

The Messenger

2014, ISSUE 4

SEP—OCT 2014

Rector's Corner: A "New" Approach Toward Pastoral Care



At its August meeting, Vestry approved a Plan for Pastoral Care. Pastoral care is one of those things that everyone talks about but few people can actually describe. What often happens is that the ideas get less and less clear until discussions become a lot of words without much meaning. By adopting a specific Plan for Pastoral Care, Vestry has determined to focus our efforts as a worshipping and believing community and make pastoral care highly "intentional."

Just what is "pastoral care?" Simply put, "Pastoral care is Christians caring for other Christians through all circumstances of life and helping them come to a deeper awareness of the presence of the Lord Jesus Christ as one who cares for them as a 'shepherd cares for the sheep.' This care is extended also to those who

are not Christians as a sign of God's love for them in the hope that they will be drawn to Christ. Care is above shown through friendship, listening, emotional help, and the study of God's Word." Many people see this as the primary responsibility of the ordained ministers in a parish. Without a doubt, it is. However, because, as Episcopalians, we subscribe to a baptismal covenant that makes each and every one of us ministers of the gospel, the responsibilities of pastoral care are not the *exclusive* purview of the clergy. Instead, responsibility for pastoral care extends to *each and every member of the parish*. Going forward, St. Mark's will employ a "pastoral care team" to expand the level of pastoral care provided.

To this end, I have named a pastoral care coordinator, Mr. Blair Hannon, who will work closely with me to build up various elements of this important task. Among the specific groups that we will develop: Lay Eucharistic Visitors (Holy Communion to the homebound/hospitalized); Friendship group (calls upon homebound and others experiencing loneliness); Lazarus Ministry (ministry to bereaved/grieving); Prayer group (receives prayer requests); Listening group (provides a listening ear for people to unload their burdens); Handy Helpers (provides basic practical help (e.g. light maintenance) for those who need it) and experienced caring groups (provides help in most situations except those needing specialized help).

Some of these are already in place—like the Lay Eucharistic Visitors. Some need further development—like prayer networks. Others are in development—like a new initiative through Folks of A Seasoned Age to provide a support group for those caring for others suffering from dementia. Still others need start-up—like Lazarus Ministry and Handy Helpers.

St. Paul makes it clear that the Church experiences the full ministry of Christ only when each and every believer engages in some form of mutual service. In his First Letter to the Corinthians, he makes plain his understanding of the "Body of Christ" and how each and every member is given some gift (a *charism*) for the sake of body. In other words, we are at our best when no one becomes a "one man show" and all are included in the work of total ministry within the Church. This is not a novel idea cooked up by some pastoral ministry guru—it is a divine call—no, a divine *mandate*. Indeed, it is only when we act in this way that we fulfill Christ's command from Maundy Thursday (the *mandatum*): "As I have done for you, you also must do."

With this in mind, Vestry has empowered me and the pastoral care coordinator to recruit members for the pastoral care team based on the gifts (*charisms*) that are seen in each member of the parish. When necessary, resources will be made available for any kind of specialized training that would help individuals fulfill their call.

The work of pastoral care is simple. It involves five basic elements: 1) showing friendship; 2) giving practical help; 3) being a listener; 4) praying for others; 5) using scripture and prayer to encourage and challenge. Well, "Duh!" you might say. Don't we do this already? Well, yes and no. Up until now, much of it has been hit and miss for most of us. Our present task is to make this the *intentional and purposeful way of living the gospel in our parish community*. And that, friends, will make all the difference! I believe it is the best path to strengthening our community. It has worked in the past. It can work again, not because it is a magic formula but because it very simply is the path of Jesus Christ.

David +

PARISH EVENTS

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

Folks of A Seasoned Age
Steering Committee Meeting
Sep 10, 11:00 AM
Rector's Office

Remembering Sunday and
Ice Cream Social
Sep 14 2-4 PM

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

Dementia Support Group
Sep 18, 4:00 PM
Parish Hall

Breaking Bread Together
Dinner
Sep 25, 5:30-6:30 PM
Parish Hall

Blessing of Pets & Animals
Oct 4, 12 Noon
Memorial Garden (in case of
rain, Church)

Vestry Meeting
Oct 21, 5:30 PM
Parish House Library

Dementia Support Group
Oct 16, 4:00 PM
Parish Hall

Breaking Bread Together
Dinner
Oct 23, 5:30-6:30 PM
Parish Hall

The Jubilee Ministry Center at St Mark's

Mother Hubbard's Cupboard and Its Role in Our Community



Reuters reports there are now almost 46 million people in the United States on food stamps, roughly 15 percent of the population, an increase of 74 percent since 2007, just before the financial crisis and a deep recession led to mass job losses. With recent cuts to SNAP funding (Supplemental Nutrition Assistance Program = food stamps), even a lot of folks working full-time are not earning enough to feed their children. Food stamps are the last hanging thread of the U.S. safety net for a lot of families, but let's remember that those families are not the only recipients of food stamps. Walmart reports that an increasing percentage of their shoppers are using food stamps to buy groceries. Mother Hubbard's Cupboard helps to bridge that gap as we continue see a rise in the number of "working poor," who are coming to The Cupboard for assistance in making ends meet. While economists discuss the upturn and "recovery" of our badly damaged economy, the benefit of that recovery has yet to be felt at the lower end of the economic spectrum. Hunger and malnutrition continue in our society — and in our community. To many, this is a moral scandal in the world's strongest, richest, and most productive nation. But the generosity of individuals serve diminish the impact of that scandal . . . like the local farmer who regularly donates several dozen farm fresh eggs for distribution. These efforts are the heart and soul of The Cupboard and demonstrate the generous spirit that lives in our community.

Vestry Moves to Create Pet Section at St. Mark's Community Cemetery

St. Mark's Vestry has directed the Cemetery Committee to dedicate a portion of St. Mark's Community Cemetery as a resting place for pets.

The pet cemetery will be organized so as to insure pet owners that their pets' remains will not be disturbed. By making the pet cemetery part of St. Mark's Community Cemetery property, pets' resting places will not be effected by land development or other factors. Moreover, because St. Mark's Community Cemetery provides "perpetual care" it will seek to insure the continuing maintenance of the grounds and roadways associated with this part of the cemetery property. Access will be kept open in the event of further cemetery development around the area designated for pets.

Specific design for the area and the costs associated with interring pet remains will be determined by the Cemetery Committee in the coming months.

Breaking Bread Together Dinner



Breaking Bread Together Dinners will resume **on September 25th** at 5:30! If you would like to volunteer to assist, please call the parish office at 717 248-8327.

Folks of A Seasoned Age



Knit & Knot. Faithful members of our Knit & Knot group met throughout the summer in response to the many words of thanks, both written and oral, for their donation of fingerless gloves to local dialysis units and Geisinger Hospital, Danville. Others expressed heartfelt gratitude for donations to the Pediatric Oncology and Neonatal Intensive Care Units for fingerless gloves, hats, and small animal toys all composed and assembled by Knit & Knot! While the gracious response has been overwhelming, it has uncovered an increasing need. We need more experienced knitters and crocheters. We also need yarn . . . especially baby yarn. Knit & Knot sends out a special word of thanks to Deb Vaughn, who singlehandedly has donated approximately 100 preemie hats that she made in honor of her great grandchildren, Harley and Summer and in memory of Jonathan.

Where's the Beet? Folks of A Seasoned Age is very grateful to Nancy Laub for her well attended (24 participants!) workshop on plant based diets. Because this program was so popular and well-received, a follow-up program on plant-based diets has been set for early spring. (Watch for more details!) Nancy is planning a program for this fall (September or October, not quite sure yet, so stay tuned) on how to preserve herbs.

Christmas Workshop. Don't forget Nancy's Christmas arrangement workshop, which is scheduled for November 22nd. You may recall that last year's program had to be cancelled because of bad weather. This year, we'll pick up where we left off with creating beautiful arrangements in mugs that a especially suitable as gifts. So mark your calendars!

Exercise Class. Our exercise class continued through the hotter months thanks in part to the renovations on the parish hall that installed the ceiling fans. What a difference!!! Exercisers and knitters & knitters want to express thanks to all who made that possible!

They say the best advertising is word of mouth. Please tell your friends and family about our various programs and invite them to join you!

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.

Columbarium Plans Move Forward

Phase I of the Columbarium Project of St. Mark's Community Cemetery has entered the final planning stages. Two sets of niches are planned for the St. Francis Memorial Garden at the corner of South Main and Water Streets. The niches will be annexed to the south wall of the Parish Hall Building facing south. Brick walkways, new plantings, and benches are being planned for the Memorial Garden. "An increasing number of people are choosing cremation for the final dis-

(Continued on page 4)

Finding the Good Life in Retirement

There are dozens of reasons why David Schaller doesn't regret retiring from the Environmental Protection Agency (EPA) in 2007 and moving back to Tucson, Arizona, the city he grew up in. His mother had been living in that desert outpost alone, and Tucson had a sustainability consulting position open. And yet retiring to Tucson required leaving behind many aspects of his life in southeast Denver. It meant saying goodbye to friends he'd laughed and cried with for decades. It meant leaving his dynamic church. And it meant walking away from his high-profile position as sustainability director for the EPA's Denver regional office and transitioning to life as a retiree.

"I wasn't prepared," Schaller admits, sounding wistful. "I wasn't prepared for the different level of things, from going from a big stage to a small stage. I was no longer surrounded by as many brilliant, inspiring people who thought about the kind of things I thought about. The community I'd been part of suddenly wasn't there. I knew intellectually that was going to occur, that I'd miss those people, but when I turned around and they weren't there, I wasn't prepared."

For each individual retiree, those changes will be different. Individuals must chart their own paths as they move from the identity they've built for themselves through years of work—police officer, teacher, lawyer, or sustainability director—to retiree. There's no agreed-on preparation, and few spiritual guides are available for how to cope with the changes. People who may once have seen retirement as nirvana discover that an endless vacation doesn't add up to happiness.

Dr. Richard Johnson, a psychological clinician, counselor, and author of *Creating a Successful Retirement: Finding Peace and Purpose* sees the need for spiritual education increasing as people grow older "because the spiritual pace quickens as we ex-

Retirement may seem like a long vacation but making the most of those years still takes hard work.

perience more loss, the driving force of all human growth." Because of that, Johnson thinks the church should be doing far more to help retirees than it does. "No curriculum is being written on this," he says. Instead, most retirement advice is about financial investments.

Johnson lists five major rewards that people get from working: money, time management, a sense of purpose, social interaction, and status. People still need those things in retirement, but they look at them differently and get them in different ways. None of those needs are met through watching television, and yet research shows that retirees spend twice as much time watching television as do working people—about four hours a day. "If I were to write a prescription for creating depression, that would be it," says Johnson.

In contrast, many retirees still fulfill their basic needs and are happy; these people are far too busy to watch much television. Schaller, for instance, writes a weekly digest of sustainability developments. He's active on several boards and volunteers with various sustainability initiatives. He counts sustainability as his life's work, and he's not done with it just because he retired from the EPA.

Other retirees have similar experiences. Sally Dittman retired in 1999 from her work as an elementary school principal in Michigan and now lives in Sun City Center, Florida. She's president of an advocacy group that fights human trafficking, takes Spanish courses at the local community college, is active in her church, and travels to visit her children and grandchildren. "What surprised me about retirement is how I ever found time to work," she says.

Schaller and many retirees have typically retired in a way that balances a mix of spending more time with family, more time on



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Remembering Sunday — 9/14/14

On Sunday, September 14th, at 2:00 PM, parishioners and friends of St. Mark's will gather in the Parish Hall for the first of several events designed to rediscover our past and make it a part of our future. "Remembering Sunday" is a time for anyone with memories of life at St. Mark's to gather and to share.

"We will have some of our historical documents on display just to get conversation going," said father Zwifka. "For example, most people don't know that the first baptisms performed at St. Mark's were performed by Bishop William White, then Bishop of Pennsylvania and the first Presiding Bishop of the Episcopal Church. His signature is on the first pages of our oldest sacramental records."

Eventually, the project hopes to build a timeline leading to the 200th anniversary celebration in 2023. At the same time, we have a wealth of contemporary history that has never been recorded except in the memories of our parishioners. These events hope to unearth some of those memories.

"To add some enjoyment to the event," continued Father Zwifka, "we will have a small, old fashioned ice cream social."

Certainly anyone having memories of life at St. Mark's is invited. . . . and tell others!

In Honor of St. Francis of Assisi

St. Mark Episcopal Church will mark the Feast of St. Francis with a blessing of animals and pets on Saturday, October 4, 2014 at 12:00 Noon in the Church courtyard (The St. Francis Garden) at the corner of S. Main and Water Streets in Lewistown.

"St. Francis was known for his ability to see the life of God in all of creation. Tradition tells us that he deeply loved animals calling them his brother and sister creatures," said Father Zwifka. "The bond between person and pet is like no other relationship, because the communication between fellow creatures is at its most basic. The Church is where we celebrate the bond creation places between us."

For single householders, a pet can be a true companion. Many people arrive home from work to find a furry friend overjoyed at their return. Many a senior has a lap filled with a purring fellow creature. For others, pets provide an emotional anchor and a sense of security during difficult times. Regardless of the nature of our relationship with them, pets and animals are part of God's creation and we have every reason to rejoice in them. Join us for this fun celebration!

Blessing of Pets and Animals
Saturday,
October 4th
12:00 Noon

Folks of a Seasoned Age Creates Dementia Support Group



"My mom is 66 years old and in what we thought was the early stages of dementia, but in the last 6 months she has deteriorated quickly. My step father has been in denial until recently but still chooses to work full time leaving our mother alone all day. My sister & I are finding it hard to cope emotionally as it is so hard to see our mother like this. We are not sure what to do or where to begin." (*Tricia*)

"Is it a bad idea to move to a new home? My grandmother already confused whether her home is her home." (*Anne*)

My mother is new to her memory care facility. She is 95 but very aware of her surroundings and also of the varied dementia symptoms of the other 20 or so memory care residents. She is very disturbed by a couple of ladies who wander into her room throughout the day. Often they rattle the doorknob in their effort to get in. This transition has been rough for my mother. She was literally lost in assisted living and was very positive about going into memory care, but it has been depressing for her in many ways. I don't think she quite fits the profile of the typical resident--yet--and she is disturbed by the prospect of the future. She has mentioned nauseating behavior at meals and feeling like she doesn't want to 'misbehave.' I feel so sorry for her but don't know how to approach this. (*Tom*)

Do any of these comments reflect your feelings? Do you have similar questions or concerns? In response to the concerns of several of our own parishioners and others in the Lewistown area, Folks of a Seasoned Age, will initiate a Dementia Support Group. The group will hold its first (organizational) meeting on **Thursday, September 18th at 4:00 PM** at St. Mark's Church in the Parish Hall.

A dementia support group is a safe place to learn, offer and receive helpful tips, and meet others coping with Alzheimer's disease or another dementia. The support group will be facilitated by professionals and other community members. The specific direction of the group will be determined by the needs of the participants. There are no set agendas. The atmosphere of the group will be one of sharing and caring friendship. The environment will provide a confidential and non-judgmental place to share ideas, frustrations, anger and joy where members receive positive reinforcement. Such support groups are solely for individuals who are currently caring for a loved one who has Alzheimer's disease or another form of dementia. Members of the group and the volunteer leaders will NOT be contacted for commercial purposes, solicitations or visits from anyone who is not currently caring for someone with dementia.

Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. Members of such groups often report feeling less alone, more able to confront their daily problems, and more hopeful about their future. For more information, please contact the parish office at 248-8327.

In Memoriam: David Pepper

On July 23, 2014, St. Mark's commended David Pepper to the Lord after a long illness. David was a long-time parishioner at St. Mark's and had been very active in Altar Guild. He served on Vestry and on various committees within the parish.

He is survived by Richard Walters, his partner. Family and friends gathered before the service to say their final farewells and celebrated his life with a luncheon in the parish hall bringing forward many memories.

David was buried in St. Mark's Community Cemetery.

(Continued from page 2) **Columbarium**

position of their remains," commented Father Zwifka. "By providing an easily accessible space for the permanent placement of ashes, survivors will be assured of proper memorialization in a way not currently available. The outdoor placement in a prominent downtown location will be a thoughtful way of creating a lasting memorial."

The columbarium system will consist of sealed aluminum encasements to contain and preserve cremated remains. Current plans call for each niche to be covered by a cast brass plate that will receive identification information (name, date of death, etc). This system obviates the need for the purchase of a special urn or small casket for cremated remains. Once sealed the aluminum encasements are impervious to moisture or any other intrusion.

Junior Warden, Fred McKinley, is heading up the project utilizing plans that were drawn up several years ago before the project was indefinitely suspended. "We have two other possible locations for future development," said McKinley. "Depending in the success phase one, we may move to have a more extensive 'peace garden' columbarium right on the cemetery grounds. We may also explore a third location in the church's narthex."

"As soon as construction costs are finalized," said Father Zwifka, "we will be able to publish a fee schedule and begin to accept purchase payments. Anyone interested in directly receiving future information or reserving one or more niches should contact the rectory office."

(Continued from page 3) *Retirement*

themselves, more time on spirituality, and more time volunteering. Others make the choice not to retire at all.

One retirement option that often draws critical reviews from both experts and retirees alike is the “resort-style living” promoted by retirement community developers. “Daily life at these places is an extravaganza,” says an exasperated Johnson. “It’s all diversionary, taking people away from their primary life cause, their real work in the world at this stage in their lives.”

There are “villages” in places like Arizona, Florida, Texas, South Carolina, California, and beyond, all showing spectacular resort settings with emerald golf courses, inviting swimming pools, cathedral-like community rooms, and elegant patio tables lit with the rosy hues of sunset. But how many of the 6 percent of retired Americans who live in such places really divert themselves with yoga, swimming, and golf all day? According to Dittman, the retired Michigan principal who says she loves the friendly, active Sun City community where she now lives, it isn’t as many as the advertisements might suggest. “I struggle to find time to golf,” she says. “There are people who are happy playing golf five days a week. But other people say that doesn’t cut it for them, they need more in their lives.”

The challenge for most retirees is striking a balance, somewhere between full-time work on a volunteer basis and full days on the golf course. There needs to be time for visiting children, grandchildren, and friends, while also enjoying all the extra hours they can now call their own. It’s a balance that takes thoughtfulness and effort to achieve. Like Dittman, many retirees at first over-commit themselves to volunteering in the early months or years of their retirements. There’s a reason that happens.

Molly Srode, a retired hospital chaplain and author of *Creating a Spiritual Retirement: A Guide to the Unseen Possibilities in Our Lives* (SkyLight Paths), has found that retirees are keenly concerned with the question of how their lives can be meaningful now that they’ve left behind their work and the roles they fulfilled in their jobs. They worry about aging, the changes that come with it, and what their futures hold. “They’re asking, ‘Who am I now? Am I still worthwhile? How will I handle diminishing abilities?’” Srode says. “There are spiritual answers to all these questions.”

Srode urges people to remember that they are citizens of two worlds, both the physical and the spiritual. She sees keeping balance as key to spiritual health in retirement. “It doesn’t mean

spending every minute helping others versus every minute absorbed in yourself and your own interests. It has to do with love: love for yourself, love for others, and love for God,” she says. “Once we understand that God is love, we can more easily put things in perspective.”

Authors emphasize drawing on a supportive community, whether it’s the saints present or the saints above. Many see retirees in strong churches and neighborhoods being their own best support group, encouraging each other. Many people often realize that retirement is a stage of life no different from the others, with one exception. There’s a freedom they’ve never had before. That struggle, though, can be hard. People often scramble to fill up their hours.

Johnson counts respect for leisure as an important element in successful retirement. That’s balanced, however, with the need on the part of retirees to be thoughtful about what they’re doing with their remaining days. It’s truly a unique process that depends on money and background. For those who have built their world around work, they’re not ready. One might lose prestige, a sense of identity, a reason for being.

Unless the church is keenly aware and addresses the spiritual needs of older adults—from active to frail—they are left alone at a time when they need the church most. The church sometimes falls short in helping older adults discover new ways that they can serve others. Because they can’t do what they once used to, they often end up doing nothing unless the church and family step in to help them rethink what they can do. Spiritual or not, the sense of our own mortality grows stronger the older we become. Being part of a spiritual community helps people to realize death is not the end of their life, not the end of their existence. For those who are not particularly religious, there’s often still the sense that we’re all connected, that it’s their turn to do something for others. That’s universal, not a part of organized religion. It’s a desire to leave a legacy. This legacy is not about money. Most retirees realize that’s not important having to learn to live on less of what they lived on when working. Material things feel much less important. But all people want to be known for something when they’re no longer here. The answer to that quest is to establish strong relationships, and to be remembered as a loving person. For that being a part of a church community is a perfect answer.

This article is based on an article by Kristen Hammuman that appeared in the August 2014 issue of U.S. Catholic (Vol. 79, No. 8, pages 12-17) and is presented as a service of “Folks of A Seasoned Age”

Scripture Readings for the months of September & October

Sep 7, Proper 18

Exodus 12: 1-14
Psalm 149
Romans 13:8-14
Matthew 18:15-20

Sep 14, Proper 19

Exodus 14:19-31
Psalm 114
Romans 14:1-12
Matthew 18:21-35

Sep 21, Proper 20

Exodus 16:2-15
Psalm 105:1-6,37-45
Philippians 1:21-30
Matthew 20:1-16

Sep 28, Proper 21

Exodus 17:1-17
Psalm 78:1-4, 12-16
Philippians 2:1-13
Matthew 21:23-32



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.

Oct 5, Proper 22

Exodus 20:1-4, 7-9, 12-20
Psalm 19
Philippians 3:4b-14
Matthew 21:33-46

Oct 12, Proper 23

Exodus 32:1-14
Psalm 106:1-6, 19-23
Philippians 4:1-9
Matthew 22:1-14

Oct 19, Proper 24

Exodus 33:12-23
Psalm 99
1 Thessalonians 1:1-10
Matthew 22:15-22

Oct 26, Proper 25

Deuteronomy 34:1-12
Psalm 90:1-6,13-17
1 Thessalonians 2:1-8
Matthew 22:34-46

Year A in a Revised Common Lectionary Cycle focuses primarily on the Gospel of Matthew.



SEPTEMBER—2014

ROTA



DATE	SERVICE	PRESIDER	HOMILIST	USHERS	LECTOR	ACOLYTE	CHALICE BEARER
09/07/2014 13th Sunday after Pentecost	9:30 A.M. H. E. Rite II Back-to-School Sun- day	Fr. Zwifka	Fr. Zwifka	Maggie Wilson and Elta Lauver	Lexi Kuhns	SD: Blair Hannon Crucifer: Mark Kaler Acolytes: Phyllis Sikorsky Book Bearer: Kaylee Blewett Torch Bearer: Logan Blewett and Zaniaca Kaler	Phyllis Sikorsky
09/14/2014 14th 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 Crucifer: Lexie Kuhns	Robert Welham
09/21/2014 15th Sunday after Pentecost	Church in the Park 10:00 a.m. H.E. Rite II	Fr. Zwifka	Fr. Zwifka	Fred McKinley Ralph Aitkin	Cynthia McKinley	SD: Blair Hannon Acolyte: Phyllis Sikorsky and Lexie Kuhns Crucifer: Mark Kaler, Jr.	Phyllis Sikorsky
09/28/2014 16th 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: Michael Aitkin	Robert Welham



OCTOBER—2014 ROTA



DATE	SERVICE	PRESIDER	HOMILIST	USHERS	LECTOR	ACOLYTE	CHALICE BEARER
10/05/2014 17th Sunday after Pentecost	9:30 A.M. H. E. Rite II	Fr. Zwifka	Fr. Zwifka	Nancy Laub and Elta Lauver	Robin Wilson	SD: Blair Hannon Crucifer: Mark Kaker Acolytes: Phyllis Sikorsky	Phyllis Sikorsky
10/12/2014 18th 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 Kaker Crucifer: Michael Aitkin	Phyllis Sikorsky
10/19/2014 19th 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 Crucifer: Lexi Kuhns	Deb Vaughn
10/26/2014 20th Sunday after Pentecost	9:30 A.M. H.E. Rite II	Fr. Zwifka	Fr. Zwifka	William Wilson Robert Wilson	Cynthia McKinley	SD: Blair Hannon Acolyte: Phyllis Sikorsky & Colby Hagan Crucifer: Michael Aitkin	Phyllis Sikorsky

St. Mark's Episcopal Church

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parish in the Episcopal
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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!!*