threatened by deterioration. All of this work is under the aegis of our efforts to move "Toward a Third Century of Ministry." For more information on either of these projects, or on how you can help, please contact Father Zwifka.

*Get Ready!
It's Coming!*

The Fall Bazaar October 30-31

Now is the time to think about our fall bazaar. Summer is a great time to make small projects for sale while traveling or enjoying the sunshine! Smaller items are more popular and can be knit, crocheted, sewn, beaded, or wooden. Of course, no item offered for sale will be refused regardless of size!

For more information, please contact Cynthia McKinely at 248-9903



**To Know,
To Show,
To Grow
in Christ**

Church School to Resume September 7th

Church School continues to take a brief respite during July and August. We will resume meeting at **8:30 AM on Sunday, September 7th. Please note new time!!**

Scripture Readings for the months of July & August

July 6, Proper 9

Genesis 24:34-38, 42-49, 58-67
Psalm 45:10-17
Romans 7:15-25a
Matthew 11:16-19,,25-30

July 13, Proper 10

Genesis 25:19-34
Psalm 119:105-112
Romans 8:1-11
Matthew 13:1-9,18-23

July 20, Proper 11

Genesis 28:10-19a
Psalm 139:1-12,23-24
Romans 8:12-25
Matthew 13:24-30,36-43

July 27, Proper 12

Genesis 29:15-28
Psalm 105:1-11,45b
Romans 8:26-39
Matthew 13:31-33,45-52

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Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

August 3, Proper 13

Genesis 32:22-31
Psalm 17:1-7,15
Romans 9:1-5
Matthew 14:13-21

August 10, Proper 14

Genesis 37:1-4,12-28
Psalm 105:1-6,16-22,45b
Romans 10:5-15
Matthew 114:22-23

August 17, Proper 15

Genesis 45:1-15
Psalm 133
Romans 11:1-2a,29-32
Matthew 15:(10-20),21-28

August 24, Proper 16

Exodus 1:8-2:10
Psalm 124
Romans 12:1-8
Matthew 16:13-20



JULY—2014

ROTA



DATE	SERVICE	PRESIDER	HOMILIST	USHERS	LECTOR	ACOLYTE	CHALICE BEARER
07/06/2014 4th Sunday after Pentecost	9:30 A.M. H. E. Rite II	Fr. Zwifka	Fr. Zwifka	Nancy Laub & Elta Lauver	Bob Welham	SD: Blair Hannon Acolytes: Phyllis Sikorsky & Colby Hagan Crucifer: Michael Aitkin	Phyllis Sikorsky
07/13/2014 5th Sunday after Pentecost	9:30 A.M. H. E. Rite II	Fr. Zwifka	Fr. Zwifka	Fred McKinley Ralph Aitkin	Cynthia McKinley	SD: Blair Hannon Acolyte: Phyllis Sikorsky & Logan Blewert Crucifer: Michael Aitkin/Mark Kaler	Robert Welham
07/20/2014 6th Sunday after Pentecost	9:30 A.M. H.E. Rite II	Fr. Zwifka	Fr. Zwifka	Maggie and Jeff Wilson	Robin Wilson	SD: Blair Hannon Acolyte: Phyllis Sikorsky & Mark Kaler Crucifer: Michael Aitkin/Lexie Kuhns	Deb Vaughn
07/27/2014 7th Sunday after Pentecost	9:30 A.M. H.E. Rite II	Fr. Zwifka	Fr. Zwifka	William Wilson Robert Wilson	Deb Vaughn	SD: Blair Hannon Acolyte: Phyllis Sikorsky & Colby Hagan/Lexie Kuhns Crucifer: Mark Kaler	Phyllis Sikorsky



AUGUST—2014

ROTA

DATE	SERVICE	PRESIDER	HOMILIST	USHERS	LECTOR	ACOLYTE	CHALICE BEARER
08/03/2014 8th Sunday after Pentecost	9:30 A.M. H. E. Rite II	Fr. Zwifka	Fr. Zwifka	Nancy Laub & Elta Lauver	Bob Welham	SD: Blair Hannon Crucifer: Mark Kaler Acolytes: Phyllis Sikorsky	Phyllis Sikorsky
08/10/2014 9th Sunday after Pentecost	9:30 A.M. H. E. Rite II	Fr. Zwifka	Fr. Zwifka	Fred McKinley Ralph Aitkin	Cynthia McKinley	SD: Blair Hannon Acolyte: Phyllis Sikorsky & Mark Kaler Crucifer: Michael Aitkin	Robert Welham
08/17/2014 10th Sunday after Pentecost	Church in the Park 10:00 a.m. H.E. Rite II	Fr. Zwifka	Fr. Zwifka	Maggie and Jeff Wilson	Robin Wilson	SD: Blair Hannon	Deb Vaughn
08/24/2014 11th Sunday after Pentecost	9:30 A.M. H.E. Rite II	Fr. Zwifka	Fr. Zwifka	William Wilson Robert Wilson	Deb Vaughn	SD: Blair Hannon Acolyte: Phyllis Sikorsky & Colby Hagan Crucifer: Mark Kaler	Robert Welham
08/31/2014 12th Sunday after Pentecost	9:30 A.M. H.E. Rite II	Fr. Zwifka	Fr. Zwifka	Tony Hatfield-Nicholson Elta Lauver	Bob Welham	SD: Blair Hannon Acolyte: Phyllis Sikorsky & Logan Blewett Crucifer: Michael Aitkin	Phyllis Sikorsky

St. Mark's Episcopal Church

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*A Spirit-filled
Multi-generational
Community-oriented
parish in the Episcopal
tradition.*

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