

THE PARISH VOICE

Newsletter of Christ Evangelical Lutheran Church of Milton, PA
"God's Work, Our Hands."

August, 2011

The Right Road

My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself, and the fact that I think
that I am following your will does not mean that I am
actually doing so.

But I believe that the desire to please you does, in fact,
please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this, you will lead me by the right road,
though I may know nothing about it.

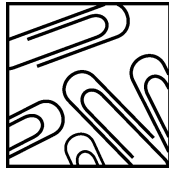
Therefore will I trust you always, though I may seem to
be lost and in the shadow of death.

I will not fear, for you are ever with me, and you will
never leave me to face my perils alone.

- Thomas Merton

Mission Statement of Christ Evangelical Lutheran Church

We are called by God to follow Christ's example
and teachings by worshipping, witnessing, learning,
supporting one another, and reaching out to others.



FROM THE CHURCH OFFICE

Public Office Hours are Monday through Friday from 10 a.m. to 2 p.m. (*unless previously noted in the weekly bulletin or monthly newsletter*). Please feel free to stop by with bulletin announcements or monthly newsletter articles.

Deadlines:

Bulletin announcements are due in office by **Wednesday at 12:00 noon**.

Newsletter articles are due in office by the **10th of each month** (*unless otherwise noted on newsletter calendar or bulletin*).

Deadline for the next newsletter is August 10, with assembly on Thursday, August 25.

Please **e-mail secretary@christlutheranmpa.org** with any bulletin announcements or newsletter articles.

ADDRESS/EMAIL CHANGE/ADDITION

Name _____

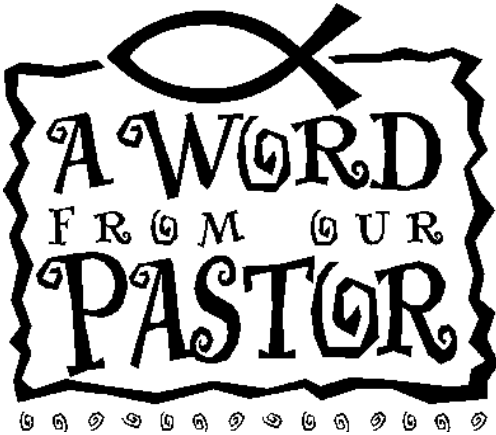
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Thank you from me and my family for all your prayers and love thru my Father's illness. He continues to heal well from the heart bypass surgery, and with continuing healing of kidney complications, may be coming home soon. Keep the prayers going. I love you all!

Your partner in mission and ministry,

Pastor Pat ☺

Prayer Concerns

For the sick: Wm. Delsite; Ryan Divers; Larry Graby, Sr.; Steve Ishler; Joyce Long; Jeff Mensch; Blaine Poeth; Aja Pyers; Christine Scholl; Harrison Shirk; Katie Thompson; Mackenzie

For those with ongoing, extended

illness: Faith Bacon; Geraldine & Christopher Betts; Joan Bilger; Inez Bingaman; Ralph Bogle; Bruce Bolich; Emmaline Brown; Mike Butler; Jason & Ryan Caldwell; Colin Campbell; Evelyn Campbell; Karen Campbell; Cassie Choplik; Bea Clewell; Carol Conrad; Rose Deaner; Travis Deitrick; Robert Derr; Barbara & Dick Emley; Joann & Jack Ficks; Catherine Finn; Laurie Fisher; Virginia Frantz; Donna Gearhardt; Marie Gray; Dana Habecker; Miya Hadcock; Mary & Jim Hollinbaugh; Lisa Huntington; Julie; Pat Kerstetter; Frank Kovilaritch, Sr.; Patricia Leonard; Sonya McDonald; Shirley Menges; Lois, Rachel, & Jessica McDonald;

*God's
Answers
Prayers*

Terry Moll; Stephanie Neal; Lucia Nolan; Andrew Ostrowsky; Hunter Page; Terry Rathfon; Joy Reaser; Ned Roush; Paul Smith; Shirley Smith; Mackenzie Snyder; Florence Stahlnecker; Mary Steeley; Dorothy Stevens; Kisha Suarez; George & Tresha Sudol; Janet Swisher; Terry Valiquette; George Van Riper; Tim Walsh, Jr.; Carol Watts; Percy Webb; Noah Wenrick; Paul Wiles; Sherry Yingling;

For those in sorrow: Families of Walter Scholl & Louise Botto; All who have lost loved ones; those in our community and the world who are recovering from fires and natural disasters

For those anticipating and recovering from surgery: Jamie Adkins; Leo Guffey; Ray Shirk; Wm. Triplett; Darlas Yost; Dan Young; Donald Zerbe

For those adjusting to life changes: All those affected by political upheavals in eastern Nations

For those struggling with personal problems: Gregory family; Nicholas Machusak

For the imprisoned

For those with unspoken needs

For the homebound: Phyllis Albertson; Caroline Bobb; Lucille Bruss; Mary Burns; Edith Coup; Betty Dotts; Isobel Feehrer; Gladys Fisher; Bessie Hartzel; Merritt & Doris Heffelfinger; Paul Heimbach; Tom Kline; Mary Kathryn Leiby; Elva Mazeall; Dix & Pauline Reitz; Marguarite Ruth; Camille Schillig; Connie Sholly; Marie Springer; Leah Walker; Kenneth Webb; Nancy Weikel

For those serving in the military: Amy Brown; Joshua Brown; Christopher DePellegrin; Matthew Dorman; Justin Gonzales; Gabriel Gonzales; Larry Graby, Jr.; Dan Moll; Anthony Nudson; Ken Ring; Eric Strobeck

For leaders, guides, students, and workers: Pr. Pat; Pr. Keith; missionaries; Bishop Robert Driesen & Synod Staff; Bishop Mark Hanson & ELCA Staff

For those needing daily strength: Brouse family; Mary Cromis; Peggy Hutchinson; Camille Kreisher; Dale Kriner & family; David Pisani family; Rebecca Ulmer

For our partners who serve with us in Appalachia: The Bonding Gardens project of ELCMA which is aimed toward families with children and seniors who are dealing with food insecurity. We pray that the number of sites will grow to include one in every synod.

More prayers needed... These are *member families* we have prayed for in Church since last issue: Harry & Lois Berger; Kathy Longenberger; Courtney Bennett; Willard & Janie Bloom; Karen Lubrecht & family; Bill Bloom; Caroline Bobb; Elva Mazeall; Bruce Bolich; George & BeBe Bolich; Larry & Connie Mensch; Scott Coup; Rusty, Kellie, & Linea Brouse; Chuck, Kim, Brent, & Austin Mitch; Andrea Engleman & Olivia Giacobbi; Rose Bolich; Nevin & Nancy Mensch; Gary, Peggy, & Torrey Drum; Betty Brown; Stephen Moll; Susan Berger; Thomas Berger; Lucille Bruss; Betty Morgan; Terri Engleman-Fisher.



God's blessings and congratulations to Jennifer and Abe Suarez, who were married at Christ Church on Saturday, May 14. May your years be blessed with all God's joy and love!

"Eternal God, without your grace no promise is sure.

Strengthen Jennifer and Abe with patience, kindness, gentleness, and all other gifts of your Spirit, so they may fulfill the vows they have made. Keep them faithful to each other and to you. Fill them with such love and joy that they may build a home of peace and welcome. Guide them by your word to serve you all their days; through Jesus Christ our Lord. Amen."

God's blessings and love...

...to Rose Deaner & family in the death of her father, Walter Scholl. Walter joined the saints triumphant on July 5, 2011. His memorial service was held at Shaw's Funeral Home, Lewisburg, on July 13, 2011; and,

...to the family of Louise Botto. Louise joined the saints triumphant on July 10, 2011. A funeral service was held at Ranck's Funeral Home, Milton, on July 16, 2011.

"Rest eternal grant to them, O Lord, and let light perpetual shine upon them. Amen."



A Special
THANK YOU



- To Travis, James, and Brad Bartlett, for your continuing help with creating the banner closet in the parlor.
- To Don Fisher, Lee & Darlas Yost, Ruth Greenly, and Carson Berge for your help planting our beautiful summer flowers.
- To Roger Watts, Don Fisher, Bob Greenly, and Lee Yost, for your help with setting up our new fireproof file cabinet in the office.
- To James and Travis Bartlett, for your help with the air conditioning leak during Bible School!
- To Kay Dunn, for your leadership as our Bible School director this year; and for all leaders who offered their time to help our youngest saints learn more about Jesus: James Bartlett, BeBe Bolich, Rose Bolich, Lauren Byers, Lindsay Byers, Stephanie Byers, Kaylee Long, Leeann Long, Nancy Mensch, Kim Mitch, Betty Morgan, Pastor Pat, Ida Snyder, Jane Streeter, Donna Spear, Abe Suarez, Jen Suarez, Penny Ulmer, Nancy Walters, Gavin Walsh, Pam Walsh, and Tim Walsh – and all of you who donated food and any items needed to make Bible School the great week it was!
- To James Bartlett, for your help installing a hot water relief valve, and to Todd Beck, for your help installing a new electrical outlet.
- To Roger Watts, who is always ready to jump in and help solve property challenges and make our church building run smoothly!

Thank You Notes



I just wanted to say thank you for the Walmart gift card, the key chain, and the inspirational book I received for my graduation present. I appreciate your generosity, and I am sure the card will be useful in helping to purchase the many items I will need for my dorm room!

- Thanks again, Lauren Byers

Thank you to our church family for always supporting us from Baptism to Confirmation. We look forward to our "official" membership in Christ Church.

- Rachael & Julia Spear

We would like to thank you for all your support, love, and prayers during the last couple of weeks. It was a heartbreaking moment as we watched our home burn, but our Church family was immediately there for us. You picked up our spirits from the very first day of our lives after the fire. It reminded us of how important our Church family is.

As we journey through this very long process of rebuilding or moving to a new home, we are thankful that we have an amazingly supportive family who will be there with us. We thank each and every one of you for all that you have done. You cannot know how much you all mean to us! We love you all,

- Kellie, Rusty, and Linea Brouse

Thanks for helping me through Confirmation over the past few years, and thank you very much for the card and money. It was greatly appreciated.

- Curtis Schneider

A Vacation Bible School Thank You



VBS WAS A HIT!

To all those who helped with Vacation Bible School this year, a **BIG THANK YOU!** I know the children really enjoyed the meals and snacks. It was so nice to be outside and use the pavilion for this. Story time and music were held indoors and were also a hit. We cannot forget the fun times we had with games and making a craft

each evening. For those of you who attended the Ice Cream Social, you heard the voices of angels singing their favorite songs and putting their hearts and souls into them.

Thank you to the following people for making it fun for 19 children this year: Pastor Pat, Betty Morgan, BeBe Bolich, Ida Snyder, Penny Ulmer, Kim Mitch, Nancy Mensch, Nancy Walters, Stephanie/Lindsey/Lauren Byers, and all the extras who filled in when needed during the week. We had a lot of pinch hitting help this year, and it was appreciated.

- Kay Dunn, VBS Director

Worship Attendance Records

<u>Week of</u>	<u>Sun.</u>	<u>Wed.</u>	<u>Other Services</u>	<u>Total</u>
May 1	54	11		65
May 8	69	11	2 priv. Comm.	82
May 15	47	11	2 priv. Comm.	60
May 22	71	16	1 priv. Comm.	88
May 29	46	---	2 priv. Comm.	48
June 5	79	10	2 priv. Comm.	91
June 12	83	*		83
June 19	65	10		75
June 26	57	12		69

*No worship; hospital emergency

Remember the Sabbath Day, to keep it holy...

Loose Cash Offerings in Worship & Special Appeals Envelopes

**Milton Ministerium & Love INC
(Love In the Name of Christ)**

(envelope provided with newsletter)

Please make checks payable to "Christ Lutheran Church."

Be a cheerful giver!

Please give generously to help others!!!



*Tithes and
offerings*

Weekly Giving Per Envelope May 2011

Envelopes

Amount Given Each Week

3	\$100.01 or more
1	70.01 – 100.00
7	50.01 – 70.00
6	40.01 - 50.00
9	30.01 - 40.00
13	20.01 - 30.00
7	15.01 - 20.00
8	10.01 - 15.00
16	5.01 - 10.00
33	.01 - 5.00
33	0

Weekly Giving Per Envelope June 2011

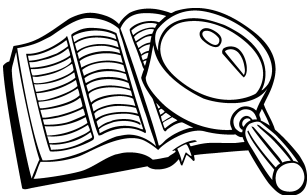
<u># Envelopes</u>	<u>Amount Given Each Week</u>
3	\$100.01 or more
2	70.01 – 100.00
5	50.01 – 70.00
5	40.01 - 50.00
9	30.01 - 40.00
14	20.01 - 30.00
9	15.01 - 20.00
6	10.01 - 15.00
17	5.01 - 10.00
36	.01 - 5.00
30	0

From Your Finance Leaders...

No report available this month...check next month's Newsletter for the update.

Thank you for all you do to support the ministry God calls us to do at Christ Church!

Bible Study Opportunities



We'll resume in September!

- Thursdays, 2 p.m., in the parlor – studying the book of Genesis, using Book of Faith resources
- Sunday School for all ages –

- Our Sunday Bible Study and our Bible Buddies youth gatherings will gear up soon for the Fall. Keep your calendars ready to fill in the dates we begin in September – and watch your weekly bulletin announcements, too!
- Gerasene Team ministry – begins for the Fall season on Sunday, September 18, in the parlor. THANK YOU for your support of our “Nuts for Jesus” ministry! We raised \$100 to help with our local prison ministry.

Helping Others

- Campbell’s Soup labels and Labels for Education for the Navajo Lutheran Mission project



- Can tabs for Ronald McDonald House

- Pennies for Social Ministry projects



- Caps for Creation (box located to left of narthex door) – Update: Currently, we have recycled (and kept out of landfills) 51 pounds, and 8.6 ounces of plastic caps! Keep the recycling for God’s creation going!!!!
- Old Sunday School/devotional material/Bibles: We have a connection with a ministry that provides these materials to countries who have none. If you have a collection of these types of materials lying around your Sunday School room or home that could be useful to someone else, bring them to the Church Office. We’ll send them out to folks who can really use them!

Church Website & Facebook

Go to www.christlutheranmpa.org or www.facebook.com and search for “Christ Evangelical Lutheran Church” for up-to-date Church information! Email celcnetwork@christlutheranmpa.org (James Bartlett) to have events posted on Facebook or post a status/comment on the page. For postings/ideas/suggestions regarding the website, contact Donna Spear, Webmaster, at speardonna@gmail.com.

Knitting Group

If you knit, or would like to learn, or you crochet, needlepoint, etc., come to Christ Church on Thursdays, 11 a.m. to 1 p.m., for a time of fun and fellowship.



Zumba Classes

Zumba classes have been cancelled for the remainder of the Summer. Check the next Newsletter for an update.

Little Needs... Little Things... Little Ways You Can Help

The church needs these items on a regular basis. If you can provide any of them, THANK YOU!

- Paper plates, cups, napkins, plastic silverware
- Boxes of tissues
- Hand sanitizers
- Dishwashing soap for kitchen & sacristy



HandUP Foundation

Food Bank – The Milton Food Bank is collecting *cereal* for the month of *August*. Please place your donations in the grocery cart in the narthex.

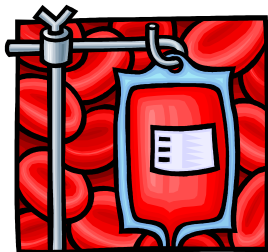
New hours: The Food Bank will be open **only** the 1st and 2nd Wednesday of the month from 9 a.m. – 3 p.m., and on the 3rd Wednesday from 9 a.m. – 12 noon. It will be closed all other Wednesdays. Qualified recipients are still eligible to receive their food allotment once per month. Questions, call 742-3000.



Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

- Hebrews 13:16

Red Cross



Bloodmobile
Wed., August 3
12 noon – 6 p.m.

Did you know?? You can donate blood every 56 days. Blood makes up about seven percent of your body's weight. Pick up a brochure in the narthex for more information regarding how you can become a blood donor!

Summer Worship Opportunities...

Our joint worship with our brothers and sisters at Trinity Lutheran Church (across the street from CVS, downtown Milton) continues through August.



You will have the opportunity to worship at Trinity at 8:30 a.m. OR at Christ at 10:30 a.m.

We will share the gifts of both our pastors and organists.

The Wednesday worship service at 4 p.m. will continue

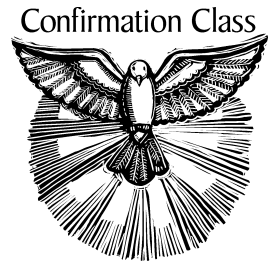
throughout the summer. That week's worship will include a look at the birds, plants, and flowers of the Bible.

Go Teach!

This is a learning event for all people involved or interested in Christian Education, including all teachers and youth group leaders of every age group (from birth-age 143+). It is being sponsored by the Synod's LEARN Team and will take place on

Sat., *August 13*, 9 a.m. – 2:30 p.m., at Sharon Lutheran Church in Selinsgrove. It is a FREE event. You are just asked to bring a bag lunch. Teaching is a call from Jesus himself, and the LEARN Team's mission is to equip the teachers of our Synod to fulfill that call. Go Teach will provide time for small and large group learning, networking with fellow Synod teachers, worship, and time at the Along the Way bookstore to get resources and ideas. Please register by Mon., August 8, with Authorized Lay Christian Educator Dawne Long at 570-374-8184 or foldrl@ptd.net. For more information, visit www.uss-elca.org/go-teach.

**Attention those in 7th or 8th grade –
or any who wish to join a new
Confirmation class in the Fall...**



Talk with Pastor Pat so we can get you on board! Take your baptismal faith to the catechism and get ready to claim it for yourselves!!!

Thinking about giving your time to one of our ministries here at Christ Church?

- Join the Spiritual Growth Ministry that works together to plan our worship, Christian Education, Witnessing, and Social Ministry needs AND/OR join the Stewardship Ministry that works together to plan our Finance, Property, Endowment, and Staff Support ministry.
- We are an excited and active group who could use your excitement and activity to make our excitement and activity even MORE exciting!!!!
- There's no need to bring any special talents – simply a call to serve Jesus in a way that brings you joy....

- Spiritual Growth meets on the 4th Monday of the month in the parlor; and Stewardship meets on the 4th Tuesday – same place – 6:30 p.m.
- Come, bring the talents God has given **you** to share!!

“Front-Porchin’” Evangelism Workshop

The Upper Susq. Synod will sponsor an Evangelism Workshop on Sat., November 19, 2011 (**here at Christ Church; time tba**).

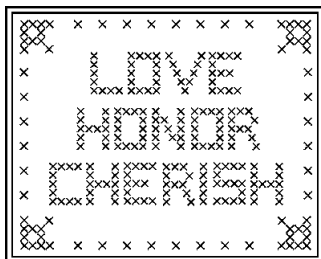
The session, called “Front Porchin’” will look at how easy evangelism is – it’s about sharing a story. It’s your story and God’s story shared with another.

Evangelism is sharing what God in Christ has done in your life. We don’t even have to go out looking to evangelize – God provides us with all the places to do this sharing without ever having to go knock on a stranger’s door. God gives us natural front porches where we live, work, and play. There, God introduces us to others, and sits with us as we share our lives, our stories, and the Christ within us with those who regularly gather there with us. How do we best utilize the front porches God calls us into or onto? What is our role in this process? How do we repair our damaged or dis-used porches? Front Porchin’ is a simple process that helps congregations and individuals reassess their gifts and sharpen their skills for sharing the good news with others (both inside and outside the community of faith). More information and registration coming this Fall.



Lutheran Marriage Encounter Weekends

Fall is the perfect time to fall in love with your spouse all over again! That is what couples overwhelmingly report is the result of attending a Lutheran Marriage Encounter Weekend. Weekends run from Friday at 8 p.m. to Sunday at 5 p.m. and are designed to enrich all marriages. There is a \$45 per couple registration fee, plus toward the end of the weekend, you will be given an opportunity to make a confidential contribution of whatever amount you wish toward continuation of the program. Two nights lodging, 5 meals for each of you, and all supplies are included. Sign up now while there are still openings for one of the Fall weekends: Sept. 16-18 at the beautiful Olmsted Mansion & Retreat Center in Ludlow, PA, which is located in the Allegheny National Forest, 20 minutes southeast of Warren, PA, or Nov. 4-6 at the Radisson Hotel Sharon, in West Middlesex, PA (currently undergoing extensive renovation and being re-named "Park Inn by Radisson.") This is an outstanding facility located an hour north of Pittsburgh where all rooms have king beds and in-room hot tubs. To register for either of the weekends, simply go to www.GodLovesMarriage.org and sign up using your credit card, or for questions, or if you would like a brochure with registration form mailed to you, contact Pennsylvania Directors of Lutheran Marriage Encounter, Fred & Julie Schamber, at 724-325-3166, or email fjschamber@comcast.net.



Upper Susquehanna Synod News

Check the insert, Stream of Information, included with this Newsletter, for Synod Assembly news...

Copies of USS ARK (Upper Susquehanna synod news) and CAMEL TRACKS (Camp Mt. Luther news) are available in the narthex. Help yourself!

Bible Trivia



BIBLE TRIVIA

What happened to Paul when he was bitten by a snake on an island called Malta?

Answer on Page 20.

ELCA: Did You Know?

Making Evangelism Personal

When the Rev. Darius Larsen realized only one student had enrolled in his first confirmation class at All Saints in Big Sky, Mont., he told the parents, "You must know other kids who might want to do confirmation."



Darius and Cindy Larsen on a hiking trail in Big Sky with All Saints member Leslie Piercy.

And they did. As these parents started inviting other youth in the community, the class size quickly grew to seven.

"It is a different form of evangelism that I've never used before in other parishes, but so far it seems to work," Pastor Darius says.

"I tell people they have to be out there in the community spreading the word. This is one way that they did that very well."

All Saints is a union congregation of the Episcopal Church and the Evangelical Lutheran Church in America (ELCA). It's also the only mainline Protestant worship option in this small resort town.

Describing outreach as "not getting people into the church, but getting church people out into the communities," Pastor Darius challenges members to talk about the congregation and to let people know what is happening when they go to their Kiwanis or poker groups.

"That is much more effective if the laity talk about their enthusiasm, than the pastor knocking on somebody's door to talk about it," Pastor Darius said.

"I sometimes have people turn to the windows of the church and ask, 'What is God calling you to do out there?'" he said. "It is so important for people to think of one thing they could do each week or month [to reach out to their neighbors]. You still have to get out in the community. You can't sit in your office and expect things to happen," Pastor Darius remarks.

Pastor Darius says the congregation is not as concerned about membership numbers as they are about discipleship. "I applaud people every time I see marks of a disciple," he said. "I name it and tell them, 'Thank you for being a disciple of Jesus Christ.' One woman I said this to had tears in her eyes. She gets it."



BIBLE TRIVIA

Bible Trivia Answer: Acts 28:1-6 (and how would YOU react??)!!!!!!



James & Brenda Bartlett	8/4	10 years
Leroy & Florence Ishler	8/13	51 years
Dale & Patricia Bender	8/16	61 years
Bob & Deborah Greenly	8/18	27 years
Merritt & Doris Heffelfinger	8/25	64 years



BLESSINGS
ON YOUR
BIRTHDAY

Rose Walsh	8/1
Kathy Longenberger	8/3
Ryan Francis	8/4

Zachary Perrin	8/5
Stephen Albertson	8/7
Donald Fisher	8/8
Dix Reitz	8/8
Kellie Brouse	8/12
Karen Lubrecht	8/13
Anna Snyder	8/17
Blaine Poeth	8/18
Carol Reed	8/18
Patsy Aunkst	8/23
Sandra Buck	8/28

(If we missed your birthday, call the Church Office
and let us know!)

Nurse's Notes

-Debbie Best, RN, BSW, MHA

The shower, with its cocoon of privacy and superlative acoustics, brings out the diva in us all. And we would be wise to let him/her take the steamy stage and croon away! Besides being good clean fun, singing enhances immunity by increasing antibodies that fight sickness, according to one German study. Music therapists believe that singing also boosts your mood. So whether your style is a belty Pavarotti or a breathy Britney Spears, sing your heart out and soak in songs' health benefits. Choir anyone??? (In case you're interested, practice at Christ Church resumes in the Fall.)



(W)holy, (W)holy, (W)holy Health, Healing & Wholeness

The summer months are flying by, and at one point or another, we will all experience seasonal overload. You know what I mean – you have to go to Aunt Suzie’s picnic, attend all the kids’ ball games, take the kids to the pool, tend those gardens, can/freeze that fresh produce – the list could go on forever! Whatever happened to sitting on the front porch with a glass of iced tea or lemonade, watching the paint dry, or the grass grow? Before we know it, we’ve become “human doings” instead of human beings, and our stress level has reached the point of making our fun activities feel more like chores.

Typically stress develops when the demands of your life exceed your ability to cope with them. Like our fingerprints, stress is unique to each and every one of us. Research in the field of Neuro-Theology has demonstrated that people who meditate or pray, actually change their brain chemistry in a way that promotes better health and well-being – not surprising if we remember that God has promised to be near us, *especially* when we pray. Other benefits of an active prayer life include relaxation, increased ability to focus, and a sense of peace. Most of us know God’s Ten Commandments; I would like to offer up another Ten Commandments – of managing stress:

1. *Thou shalt organize thyself.* Take better control of the way you are spending your time and energy so you can handle stress more effectively.
2. *Thou shalt control thy environment by controlling who and what is surrounding you.* In this way, you can either get rid of stress or get support for yourself.
3. *Thou shalt love thyself by giving yourself positive feedback.* Remember, you are a unique individual who is doing the best you can.
4. *Thou shalt reward thyself by planning leisure activities into your life.* It really helps to have something to look forward to.
5. *Thou shalt relax thyself by taking your mind off your stress and concentrating on breathing and positive thoughts.*
Dreaming counts, along with meditation, prayer, listening to

relaxing music, communicating with friends and loved ones, etc.

6. *Thou shalt rest thyself as regularly as possible.* Sleep for 7-8 hours a night. Take breaks. There is only so much your mind can absorb at one time. It needs time to process and integrate information. A general rule-of-thumb – take a ten-minute break every two hours. Rest your eyes, as well as your mind.
7. *Thou shalt be aware of thyself.* Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, cold/flu, excessive tiredness, etc. Remember, these can be signs of potentially more serious disorders (i.e. ulcers, hypertension, heart disease).
8. *Thou shalt feed thyself/thou shalt not poison thy body.* Eat a balanced diet. Avoid high calorie foods that are high in fats and sugars. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some to concentrate. A ten-minute walk has been proven to be a better tranquilizer than some prescription drugs.
9. *Enjoy thyself!* It has been shown that happier people tend to live longer, have fewer physical problems, and are more productive. Look for humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.
10. *Thou shalt pray the serenity prayer – and mean it!* “God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”

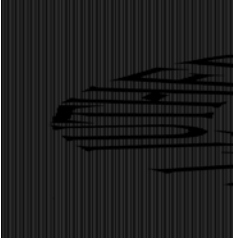
Your body's flight-or-fight reaction has strong biological roots. It's there for self-preservation. But if stress is getting the better of you and you fear its long-term effects, don't be afraid or ashamed to seek help in breaking through old stress behavior patterns. Your physical health may depend on it!

Have a safe, happy, and enjoyable end to your summer!

Debbie Best, RN, BSW, MHA

To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring - it was peace. ~Milan Kundera

**CHRIST EVANGELICAL LUTHERAN CHURCH
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Phone (570) 742-7473
Pastor E-mail: pastor@christlutheranmpa.org
Secretary E-mail: secretary@christlutheranmpa.org
Church Website: www.christlutheranmpa.org**

Staff:

**The Rev. Patricia A. T. Pittsnogle, Pastor
Lorei Comerer, Church Office Manager
Donna Spear, Webmaster
Nancy Walters, Director of Church Music
Brett Hosterman, Organist
Rose Deaner, Treasurer
Ruth Greenly, Financial Secretary
Rich Olsen, Custodian
Bob Greenly, Groundskeeper**