



## ***USS ARK – CURRENTS***

***News and Information of Events throughout our Synod***

**(W)holy, (W)holy, (W)holy**

**Health, Healing and Wholeness Article**

**April 2010**

*“Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.” (Genesis 18:8, NRSV)*

Some Biblical scholars believe that the **curd** with which Abraham fed his heavenly visitors, might actually have been a form of what we now call yogurt (NLV). Indeed the word yogurt comes from the Turkish for “thick milk”. Both curds and yogurt come from milk, however, there is a slight difference in the way each is produced. Yogurt is produced by introducing certain types of edible, helpful bacteria [probiotics] to milk and allowing fermentation to occur (breaking down the sugar lactose). Curds, on the other hand, are produced by the curdling of milk with an enzyme called ‘rennet’ or by adding an edible acid, such as lemon juice or vinegar, to the milk. These acids cause milk proteins to tangle into solid masses, or curds. Milk and milk products – from a variety of sources [goat, cow, camel] played a vital role in the daily lives of the Hebrew people, and are mentioned numerous times throughout the Bible.

Perhaps you have seen ads on TV or in magazines for a “new” type of yogurt which promises “to be scientifically proven to help with slow intestinal transit when eaten daily for two weeks as part of a balanced diet and healthy lifestyle” [it relieves constipation], thanks to the introduction of something called *Bifidus regularis*. *Bifidus* *wha-is?* *Bifidus regularis* is a probiotic – helpful bacteria that when added to food (in this case, yogurt) and ingested, helps to maintain the natural balance of organisms in the intestines. Helpful bacteria are “vital to proper development of the immune system, to protection against microorganisms that could cause disease, and to the digestion and absorption of food and nutrients.” ([www.nccam.nih.gov](http://www.nccam.nih.gov) – *Get the Facts: An Introduction to Probiotics*). Foods containing probiotics include yogurt, miso, tempeh, and some soy beverages. The National Center for Complementary and Alternative Medicines (NCCAMM) reports that sales of probiotics in the US nearly tripled from 1994-2003.

For years, doctors have encouraged the use of regular yogurt as a means to correct diarrhea that is linked to antibiotic use (antibiotics tend to eliminate both good and bad bacteria in places such as the digestive track). A decrease in beneficial bacteria can also lead to other infections within the urinary track, and trigger yeast infection in women. Scientific studies of probiotics continue. The NCCAM indicates that there is “some encouraging evidence” that specific probiotic forms may be useful in:

- treating other types of diarrhea, especially rotavirus (the plague of daycares)
- treating irritable bowel syndrome (IBS)
- reducing recurrence of bladder cancer
- shortening how long an intestinal infection lasts when caused by a bacterium called *Clostridium difficile* or *C.diff* (a particularly nasty bacteria that causes intestinal infection in some long-term-care settings)
- preventing and managing atopic dermatitis (eczema) in children. (*Get the facts ...*)

***So... does it really work?*** More information is needed, in particular in probiotic use by

small children, the elderly, pregnant or nursing mothers, or by folks who have a compromised immune system. But there is promise. Tufts University School of Public Health and Tropical Medicine is studying the possibility of certain probiotics being used to treat diarrhea in undernourished children of third world countries.

Side effects of use are typically mild, but can include allergy, gas or bloating, and there is always the potential for adverse interaction with prescription and over-the-counter medications. The bottom line is this, **always consult your health care provider before you plan to use any form of dietary supplement, including probiotics.**

*Blessings!*

*Debbie Best, Family Life Services, Diakon Lutheran Social Ministries*

### **Nurse's Notes**

**April 2010**

- April 4** "Jesus Christ didn't die for us because it made for good theology, He died for us because He loved us, lost us to sin, and gave Himself up to buy us back. By doing this He had to become vulnerable to the very system He created, that we might see how true love behaves. There is a death in love, and that death is the death of self. Jesus died to love us; we die as well in order to love and serve others. And part of that is in being vulnerable." (Fischer, J. (January 26, 2006) Daily Devotional)
- April 11** Are you frustrated from trying to make a call, and all you get are voicemail instructions? Check out [www.get2human.com](http://www.get2human.com) Click on "Click here for a full list" The site contains a list of nearly 1000 major companies with instructions on accessing a human being at the other end of the line.
- April 18** If we ever find that we are feeling a bit "full of ourselves", it would be perhaps be wise to remember these words from Mark Twain: "Don't expect too much of human beings. We were created at the end of the week when God was tired and looking forward to a day off."
- April 25** **Surprising Stress Symptom – Weekend Headaches** "A sudden drop in stress can prompt migraines, says Todd Schwedt, MD, director of the Washington University Headache Center. Stick closely to your weekday sleeping and eating schedule to minimize other triggers." (Hoehn, L. (March 2010) *Prevention*. pg. 24)

*CURRENTS is the e-newsletter of the Upper Susquehanna Synod. Please share this information with others! Edit, copy, and use this information in bulletins, newsletters, sermons, billboards, press releases, evangelism efforts, and/or spoken announcements where helpful. If you have information to include in future editions, please send an email to <news@uss-elca.org> with your name, congregation name, town, and the information.*

*The next edition of Currents is planned for February 5, 2010, with a publication deadline of February 1, 2010.*

## **NEWS IN THIS ISSUE**

### **Lutheran Bishops Offer Ideas to White House to Stir Economy**

In a December 16 letter to U.S. President Barack Obama, a caucus of Evangelical Lutheran Church in America (ELCA) bishops acknowledged economic challenges and suggested opportunities for job creation. One of those bishops was Upper Susquehanna Synod Bishop Robert L. Driesen.

The group met with Martha Coven, special assistant to the president for mobility and opportunity policy, to present the letter and discuss the status of hunger and economic insecurity in the United States. In the letter the bishops wrote, "We see firsthand the effects that unemployment has on individuals, families, and communities. While we are there to counsel and comfort, we are also committed to encouraging policies that can spur job growth." The bishops' letter outlined a number of propositions for job creation such as small business development, job retraining, green jobs for low-income people and expanding public service programs. The caucus asked for particular consideration of sustainable development for low-income communities, as well as sustaining the environment and people living in poverty through investments in green jobs and clean energy technology.

The bishops also visited with members of Congress on December 16-17. During their time there, the

bishops received legislative updates from the ELCA Washington Office and others on health care reform, job creation and child nutrition reauthorization, and attended a "United We Stand: Feed a Neighbor" event hosted by the ELCA Washington Office. Bishop Robert L. Driesen of the Upper Susquehanna Synod was one of seven bishops who participated in the event. The bishops' letter is at <http://bit.ly/5Tlwx3> on the ELCA Web site.

### **Synod Publications' Deadlines Changed**

Beginning with the start of the new year, the three nearly monthly publications sent from the synod will have new deadlines. *Currents* will be published on the 5<sup>th</sup> of the month, with the 1<sup>st</sup> being the publication deadline. *USS Ark* will be published on the 15<sup>th</sup> of the month, with the 10<sup>th</sup> being the publication deadline. *Headwaters* will be published on the 25<sup>th</sup> of the month, with the 20<sup>th</sup> being the publication deadline. Combined issues of *Headwaters* will be done for June/July (published on July 15 with a July 10 deadline) and December/January (published on January 15 with a January 10 deadline). Questions can be addressed to Chad Hershberger, Director of Communications, at [news@uss-elca.org](mailto:news@uss-elca.org).

### **Helping Congregations Plan for Mission**

Is your council or a group of leaders within your congregation looking to focus on your congregation's vision for mission or possibilities for ministry? Hoping to review the ministries your congregation has done in the past, and decide what to retain, what to let go of, and what new directions to pursue? Think it would be a good idea to seek God's transforming power, re-connect with your community, or better understand how people perceive the ministry that happens through your congregation? Then the Upper Susquehanna Synod has a number of resources available to assist you, with the help of both synod staff, and committed laity and clergy volunteers from throughout the synod's congregations, who enjoy living their discipleship as coaches or retreat leaders. To discuss what might be the best fit for your congregation, please be in touch with Pastor Karl-John Stone, Assistant to the Bishop ([karljohn@uss-elca.org](mailto:karljohn@uss-elca.org)), or Ms. Beth Yenchko, Director for Evangelical Mission ([Eyenchko@uss-elca.org](mailto:Eyenchko@uss-elca.org)), or call them at the synod office (570) 524-9778.

### **Network Director Sought**

Family Promise, a national faith-based non-profit organization providing shelter and assistance to homeless families, is seeking a Network Director to develop and operate its operations in Lycoming County. The successful candidate will coordinate with local churches, schools, and social service agencies to help clients meet immediate and longer-term needs and maintain their family unit. B.A. degree required, M.S.W. preferred. Send resume to Family Promise, c/o CCPC, 807 W 4th St., Williamsport, PA 17701.

### **Lutheran Church History Contest for Youth**

The Lutheran Historical Society of the Mid-Atlantic (LHSMA) invites middle school and high school youth to participate in a MULTIMEDIA PROJECT contest. You are asked to prepare a 15-20 minute DVD or Power Point presentation with an accompanying script titled "My Congregation's Story" or "My Congregation's Youth Ministry Story." Three winners will be awarded in both the Middle School (6-8<sup>th</sup> grade) category and the High School (9-12<sup>th</sup>) category. The first place winner receives \$125 for the winner in each category plus the opportunity to present projects at the LHSMA

Spring Program on April 20, 2010, at the Lutheran Theological Seminary at Gettysburg. The second place winner receives \$75 and the third place winner receives \$50. Submissions are due by March 15, 2010. Please mail completed work along with an application form (available at <http://www.lhsmidatlantic.org>) to: LHSMA, 61 Seminary Ridge, Gettysburg, PA, 17325. Questions can be directed to the Reverend Stephen Herr, LHSMA president, at [pastor@christgettysburg.org](mailto:pastor@christgettysburg.org) or 717-334-5212

## UPCOMING EVENTS

### **Synod Winter Retreat for 6-12<sup>th</sup> Graders: February 12-13, 2010**

The Synod Youth Council presents it's annual winter retreat for 6-12<sup>th</sup> Graders. The theme this year is "Book of Faith Bonanza!" The Book of Faith Initiative is a grass-roots movement of the ELCA to encourage all Lutherans to open scripture and join the conversation. The retreat this year will seek to do the same in a fun, friendly format through many activities including worship, speakers, small group bible study, games, workshops, and other activities. The retreat will be held February 12-13, 2010 at Camp Mount Luther in Mifflinburg. Registration is \$40 and is due by February 5th. Look for a registration packet in the mail very soon or contact Rev. Patrick Sipes at [sgtmuddy@gmail.com](mailto:sgtmuddy@gmail.com) and he will send one as an attachment.

### **Agape Concert: February 27, 2010**

Live concert featuring Agape (David Scherer) will be held on Saturday evening, February 27 at a to-be-determined site in the Upper Dauphin Conference, Lower Susquehanna Synod. There will be free admission to the concert, and there will be a free will offering that will be sent to World Hunger. Stay tuned for more information. Questions can be sent to Pastor Jan Mills at [pastorjan@comcast.net](mailto:pastorjan@comcast.net).

### **Lutheran Disaster Relief Volunteer Trip: March 14-20, 2010**

LDR – SEPA Volunteer Trip to Mission Starfish (former Camp Victor) in Ocean Springs, MS is scheduled for March 14 to March 20, 2010. All are welcome. Reservations have been made for this

special week of rebuilding in the Gulf Coast. Four years after Hurricane Katrina the need for volunteers still exists. As funding dwindles and people forget about the storm, over 10,000 Mississippi homes remain to be repaired or rebuilt. Adopt-A-Family is the newest component of Mission Starfish. There is also an Adopt-A-Home ministry in Ocean Springs to assist families not in the system and receiving no help from any organization. If your group receives donations, you might want to use them towards funding rebuilding projects. LDR is happy to provide volunteer training and will provide registration forms for this trip. Church groups and/or individuals are encouraged to register. For more information, or to register, please contact: Linda Frey at [lwfrey@epix.net](mailto:lwfrey@epix.net) or at 610-847-5775

### **Lutheran Marriage Encounter: March 19-21, 2010**

The Western PA Lutheran Marriage Encounter has scheduled a Marriage Encounter Weekend for March 19-21, 2010, at the Toftrees Golf Resort and Conference Center in State College. Marriage Encounter Weekends are designed to strengthen and revitalize ALL MARRIAGES and run from 8 p.m. on Friday night until around 5 p.m. on Sunday. Couples overwhelmingly report that they fell in love with their spouse all over again. All costs for 2 nights lodging, 5 meals and all supplies are covered by a \$45.00 per couple registration fee plus a confidential contribution of whatever amount you choose that you are given the opportunity to make at the end of the weekend. Registrations are limited, and all Western PA Weekends had waiting lists last year, so make your reservation now to avoid disappointment. The other 2 Western PA Weekends for 2010 will be April 30-May 2 at The Riverside Inn (20 miles south of Erie) and October 22-24 at the Radisson in Sharon, PA (an hour north of Pittsburgh). For further information or to sign up for a Weekend, go to [www.GodLovesMarriage.org](http://www.GodLovesMarriage.org) or contact Western PA Lutheran Marriage Encounter Directors, Fred & Julie Schamber at [fjschamber@comcast.net](mailto:fjschamber@comcast.net) or 724-325-3166. Please give each other the best gift of all--yourselves!

### **Bishop's Day for Confirmands: March 21, 2010**

A special event for the synod's confirmands will be held on Sunday, March 21, 2010, from 2:00- 4:30 p.m. at United Lutheran Church in Sunbury (Wolf's Crossroads). This event is open to ALL confirmation students, and will be held in the future every other year. Pastors are encouraged to attend along with their students and the students' parents. Make the most of the car-ride by engaging your youth in faith talk! Individual invitations to confirmands will NOT be mailed this year, so pastors and catechists, please encourage your confirmands' participation. The event includes worship and teaching by Bishop Driesen about what it means to belong to the one, holy, catholic and apostolic church. Publicity materials for this event will be distributed to pastors in late January.

### **Holy Tuesday Chrism Mass: March 30, 2010**

The annual Holy Tuesday Chrism Mass service for leaders (rostered and lay) in the Upper Susquehanna Synod will be held on Tuesday, March 30 at 10:30 AM at **Christ Lutheran Church, Lewisburg**. Bishop Robert L. Driesen will preside at this Eucharist service which includes the blessing of oil for use in anointing. RSVP to the synod office ([secretary@uss-elca.org](mailto:secretary@uss-elca.org) or 570-524-9778) to reserve a spot for lunch following the service.

### **"Gathering in the East" Youth Leaders' Conference: April 16-18, 2010**

Attention Youth Ministers! It's here. The time has finally come. It's the annual youth retreat, the spaghetti dinner fundraiser, the parent's Bible study, Youth Sunday, the budget meeting, the tough conversation with the youth advisor, the weekly Youth Group meeting, the late-night phone call from a young person in trouble. It's time for the ministry you've been called and gifted to do, and you're going to need the right tools. You grab your Bible, notebook, first aid kit, playground balls, and guitar, and it's time to go. We know you work hard to minister to the young people and the families in your midst, and that you need to be equipped for that work. That is what the Gathering in the East Youth Leaders Conference is all about. Get connected. Be equipped. Find encouragement. Registration starts at just \$150.00 and hotel rooms start at \$75.00. For details on speakers, musicians, and workshop topics and to get a registration

discount go to <http://www.gatheringintheeast.org> or contact Robin Kunkel at (570) 374-8444.

## **MONTHLY FEATURES**

### **(W)holy, (W)holy, (W)holy: Health, Healing and Wholeness Article for February 2010**

*"The Lord spoke to Moses, saying, 'This applies to the Levites: from twenty-five years old and upward they shall begin to do duty in the service of the tent of meeting; and from the age of fifty years, they shall retire from the duty of the service and serve no more. They may assist their brothers in the tent of meeting in carrying out their duties'." (Numbers 8:23-26a, NRSV)*

One might assume that in the case of the Levites, forced retirement was meant to foster younger leadership; young men could begin to serve while still under the guidance of the temple elders. Or perhaps, it was due to the physical requirements of hauling the tabernacle and its furnishings through the wilderness. Regardless, God seemed to know that a healthy retirement requires some sort of advanced planning.

How well one adjusts to this new phase of life depends on a number of factors. Dr. George Valliant, professor of psychiatry at Harvard Medical School, likens it to being in 4<sup>th</sup> grade, as "cooperative play, helping others, having friends, and learning are all important. The problem is that by this age, we've forgotten how to play!" There may be much more than a grain of truth to his statement, because it appears that those who strongly identify with their occupation often have some difficulty adjusting to life without a time clock.

Taking time to cultivate a network of friends outside of work relationships can be immensely helpful in getting through the initial retirement adjustment phase. If you are one of those who used his/her job as an escape from family issues, this time may be particularly stressful. Spend time with your spouse, but don't overwhelm them by expecting him/her to meet all your social needs because this is an adjustment for your spouse as well. You can meet friends for coffee, join a Bible

study, organize a regular round of golf, and allow yourself to have fun! Is there an activity that you've always wanted to try, but never had the time? Engage the creative side of your brain – it can lead to re-discovery of who you are! Have you always had a desire to play the piano, or learn to paint? Do it now!

During retirement, physical activity is more important than ever. Consider participating in a formal fitness program such as golfing, dancing, swimming, or walking 20-30 minutes at least 3-5 times-a-week. Any and all of these will go a long way toward establishing or maintaining healthy behaviors. Strength training exercises [weights or resistance] several times a week have been recognized for their value in decreasing stress, improving balance, and increasing endurance and flexibility. Good dietary habits including limiting fats, sugar, and salt in conjunction with drinking at least 8 glasses of water per day and getting regular sleep all contribute to living a full and productive life.

Plan your time and set some personal goals. What do you want to accomplish on a typical day? It is human nature to waste time when you have lots of it! Get more involved in your community: volunteer at your local hospital, the local chapter of the Red Cross, or Big Brothers/Big Sisters. Help establish or maintain a community garden, spend time weekly at a soup kitchen, or deliver Meals-on-Wheels. Do you have a special gift or talent? Use it to teach others! Do you enjoy working with numbers/business? Help your fellow retirees with tax preparation or offer to serve as treasurer of a club or organization to which you belong. Help raise funds for a favorite charity or community group. Find out what it is that you enjoy doing, and do it!

Get to know yourself spiritually. Consider attending a guided retreat. Engage the services of a spiritual director. Study scripture. Sign up for seminary courses either locally or on-line. Explore a variety of prayer forms. Learn more about God as you simultaneously learn more about yourself.

Psychologist Abraham Maslow theorized that we progress through different phases of development as

we age. For the healthy adult in later stages of life, one's goal becomes reaching our full potential as an individual or self-actualization. This involves letting go of old routines to make way for the next phase of life. It involves continual learning. Retirement is a great adventure – time to take a fresh look – to reassess in body, mind and spirit. In the words of Robert Fulghum, “Live a balanced life. Learn some and think some and draw some and paint and sing and dance and play and work everyday. And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.” (Source: *All I Really Need to Know I Learned in Kindergarten*) Blessings to you as you pursue this wonderful, new phase of life!

*Debbie Best, Program Coordinator  
Diakon Family Life Services, Training &  
Consultation*

### Nurse's Notes

- At the start of this new year, here are some resolutions for you to make on behalf of your dog or cat!
  - **I will not feed my dog/cat table scraps.** The higher fat content of “people food” can lead to vomiting and diarrhea. To break the habit of “begging,” put him/her in another room when you are eating.
  - **When I say “No.” I mean “No.”** As with children, consistent consequences needed to curb bad behaviors, but remember to reward good behavior.
  - **I will take my pet for an annual checkup.** Pets develop chronic illnesses just as their owners do. Routine shots and blood-work are important to diagnosing and treating illnesses such as kidney failure, diabetes and hyper-thyroidism. (*Prevention*, January 2009, pg. 128)

- Nine easy swaps that save loads of calories! To lose ½ to 1 pound a week, aim to cut 250-500 calories a day by making a few of these swaps:

- **Swap** a bottle of water for 1 can regular soda **Save** 100 cal.
- **Swap** apple slices for small French fries **Save** 270 cal.
- **Swap** regular hamburger for Big Mac **Save** 290 cal.
- **Swap** ¾ c. high-fiber cereal for ½ c. granola **Save** 110 cal.
- **Swap** 1 tsp. mustard for 1 Tbsp. mayo **Save** 100 cal.
- **Swap** 2 slices whole grain bread for 1 lg. (4 ½”) bagel **Save** 269 cal.
- **Swap** 2 c. air-popped popcorn for 1 sm. bag(1 oz.)pretzels **Save** 47 cal.
- **Swap** 1 slice pizza + 1 ½ c. salad with 1 Tbs. low-fat dressing for 2 slices pizza **Save** 229 cal.
- (*Prevention Magazine*, January 2010, pg. 72)

- **Upset by conflicts with others?** Learn to speak your needs or distress directly, avoiding “you always” or “you never” accusations. Instead, use statements such as: “I feel \_\_\_\_ when you \_\_\_\_.” If conflicts are a source of distress for you, consider taking a class to help you become more assertive.
- **Hungry for the taste of fresh fruit in mid-winter?** Reach for freeze-dried over heat dried fruits. Freeze drying helps retain vitamins and minerals that are some-times lost during the heated drying process.

### Safety Tips for Ministries from Brotherhood Mutual Insurance Company for February 2010

Take an Employment Practices Refresher

Does your ministry have someone on staff that tracks employment-related paperwork and issues? Sound employment practices can help your ministry run smoothly and reduce the likelihood that an

employment-related lawsuit will be filed. Brotherhood Mutual Insurance Company has created a checklist that can help your ministry take a closer look at issues associated with employment practices. Some areas that the checklist delves into include:

- Knowledge of employment laws in your state
- Investment in thorough background checks for all employees
- Documentation of performance, annual reviews, and any disciplinary action taken for each employee

The employment practices checklist and other employment-related resources are available at <http://www.SafetyCentralOnline.com>, Brotherhood Mutual’s online library of free safety and risk management materials for ministries. Contact your insurance agent if you have specific questions regarding employment practices.

### Mifflinburg Area 2010 Group Workcamp Volunteers Needed

First Lutheran Church in Mifflinburg will be hosting Workcamp in the Mifflinburg area this summer. They are in need of volunteers in the areas listed below. Here are some opportunities for churches to participate. Anyone who is interested can contact Kim Sawyer at [kksawyer@dejazzd.com](mailto:kksawyer@dejazzd.com) or (570) 966-1603 to sign up.

- Site Writers (January, February, March) Volunteers who are “construction savvy” will visit pre-selected sites to determine what repairs will be done to the homes, determine if the work fits the workcamp program (cost, skill, time), use workcamp forms, measure & list materials that are needed, and access any safety precautions. We will provide a 2-hour training the week of January 11<sup>th</sup>.
- Hospitality No construction experience necessary! All you need is a friendly smile, a caring heart and willingness to help make our 400-450

guests comfortable while in Mifflinburg. This committee is divided into sub-committees that are listed below. Feel free to sign up for one or many areas.

- Adopt a Site  
~ Andy Long, Chair
- As soon as the word gets out that we are hosting a camp, locals start calling asking how they can help...they can “adopt a site” by delivering a cold watermelon one day, cookies another, pizza one day, or just encouraging the campers at that particular site. If they cannot work at the site due to liability issues, they can encourage and support! This committee would match sites with those who would like to do this!
- Adopt a Youth Group  
~ Pam Baker, Chair  
Campers come from out of the area so they may want to order pizza for devotion time or a birthday cake for someone celebrating that week or just need something at the store but don’t have a vehicle to make a trip to Wal-Mart or the Dollar Store, they would call their designee who would be their very own angel this week.
- Adult Leader Happy Hour  
We need to boost our adult leaders. They worked hard to get to camp, drove the kiddos, spent sleepless nights tending to their group. With awesome adults we get devoted teens! The adults have a mandatory meeting Sunday afternoon and again Tuesday afternoon. Perhaps some snacks and tea/lemonade would be nice to say “THANKS” to them as individuals who took vacation time to sleep on the floor with teens!
- Banners  
Individuals crafted banners for the 2005 camp and arranged with the borough crew to have them hung along Chestnut Street...these banners are “somewhere” and

need to be found and arrangements made for another hanging!

- Breakfast/Dinner Aides  
~ Polly Horning, Chair  
We hire the school cafeteria staff to prepare and serve the meals, once again they are kept so busy keeping up with 450+ campers...they are unable to get out into the cafeteria and pick up a piece of silverware that may have fallen on the floor or to wipe off a table so another group of campers can sit and eat. The cafeteria at the Intermediate School WILL NOT hold 450+ campers at one time, we need to make sure the tables are wiped off and ready to serve others as quickly as possible. The campers are responsible for clearing their own things but sometimes they will forget a milk carton or to wipe up a small spill on the table. This committee will organize a schedule and enlist local volunteers to be at the cafeteria for breakfast and dinners (remember Wednesday we are at the park and will not need help that evening)...a great way to interact with the campers and encourage and support them.
- Custodial Support  
~ Betty Hook, Chair  
We pay for one custodian to work throughout the week...keeping the school maintained for a week...with 450+ sleeping at the school is tough...we ask all campers to put their room trashcan outside the classroom door when they leave in the morning...this committee would walk around with a cart and empty the trashcans, put a new bag in them, make sure toilet paper and paper towels are filled and just serve as a backup to help the custodian.
- Gift Bags  
~ Sandy Padlo, Chair  
Upon registration on Sunday, we want to give each camper a small bag as a welcome gift...it can have candy, a notepad (for care cards), a pen or pencil, hand sanitizer, chap stick, coupons for local establishments? We

need volunteers to help sew these simple drawstring bags NOW!

- Lunch Prep (in the morning)  
~ Irene Henninger, Chair  
Each crew (75 crews) will have one member who serves as the “Break maker”...this individual is responsible to eat their breakfast quickly and then retrieve their cooler and water jug and go to the “lunch line.” Here they will gather a loaf of bread, a bag of cold meat, condiments, chips or cookies, fruit, drink and then go to the outside area and fill their water jug with a bag of ice and water for the day, then drag or carry it all to their transportation. The lunch prep committee will enlist help from volunteers to help with this line each morning, making sure the bread doesn’t go into the cooler first and the drinks thrown on top of the bread! A volunteer can greet the break maker with a “Good Morning” and help them fill their cooler or jug and start their day in a good way!
- Signs/Billboards  
Imagine taking the exit on Rt. 80 or turning onto Rt. 45 and seeing a sign or a billboard saying “WELCOME WORKCAMPERS” or on Saturday when they leave the school they would see “THANK YOU FOR ALL YOU DID.” This committee will contact businesses and arrange for messages on their billboards and make signs to post in rural areas!
- Ladders  
Ladders! Ladders! Ladders! We need volunteers to make sure we have ladders for every site. The lumber store will deliver most ladders and bring them back to the lumberyard. You need to get ladders loaned to us, inventory them and assign them as per need.
- Follow Up Crew (Week following camp)  
Despite all efforts to complete all projects, some just don’t get done and the campers need to return home. If you are willing to

finish any of the projects after camp is over, WE WANT YOU! You can work at your leisure, no one to hassle you and all supplies are provided. Great for families too!

- Directions (May & June)  
Remember these campers are from out of the area, they won’t know what “turn left at 4 Bell Church means” so we need all directions checked/rechecked!

**(W)holy, (W)holy, (W)holy**  
**March 2010**

*“How long, O Lord? Will you forget me forever?  
How long will you hide your face from me? How  
long must I bear pain in my soul, and have sorrow  
in my heart all day long?”*  
*(Psalm 13:1-2a, NRSV)*

Salt and pepper; peanut butter and jelly; tea and honey; coffee and cream; chronic pain and depression. Some things just seem to go hand-in-hand. Pain – especially the chronic/on-going kind, can wear down even the hardest of souls, and is often closely linked to depression. It can trigger a wide range of negative emotions: irritability, anger, fear, anxiety, and despair. It is estimated that 30-80% of people with chronic pain also suffer from clinical depression. Chronic pain stresses all aspects of our well-being – it certainly threatens our physical, but also our emotional, spiritual, even sometimes our financial health. People with chronic pain have 3 times the average risk of developing psychological symptoms, and depressed people have 3 times the average risk of developing chronic pain. Roughly 32 million people report having had pain lasting longer than one year. Those whose pain limits their independence are especially likely to become depressed.

Why? Depression and chronic pain share some of the same neurotransmitters – brain chemicals - as well as some of the same neural (nerve) pathways in the limbic region of the brain – the area which serves as the seat of our emotions. Yet depression associated with chronic pain often goes untreated – the pain often takes center stage during a typical 15-20 minute office visit. As the depression magnifies pain, it reduces our coping skills. Chronic pain may be difficult to eliminate, but almost always can be managed. Treatment often takes a multi-dimensional approach, which may include your regular healthcare provider, pain or palliative care specialist, psychiatrist and/or a therapist.

Medications are now available which work by effecting brain chemicals that are responsible for both mood and pain. Talk or cognitive-behavioral

therapy can also help the individual deal with depression by exploring the mind-set or attitudes of the sufferer in regard to his/her pain, by sometimes uncovering long-standing emotional conflicts or negative thoughts that contributed to suffering, and by exploring some of the losses that may have been triggered by the chronic pain. Often a combination of both treatments will need to be utilized in order to lead to an improved sense of well-being. Once initiated, it is important to understand that treatments may take time to become effective, and because we all experience pain and depression differently, may require changes/adjustment to accommodate the needs of the individual.

Physical exercise also can be an important aspect of treatment. Exercise releases some of the same brain chemicals as anti-depressants. It is crucial that the individual work with his/her doctor to design an exercise plan that is safe and effective, and does not worsen the pain.

Chronic pain and depression may lead to spiritual crisis, resulting in a feeling of hopelessness, a sense of abandonment, questioning the meaning of life, and in severe cases, even consideration of suicide. An important aspect of being with those who suffer is listening with one's whole being. – without judgment of feelings that may be expressed. Gently assist them in exploring additional pain management techniques. A daily prayer ritual may bring some relief or at least a diversion from pain. Learning meditative prayer and/or relaxation techniques can also be very beneficial. Finally, assist the individual in maintaining ties with his/her congregation – through visits, providing the Eucharist, cards, flowers, taped worship services. Being a part of a compassionate, praying community is a vital means of social, emotional, and spiritual support.

(Resources: [www.webmd.com/depression/guide/depression-chronic-pain](http://www.webmd.com/depression/guide/depression-chronic-pain);  
[www.johnshopkinshealthalerts.com/reports/healthy\\_living/3034-1.html?type=pf](http://www.johnshopkinshealthalerts.com/reports/healthy_living/3034-1.html?type=pf); and  
[www.health.harvard.edu/newsweek/Depression\\_and\\_pain.htm](http://www.health.harvard.edu/newsweek/Depression_and_pain.htm))

*"I trusted in your steadfast love; my heart shall rejoice in your salvation." (Psalm 13:5)*

Debbie Best

Diakon Family Life Services

**Nurse's Notes**  
**March 2010**

**March 7      Need more sleep? Here is a plan to help you get to sleep earlier.**

1. Gradually move your bedtime up by 15 min. each night.
  2. Dim the lights around the house about an hour before bed, and start a routine that tells your body it's time to sleep. (Put on your PJs, wash your face, brush your teeth.)
  3. Avoid the distraction of the TV and computer.
  4. Meditate or do light stretching.
- Pick a favorite short bible verse or phrase to repeat in your mind.

People who relax before bedtime are able to fall asleep a half-hour earlier than those who do not, and get up to an extra hour of sleep.

(*Prevention*, February 2010, pg. 18)

**March 14      New Rule for Spotting Skin Cancer** Current guidelines used to detect abnormal moles state that people should look for moles only greater than 6 mm (larger than a pencil eraser). "But size is increasingly arbitrary and irrelevant," says researcher Stuart Goldsmith, MD. One study estimates that 22% (more than 1/5<sup>th</sup>) of invasive melanomas are less than 5 mm – so don't overlook smaller moles that appear abnormal (dark colored, with irregular borders), he stresses.

(*Prevention*, February 2010, pg. 20)

**March 21      Your breakfast may be contributing to raising your blood pressure?**  
Your

toast or cereal could be hiding excessive salt, the additive know to jack-up blood pressure. Research says bread and cereal are among the top contributors of sodium to your diet. Getting more than 2,300 mg per day – a teaspoon of table salt – increases your risk of high blood pressure. Registered Dietitian, Dave Grotto, recommends choosing 100% whole grain bread and cereals that contain no more than 150 mg of sodium per serving. (*Prevention*, February 2010, pg. 43)

**March 28**    **My laundry has what ....?** We know that germs like wet areas to thrive, so to cut down on germs, remove your laundry from the washer within 30 minutes of its completed cycle. With folks saving money by using cold water, germs can survive the wash cycle. Charles Gerba, PhD, professor of microbiology at the University of Arizona, states that research found that 25% of home washing machines contain fecal bacteria (from undergarments). To reduce germs: don't overload the washer, so detergent can penetrate the fabric; wash undergarments in a separate cycle; once a week, run an empty cycle with only a cup of bleach to kill bacteria; and yes, your dryer will also kill lingering bacteria. (*Prevention*, February 2010, pg. 136)





