

THE CARILLON

Volume 65 Issue 1 January 2024 St. Mark's United Church of Christ 426 North Eighth Street Lebanon, PA 17046 (717) 273-0151

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Office Hours – Tuesday through Friday – 9:30 AM to 1:30 PM

STAFF

Rev. David A. Jones, Pastor Sam Brandt, Custodian Cindy Klahr, Secretary Cynthia Johnson, Organist Jeff Clouser, Music Ministry Coordinator Faye Fox, Consistory President Ron Follett, Church Treasurer Dawn Shultz, Consistory Secretary

NEW YEAR'S PRAYER

Another year is dawning With the chance to start anew. May I be kinder, wiser, Lord In all I say and do. Not so caught up in selfish gain That I would fail to see The things in life that mean the most Cost not a fancy fee. The warm, kind word that I can give, The outstretched hand to help, The prayers I pray for those in need— More precious these than wealth. I know not what may lie ahead Of laughter or of tears; I only need to know each day That You are walking near. I'm thankful for this brand new year As now I humbly pray, My hand secure in Yours, dear Lord, Each step along the way. Amen.

New Year Affirmations

I am at peace with my past and excited for my future.
Each day is a fresh start, a new beginning.
I am capable of achieving my goals and turning my
dreams into reality.

My life is a reflection of the energy I put out into the world.

I let go of old habits and welcome new, positive changes into my life.

Every challenge I face is an opportunity to learn and grow.

I am deserving of all the good things life has to offer.
I trust in the process of life and I am safe.
My mind is filled with positive and nourishing thoughts.
I am grateful for the lessons of the past and hopeful
about the future.

I welcome the new year with an open heart and a positive mind.

"New Year - A new chapter, new verse, or just the same old story? Ultimately we write it."

"A new year. A fresh, clean start! It's like having a big white sheet of paper to draw on! A day full of possibilities."

Scriptures for the New Year

"I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh." Ezekiel 36:26

"Oh, sing to the Lord a new song! For He has done marvelous things; His right hand and His holy arm have gained Him the victory." Psalm 98:1

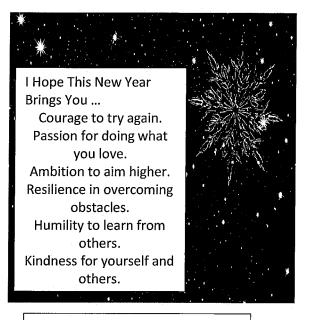
"Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; Great is Your faithfulness."

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

2 Timothy 1:7

Lamentations 3:22-23





Life is like a book.

Some chapters are sad, some happy and some exciting.

But if you never turn the page, you will never know what the next chapter holds.

Wishing you the best chapter yet in this coming New Year!

Wishing you beautiful moments, treasured memories, and all the blessings a heart can know.

A New Year Is God's Gift

In the joyful moments—
thank Him.
In the busy moments—
bless Him.
In the trying moments—
trust Him.



The Journey Continues ...

Recently, I heard a statistic that seemed hard to believe, but after considering the mindset of skepticism people have these days, what I heard isn't very surprising. We are living in a time when people seem to question everything, including facts that have been proven as true for centuries. The latest fact that people are questioning is the roundness of the earth. Did you know that only 80% of people currently believe the earth is round? Only 80%!! Despite overwhelming evidence that proves the earth is round, only 80% of people believe it to be true. Among the non-believers, half of those folks think the earth is flat, while the other half are unsure what they believe. Which makes me wonder...how can someone have enough information to question established facts, but at the same time lack the information to declare what they believe? People can be funny sometimes.

To be honest, I can understand why people would doubt the roundness of the earth. If you've ever looked over a wide, seemingly flat area (like the ocean), the earth *does* give the illusion of being flat. But the reality is, we have incontrovertible evidence that proves God has created a round planet. I accept when people have doubts and ask questions, because asking questions is an important part of finding the truth. But at the same time, accepting proven facts is part of finding the truth as well.

But here is an interesting question: what should we do with those who refuse to believe the earth is round? Should we let their opinions change what we know to be true? Or should we accept what is real, even when others refuse to consider a different way? Well, that dilemma brings us to the point of this month's newsletter article.

At our December Consistory meeting, we were having a discussion about the role of the Consistory President at St. Mark's. According to our bylaws (and I'm paraphrasing here), the role of the Consistory President is to call the meetings of the church, to preside over those meetings, and to make sure the work of the church is getting done.

During our discussion about *actual* role of the President, the observation was made that the Consistory President is expected to do far more than simply calling and running meetings. The culture at St. Mark's has led some to believe the Consistory President is responsible for making everyone happy. If the Consistory President fails in that endeavor, then they will be confronted by people demanding to have things done the "right way". With those kinds of headaches to deal with, is it any wonder we struggle to find people willing to serve on Consistory? And have even fewer willing to serve as Consistory President?

Before we go any further, I want to let everyone know two things. First of all, I agree with the assessment made at the Consistory meeting. At St. Mark's, the Consistory President is expected to be perfect at solving problems and they will catch an earful of complaints whenever something unplanned or unexpected happens. That has become the culture of our church. And it is important to know, that St. Mark's is not the only church that has allowed this culture of pressuring the President of the congregation. Nearly every congregation has members who have fallen into this trap. Which leads us to the second thing we need to know, just because some have this mindset, that doesn't mean we need to keep going down this path. In the same way the people who believe the earth is flat need to change their mindsets to be on the side of truth, we need to adjust our mindsets to be the church God is calling us to be.

One of the negative effects of believing the Consistory President is the person responsible for keeping everyone happy, is that the President needs to micromanage every aspect of church life in order to achieve that goal. And when the Consistory President is the micromanager of the church, then the rest of the Consistory tends to follow their lead and begins to micromanage everything as well. This culture of micromanagement is one of the major reasons why our Consistory meetings have been 2 to 3 hours long for the last few years. Did you know our Consistory meetings have been dragging on for 2 to 3 hours every month? Kind of amazing, isn't it? It's kind of tiring, too, sitting through a meeting that long.

I attended a seminar a while back where I heard a great explanation about how long churches meetings *should* last. This explanation is compelling, simple, and true. At the seminar, I heard that church meetings should never last longer than the worship service of the church. Because if meetings last longer than the worship service, then what are we really worshipping? Interesting point, huh?

Using that thought, a convincing argument can be made that our Consistory meetings should be adjourned in under an hour. But the only way we can shorten our meetings is by changing our mindset and the goals we have when we come to church. If our primary goal of coming to church is to make sure our traditions and our preferences are upheld, then we are here for the wrong reason. If our goal of coming to church is to manipulate or coerce others to do things our way, then we are here for the wrong reason. If our goal of coming to church is to gossip and complain, then we are here for the wrong reason. Our primary goal for coming to church should be to worship God. Our secondary goal should be to create a community with our brothers and sisters in Christ. And a third goal should be to love our neighbors as we love ourselves as we show people what a loving and caring Christian community we can be.

Now then, if someone believes that the church absolutely has to do things a certain way, then I encourage them to volunteer to serve on Consistory themselves. We will welcome them aboard. But just like the people who believe the earth is flat need to accept a new way of understanding the world in which we live, we at St. Mark's need to refocus ourselves and remember why we are truly here. Throughout the Bible, when people put the worship of God first in their lives, their outlook becomes undeniably positive. Even when they face struggles, they face those struggles with a sense of hope and strength that they could never find without God being first in their lives.

As we come to St. Mark's on Sunday morning or any other day of the week, we are coming to a special place. It is a place where we have the opportunity to give God our thanks and praise. It is a place where we can refocus our lives and recenter our thoughts. It is a place where we can renew our strength and find hope as we try to make our way through this crazy thing called life. And it is a place where we find grace and forgiveness because no one – and I mean no one – is able to make it through our journey mistake free. So in this New Year, may we have a new vision of what our lives at St. Mark's can be. May we have new expectations, new hopes, new dreams, and a deeper connection to the Creator of life and love. And may we have shorter meetings, so that the #1 thing we do at St. Mark's is giving God our thanks and praise. May it be so.

The Journey Continues...

Pastor Dave

WHAT'S HAPPENING AT ST. MARKS

As I sit down to write something for the January, 2024 Carillon, I can't help but think about the things I would love to see happen in the new year. All of us have been super busy getting everything ready for the holidays, but by the time you read this, Christmas will have passed for another year and a new year is upon us.

When we think of the new year we always think of resolutions – you know – I'm going to lose weight, I'm going to exercise more, etc. This year rather than thinking about myself, I'm going to think about what I can do for others. I'm going to make a resolution to reach out in some way to those I don't see very often. This might be an old friend who no longer lives near me, family that I don't keep in touch with, or it could be a member of St. Mark's who is no longer able to attend Sunday worship. We all need to make an effort to keep in contact with those we don't see as often as we did in years past and this is a great time to focus on doing something about that.

If we would all try to call or visit one person from church who we haven't seen in a while, think about how that would make both of you feel. Yes, both of you, because I'm certain the shut-ins would love to hear from you, but also, I find it gives me a great feeling when I visit or call someone. So both of you do benefit from your effort.

I'm hoping I can keep my resolution for the entire year, and I hope you will think about making a similar resolution for 2024.

HAPPY NEW YEAR

THANK YOU

A special thank you to all those who joined us for our Christmas Family Day Gala. It was so heartwarming to see everyone (our largest attendance since last Christmas). I appreciate everyone who so willingly agreed to help make it a special day. Thank you ALL!

REMINDER

We have a special Congregational meeting on **Sunday, January 7, 2024** immediately after church. This should be a brief meeting to introduce a few changes we would like to make to the membership section of the By-Laws. The second meeting to vote on those changes will be held on **Sunday, January 28, 2024 at the Annual Meeting.** Please plan to join us for both these meetings.

Report of the Consistory – December 2023

Property reported that the elevator needs to be repaired. A new power supply is needed and the repair will cost \$1,859. Other property projects are in the future. A discussion was held on forming a long-term planning group to explore how to manage future issues with the building and the extensive repairs that are proposed for the organ. The building is currently underutilized. Volunteers will be requested at the annual meeting to form this group. The 2024 mission trip to North Carolina was approved for August 3rd through 10th. Recent fundraisers netted \$1,070 - \$950 from the candy sale and \$120 from the Texas Roadhouse gift card sales. Pine Acres has been assigned a street address. The street number will be added to the signs on either side of Route 322 to identify the property. The worship service on January 28, 2024, will be held at 9:00am to accommodate an earlier start for the annual congregational meeting. Communion dates were set for 2024. The pastor's salary split for IRS purposes was determined for 2023.

thank you

I would like to thank Consistory and the Congregation for the recognition generous monetary gift at Christmas. Your support is appreciated. A most blessed New Year to all of you.

Jeffrey Clouser Music Ministry Coordinator

Kid's Team/Youth/Young Adults Corner

Kid's Team

The Kid's Team is currently planning activities a month or two ahead at a time based on schedule availability. For January 2024, we will be staying close to home with a game day at the church. This will take place, Sunday January 14th right after church. This isn't board games but more like charades and team activities that we'll do in Fellowship Hall.

If you aren't sure the age for Kid's Team and have a child or grandchild that might be looking to join, most Kid's Team activities are planned for ages K-4 through 6th grade. If you aren't already receiving Kid's Team announcements, please check in with Kathy Follett or Meredith Myers.

Youth/Young Adults

At the Youth/Young Adults fall retreat in November, time was spent Saturday evening talking about future activities and direction. As a result, here are the upcoming activities for the Youth/Young Adults for the first six months of 2024:

January 12 – 6-9 PM game night in the Youth Center. Pizza will be part of the food of the evening.

March 30 – March 31 – Prayer Vigil. You'll hear more about the Prayer Vigil as we get closer as the young people asked if they cover overnight, if something could be worked out for Saturday during the day. Stay tuned.

April – the end of the month – mulching around the church

May 31 – June 2 – Spring Retreat in Cassville

June 30th – Living Room Chat as part of the morning service

If you know of someone between 7th grade and 30 that is currently not receiving the Youth/Young Adults information, please contact Kathy Follett, Peg Scholl or Vickie Ristenbatt

Mission Corner

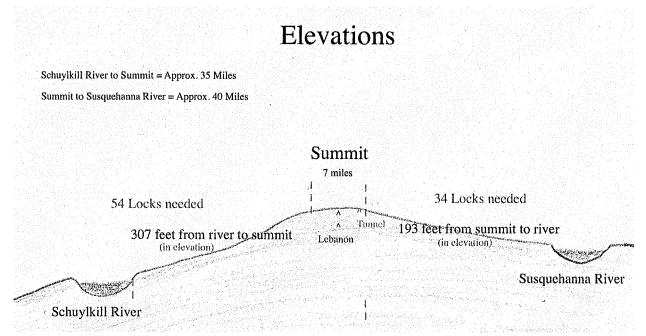
The mission team met and based on interest has chosen August 3rd to August 10th for its mission week. We will again be returning to Wilmington, NC area to work for WARM. We currently have 7 signed up for the trip with interest with at least a couple more. If you are interested in the mission trip in August, please reach out to Kathy Follett for more information.

Look for upcoming opportunities of how you help here at the church and locally for mission in future carillon articles and bulletin announcements.

The Branch Canal: A Thirst for Water Leads to Coal (Part 1)

by Jim Schucker

Without water canal boats are but stationary warehouses. A simple fact which the developers of the Union Canal kept in mind as they designed their new transportation system through the Lebanon Valley which began in the 1790's. The Summit of the canal (the area through Lebanon) would be supplied by two main sources: Stoever's Reservoir to be located northeast of Lebanon and water taken from the Quittapahilla, the stream running through the young town. Pumping from this latter water supply would be from a sizable pond extending from what is now Lincoln Avenue eastward along Cumberland St. toward where the stream now crosses under Rt. 422. This was know as Laughlin's or earlier, Kucher Pond.



The Eastern Division of the canal beginning around where the Career and Tech. Center is today would be filled with water from the Tulpehocken Creek and from Strack's Dam and Reservoir between Lebanon and Myerstown north of Rt. 422 (north on Ramona Road and turn left or west onto Strack's Dam Road).

The Western Division beginning at the Union Canal Tunnel needed more water than was available in the immediate vicinity. Clark's Run, sometimes called Cattail Run or Kettle Run, could be used but this would not provide a sufficient quantity of water to supply this section of the canal with what it needed until it reached the Swatara north of Palmyra. The decision was made to tunnel under Gravel Hill (the mound upon which Tunnel Hill Rd. now sits) and follow Clark's Run north and west till it meets the Swatara in the area we now call The Water Works in North Annville. Here Clark's Run would be dammed, the water pumped to a 90 foot hill and allowed to flow by gravity back to the canal first through an open trough and later through a closed pipe. But could the Swatara be relied upon to always have sufficient water to supply the pumping?

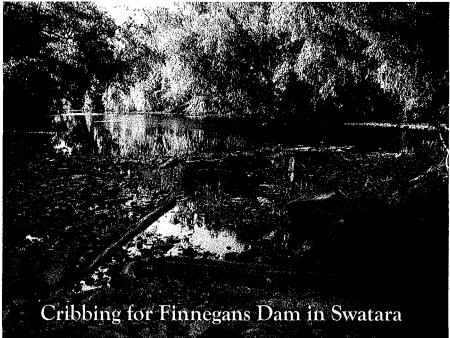
This question would be addressed by damming the Swatara to impound the water for the dry seasons. Thus the idea of a branch canal, not necessarily as a navigable water way, but as a source of water to feed the locks on the main line, began to take shape.

The branch, or feeder canal, began at the dam at the Water Works. Here the tow path for the Mainline was on the south side of the canal. The Branch crossed over the top of the Water Works dam high above the Swatara and began its trek along the eastern shoreline of the Swatty till it reached Jonestown. Because of the rock formations along this stretch, the canal had to be planked some 775 feet to retain water. At the southern edge of Jonestown an aqueduct 175 feet long referred to as the Blue Rock Aqueduct, brought the tow path and canal to the western side of the Swatara where it continued north.

Just east of Rt. 72 at Huckleberry Lane where Mease Motors is located, the first of the dams across the Swatara Creek was erected. While the Legislature of Pennsylvania had authorized the construction of a branch canal as far north as Weidman's Forge near Suedburg in 1826, there was a statute forbidding the obstruction of the waterway by any structure which would prohibit the movement of rafts or "floats" down the stream. Lumber assembled in the form of rafts was being moved from the north to Jonestown for processing and resale.

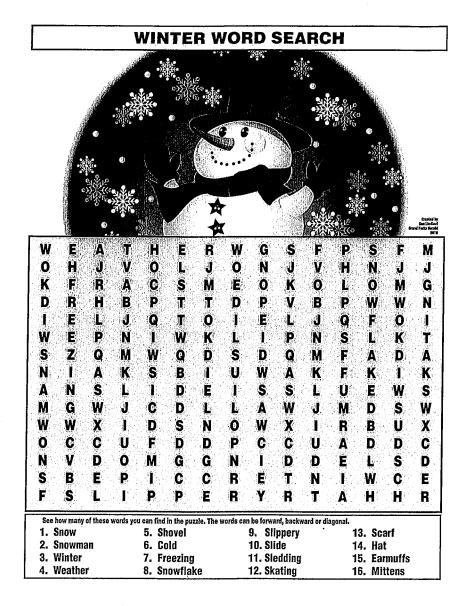


The conflict was resolved in favor of the canal, and Finnegan's Dam was laid 200 feet across the river. This structure was not very large as dams go rising only 14 feet from the bed of the water. It did provide a sufficient body of water to the north of it so that the canal boats could cross the stream above the dam and continue up the eastern side of the Swatara.



Located in the same vicinity is the last of the fourteen locks which together lifted the boats some 90 feet in elevation on their way to Pine Grove, Lock 14B (the locks being numbered from Pine Grove south). In order to keep construction costs at a minimum, these first locks were made of wood. These proved defective and were replaced with ones of stone between 1842 and 1845.

KID'S KORNER



QUICK AND EASY SHEPHERD'S PIE

Ingredients:

 $\frac{1}{2}$ (13 oz.) box of mashed potatoes (Plus ingredients required to make them on the box—butter, milk & salt)

1 lb. ground beef 1 (1.5 oz.) packet of beef stew seasoning mix

1 (12 oz.) bag frozen mixed veggies ½ cup water

1 (10.75 oz.) can tomato soup 1-2 cups shredded cheddar cheese

Instructions:

- 1. Preheat oven to 400 degrees.
- 2. Prepare the mashed potatoes according to the package (about half of a 13 ounce box)
- 3. Meanwhile, brown the ground beef on medium heat in a large skillet; drain any excess grease.
- 4. Add the can of tomato soup, frozen mixed veggies, beef stew seasoning mix and ½ cup of water to the browned beef; stir and simmer for 5-10 minutes on low heat.
- 5. Spread the ground beef mixture onto the bottom of a greased 9x13 baking dish, evenly spread the prepared mashed potatoes over top, and then sprinkle with cheese.
- 6. Bake uncovered in the center rack for about 30 minutes, or until the cheese starts to brown.



January 2024 Make A Note of It...

Thank you to all those who participate in the music ministry and assist in enhancing worship at St. Mark's through special music. Your efforts are welcomed and appreciated. A special thank you to our church family for your continued encouragement and support of the church's musical endeavors. Thank you also to Ken Shultz, Peg Scholl, Heidi Fox, Kathy Follett, Cindy Johnson and others for helping to keep the music



ministry operating during the director's continued health issues.

Additional voices and ringers are always welcomed in our musical ensembles especially altos for the adult choir. Take a look at a recent recruitment article in LebTown: https://lebtown.com/2023/01/04/st-marks-invites-vocalists-church-affiliation-not-required/

If you or someone you know is interested please see Jeff or email him at <u>uccmusicministrycoordinator@gmail.com</u>



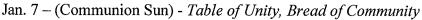


Seeking volunteers to provide special music Jan. 28, Feb. 25, Mar. 3, Mar. 29, Apr. 7, and May 26. Look for the sign-up sheet on the music bulletin board in the narthex and please sign up. Please remember to contact the office with the title of your song, the composer and/or arranger, the date it was published and who published the song. This is needed for the bulletin and for license reporting purposes. Only one musical selection relating to worship theme is necessary. Thank you.

<u>Attention All Music Ensembles (choirs/bells):</u> Here is the <u>Spring 2024</u> rehearsal/musical offering schedule for choirs and bells (subject to changes):

As of now w

As of now, we rehearse every Sunday morning before church starting at 8:30am with assistance from Ken Shultz as needed. See musical offering schedule below.



Jan. 14 - The Memory of Christmas

Feb. 11 - Be The Church

Feb. 14 – (Ash Wed.) - Create In Me A Clean Heart

Mar. 24 – (Palm Sun.) - He Comes In The Name of the Lord (with Children's choir)

Mar. 28 – (Maundy Thurs.) - Wash Their Feet

Mar. 31 – (Easter) - *Celebrate With Singing* (Easter Text)

April 28 - Eternal Life

May 5 - We Have Seen the Risen Lord

May 12 - *If You Love Me*

May 19 – (Music Appre. Sun.) - Wonderful Words of Life

June 2 - Be The Church

Children's Choir:

We rehearse at children's church Sunday mornings during worship with assistance from Peg Scholl, Heidi Fox, and Kathy Follett. See musical offering schedule below.

Feb. 4 - Faith, Hope, Love

Mar. 10 - His Grace

Mar. 24 – (Palm Sun.) - He Comes In The Name of the Lord (with adult choir)

Apr. 14 - Holy Places

May 19 – (Music Appre. Sun.) - This Little Light of Mine

Bell Choir/Quartet:

As of now, we rehearse on select Tuesday evenings at 7:30pm with assistance from Ken Shultz as needed. See musical offering schedule below.

Jan. 21 - Glorious Things of Thee Are Spoken – Bell Quartet

Feb. 18 - Come, O Traveler Unknown - Bell Choir

Mar. 17 - Day by Day - Bell Choir

Mar. 31 – (Easter) - Morning Joy – Bell Choir

Apr. 21 - While on the Sea w/piano - Bell Quartet

May 19 - (Music Appre. Sun.) - My Shepherd Will Supply My

Need - Bell Choir







St. Mark's UCC Spring 2024 Music Ensemble Anthems with Listening Links Including Music Performing Schedule:

Jan. 6th – (Sat.) – Tentative - Music Ensembles Epiphany Party & Adult Choir Rehearsal

Jan. 7th – **Adult Choir** (Communion) – *Table of Unity, Bread of Community* – by Amanda Udis-Kessler - https://queersacredmusic.com/track/2858333/table-of-unity-bread-of-community

Jan. 14th – **Adult Choir** (Season of Epiphany) – *The Memory of Christmas* – by Lloyd Larson - https://beckenhorstpress.com/the-memory-of-christmas/

Jan. 21st - **Bell Quartet** - *Glorious Things of Thee Are Spoken* - arr. by Larry Sue - https://www.youtube.com/watch?v=6ellauxcIQQ

Jan. 28th - Special Music - Volunteer Requested Please*

Feb. 4th – **Children's Choir** – *Faith, Hope, Love* - by Mark Burrows – https://www.youtube.com/watch?v=00wIm15Nie0

Feb. 11th – **Adult Choir** – *Be The Church* - by Scott Siciliano - https://www.youtube.com/watch?v=RKU2lQGUiC0

Feb. 14th (Ash Wed.) – **Adult Choir** - *Create In Me A Clean Heart* - by Mary Lynn Lightfoot - https://www.jwpepper.com/sheet-music/media-player.jsp?&type=audio&productID=11416959

Feb. 18th - Bell Choir - Come, O Traveler Unknown - arr. by Jason W. Krug - https://www.youtube.com/watch?v=8R-4AR63eo8

Feb. 25th - Special Music - Volunteer Requested Please*

Mar. 3rd - Special Music - Volunteer Requested Please*

Mar. 10th - **Children's Choir** - *His Grace* - by Sandy Steinfelt - http://sacredsheetmusic.org/music/inline_download_file?download_id=199694&name= His_Grace_clear_articulation_on_voice_part.mp3

Mar. 17th – **Bell Choir** – *Day by Day* – arr. by Larry Sue - https://www.youtube.com/watch?v=KMVUahaqANk

Mar. 24th (Palm Sun.) – **Adult & Children's Choir** – *He Comes In The Name of the Lord* – by Mary Kay Beall - at 57:10 into video https://www.youtube.com/watch?v=TLKTPXSC43U

Mar. 28th (Maundy Thurs.) – **Adult Choir -** *Wash Their Feet* w/oboe? - by Pepper Choplin- https://www.jwpepper.com/sheet-music/media-player.jsp?&productID=10425064&type=audio

Mar. 29th (Good Fri.) - Special Music - Volunteer Requested Please*

Mar. 31st (Easter) – **Adult Choir** – *Celebrate With Singing* (Easter Text) on organ w/trumpet and 3 bell ringers? – by Anna Laura Page - https://www.alfred.com/celebrate-with-singing/p/00-19977/

Mar. 31st (Easter) – **Bell Choir** - *Morning Joy* - by Linda Scholes https://www.jwpepper.com/sheet-music/media-player.jsp?&productID=11338737&type=video

Apr. 7th - Special Music - Volunteer Requested Please*

Apr. 14th – **Children's Choir** – *Holy Places* - by Sherrie Boren – http://sacredsheetmusic.org/music/inline_download_file?download_id=212995&name=Holy_Places - voice accomp.mp3.

Apr. 21st – **Bell Quartet** – *While on the Sea* w/piano - arr. by Larry Sue https://www.youtube.com/watch?v=M7A3U17EmHc (Remembering Ukraine)

Apr. 28th – Adult Choir – Eternal Life - by Craig Courtney - https://beckenhorstpress.com/eternal-life-sab/

May 5th – **Adult Choir** – *We Have Seen the Risen Lord* - by Stan Pethel https://www.youtube.com/watch?v=Yhq5r2omNc4

May 12th – **Adult Choir** – *If You Love Me* - by Joel Raney - https://www.youtube.com/watch?v=A72SJftFgSY

May 19th (Music Apprec. Sun.) – **Adult Choir** – *Wonderful Words of Life* - by Philip Bliss and Greg Gilpin - https://www.jwpepper.com/sheet-music/media-player.jsp?&productID=11416805&type=audio

May 19th (Music Apprec. Sun.) – **Bell Choir** – *My Shepherd Will Supply My Need* – arr. by Larry Sue - https://vimeo.com/682519196

May 19^{th} (Music Apprec. Sun.) – Children's Choir – This Little Light of Mine – African-American Spiritual

May 26th (Memorial Day Wknd.) - Special Music - Volunteer Requested Please*

June 2nd – **Adult Choir** – *Be The Church* - by Scott Siciliano - https://www.youtube.com/watch?v=RKU2lQGUiC0

Volunteer Requested Please* - Please sign up on music bulletin board in the narthex.

Spring 2024 Music Ensemble Offering Schedule



Jan. 7th – (Communion Sun.) - Adult Choir

Jan. 14th – Adult Choir

Jan. 21st - Bell Quartet

Jan. 28th – Special Music

Feb. 4th – Children's Choir

Feb. 11th – Adult Choir

Feb. 14th (Ash Wed.) – Adult Choir

Feb 18th – Bell Choir

Feb. 25th – Special Music

Mar. 3rd – Special Music

Mar. 10^{th} – Children's Choir

Mar. 17th – Bell Choir

Mar. 24th (Palm Sun.) – Adult Choir w/children

Mar. 28th (Maundy Thurs.) - Adult Choir

Mar. 29th (Good Fri.) – Special Music Mar. 31st – (Easter) – Adult & Bell Choir

Apr. 7th – Special Music Apr. 14th – Children's Choir

Apr. 21^{st} – Bell Quartet

Apr. 28th - Adult Choir

May 5th – Adult Choir

May 12th – Adult Choir

May 19th (Music Apprec./Pentecost Sun.) – All Choirs

May 26th - Special Music

June 2nd – Adult Choir









An Update from your Music Ministry Coordinator:

I would like to take this opportunity to thank you for your prayers, cards, and emails as I continue my leave of absence to recoup and recover from my illness. I am working as hard as I can to heal but honestly it's a yo-yo of successes and setbacks. I appreciate the continued kindness, grace, and support shown by the church, congregation, Personnel Committee and Consistory and thank Ken, Peg, Heidi, Kathy, and Cindy for stepping in as needed. The psychiatrist,

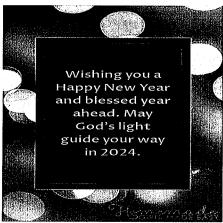


doctor, and therapists are trying their best to get me out of the woods with a treatment plan that provides success. The therapists have now added Panic Disorder with Agoraphobia to my existing diagnosis of Generalized Anxiety Disorder with Panic Attacks. Long Covid has messed up my central nervous system and my body's chemistry effecting my body's serotonin levels which live in the digestive tract and work in conjunction with the body's brain. For me this has caused debilitating anxiety making it impossible to function as usual. Normal everyday activities are now more difficult to complete. We hope I will start healing once serotonin levels are in check, however, finding the right medicine that works best has been challenging. Through my many therapy sessions I am trying to retrain my brain to shift its focus away from panic and anxiety but this too is difficult and hard work with some successes I try to hold onto. My FMLA through my school job has now expired requiring me to resign in good standing from my current school job and go on my husband's health insurance which unfortunately does not cover my therapy with the Center for the Treatment and Study of Anxiety. My therapist at the center has been crucial in my journey to healing but I'm confident we will find a way to make this work and luckily we have. Although weary and exhausted from being ill for so long I continue to persevere the best I can and hold onto the successes that come my way. Thank you for your understanding and continued support as I concentrate on my health so I can recover and return to doing those things that bring me joy. Please know I'm trying my best to overcome this so I can be among you my friends and family which I miss dearly. Your continued prayers for consistent good days are appreciated. A Blessed New Year to all of you.



With every best wish,

Jeffrey Clouser, Music Ministry Coordinator







JANUARY BIRTHDAYS AND ANNIVERSARIES

Birtho	day	Anniversary
January 1 January 2 January 3	Izayah Raiger David Musselwhite LuAnn Schneider	None
January 5	Graham Musselwhite	
January 6 January 7	J. Scot Ruffner Bradley Arnold	
January 10	Logan Whitman	
January 11	Abigail Eggert Kenneth Wengert	
January 12	Ronald Follett Larry Houser	
January 13	Stephen Wentzel	
January 15	Heather Eggert	
January 16	Karen Musselwhite	
January 20	Lowell Sherman	
January 22	Jeanette Heim	
January 23	Paul Whitman	
January 24	Carol Ruffner	
January 25	Jeanine Keefer Candace Wentzel	
January 26	Juanita Fuhrman	
January 29	Kathy Burke	

SENIOR CORNER

Ken & Charlotte Wengert Cornwall Manor PO Bo 125, Apt. 109 Bradley Hall Cornwall, PA 17016 717-273-0218

Wyatt Fox

January 30

Melvin Werner 134 Hearthstone Lane Lebanon, PA 17042 717-273-4470

Please send notes, cards or give them a phone call. Let Ken and Charlotte and Melvin know that St. Mark's has not forgotten about them. Thank you.

Celebrate the Life and Legacy of Dr. Martin Luther King, Jr at the MLK Discovery Day!

Held at St. Marks UCC 426 N Eighth St. Lebanon, PA 17046

Sponsored in Collaboration with the Lebanon County NAACP Branch 26AA

Saturday January 13, 2024 10:00 am - 4:00 pm (Inclement Weather Date, January 20, 2024)

This free, indoor, self-guided walk around the first floor of the church has nine "Discovery Centers" for families to explore. Pick up a "Road Map" when you arrive to follow MLK Jr.'s historic civil rights journey and follow in his footsteps as you visit nine cities across the United States. At each city, there will be an activity where you and your children will be encouraged to learn, be inspired, and consider how you can carry on Dr. King's work today.





February 11th
SOUPER BOWL
Sunday!!
Let's celebrate!
Donate a
Can or 2 of soup
to
LCCM



JANUARY

PRAYER AND EVENTS CALENDAR

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Margaret Clark	2 Ruth Clark	Rebecca Colban	4 Gerald Collins	5 Michael & Jennifer Collins	6 Colin Daub
	New Year's Day		Bible Study - 10 AM & 1:30 PM	1.		Epiphany
7 Michael & Heather Daub Choir Practice – 8:30 AM Worship-10 AM Holy Communion & Special Cong. Mtg.	Ryan Daub Christian Ed Meeting - 6:30 PM - Deb Follett's house OCS Meeting - 6:30 PM	9 Kathryn Dissinger	Bible Study - 10 AM & 1:30	Kimberly, David, Andrew & Taylor Edmondson Spiritual Council – 6:30 PM Consistory Mtg. 7:00 PM	12 Abigail Eggert Youth/Young Adult Game Night - 6 - 9 PM - Youth Center	Heather Eggert MLK Discovery Day 10 AM - 4 PM Birthday Party - 12 - 7 PM
14 Holly & Carey Eggert	15 Jay Eisenhauer	16 Deb Ellis & Ed Gundrum	17 John Fernsler	18 Jay & Susan Fisher	19 Kathy Follett	20 Ron & Deborah Follett
Choir Practice – 8:30 AM Worship-10 AM Kid's Team Game Day	Martin Luther King, Jr. Day		Bible Study - 10 AM & 1:30 PM			Snow Date – MLK Discovery Day
Faye Fox, Owen, & Natalie Fox	22 Heidi Fox	23 Wyatt Fox	24 Nancy Freed	25 Juanita Fuhrman	26 Melissa & Luther Furman	27 Tony Furman
Choir Practice – 8:30 AM Worship-10 AM		Bell Rehearsal - 7:30 PM	Bible Study - 10 AM & 1:30 PM			
28 Lee & Diane Gensler	29 Gladys Gettle	30 Rosy Gonzalez	31 Ashley Gruber			
Worship-9 AM Annual Congregational Meeting			Bible Study - 10 AM & 1:30 PM			