



UNITED CHURCHES' NEWS

Summer Update

UNITED CHURCHES OF LYCOMING COUNTY

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Office Hours: 9 a.m. - 4 p.m. Monday - Thursday

Issued mid-monthly, September through May with special e-mail only summer issues. Items marked with an asterisk may be of special interest to your congregation. Deadline to submit articles - First of each month.

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[Please notify us of changes of email address](#)

Thank You for receiving our newsletter via email.

It is a wonderful donation of postage, office supplies and volunteer time!

COME TO OUR ANNUAL ASSEMBLY*

Our 70th Annual Assembly of the United Churches will be held Thursday, November 17 at First United Methodist Church of Muncy, 602 S. Market Street, in Muncy. The church is handicapped accessible and parking surrounds the church. Registration begins at 5:45 P.M., with the dinner at 6:30 P.M. The evening will include:

- ★ Presentation of an Ecumenical Service Award.
- ★ Election of officers and new board members.
- ★ Adoption of the 2017 Budget.
- ★ Theme: Seventy Years And Counting!

Attending from each member congregation should be three delegates, the pastor and two lay people. *We encourage other interested persons to be present as non-voting representatives of your congregations.*

Registration is \$12.00 and includes dinner served family style. The menu is ham loaf, scalloped potatoes, green beans w/almonds, fruited jello, rolls, beverage, cake and ice cream. Each person will also receive an annual report book. Reservations are needed by Tuesday, November 8th. Pastors will receive an information packet via e-mail. Please call the United Churches office, 322-1110 or at director@uclc.org to make your reservation.

DIAL - A - DEVOTION *

Have you called yet?

The number is 570-322-5762.

It's available 24 hours a day.



Devotions are three minutes or less, change weekdays and once on the weekend, and are designed to lift your spirits and help you to have "A Closer Walk with God." The devotionalists this summer/fall are:

10/10-16 Fr. Daniel Kovalak	10/17-23 Rev. Gwen Bernstine
10/24-30 Mrs. Tammey Aichner	10/31-11/6 Fr. Dan Kovalak
11/7-13 Pastors Jim & Kathy Behrens	11/14-20 Mrs. Dorothy Wagner
11/21-27 Rev. Gwen Bernstine	11/28-12/4 Mrs. Patty Gohrs

Listen today and tell others about this ministry!

INFORMATION NEEDED

Our Directory for Lycoming County will be updated soon. Please contact us with any updates. The resource "What To Do When Persons Need Help" is included in this newsletter. If you have any corrections or additions please let me know at director@uclc.org. An updated copy (as a pdf) can always be found on our website resource page.



Follow us and others at "United Churches of Lycoming County"
& "Walking With God in Lycoming County"

WEDNESDAY ECUMENICAL LUNCHEONS *

Join us Wednesdays for lunch and an interesting program! The lunch line opens about 11:45 a.m. and you are always assured of a tasty \$6 lunch, warm ecumenical fellowship and a thoughtful program designed to enrich your life mentally, physically, spiritually and socially.

Parking is free in the Pine Street lot north of the church from 11 to 1:30. No reservations are necessary, but a call to Gwen or Patty at the United Churches Office 570-322-1110 if you are not a regular attender will help our caterer, Heidi, know how to prepare.



Lunch & Learn

bite-size sessions to educate & motivate

OCTOBER

- 12- **Bill & Sarah Kieser**, Funeral Directors, Sanders Mortuary, *"Have the Talk of a Lifetime"*
 19- **Melissa McGargle**, Director, Family Promise of Lycoming County, *"Opening New Doors"*
 26- **Rev. Viking Dietrich**, Pastor, St. John's Lutheran Church, Montgomery, *"A Perspective In Missions"*

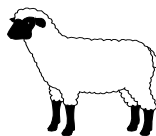
NOVEMBER

- 2- **Interfaith Panel**, Jewish, Islamic, Buddhist and Christian representatives, *"Traditions in Dating and Marriage"*
 9- **Jonathan Williamson, Ph.D.**, Chair, Dept. of Political Science, Lycoming College, *"Election Reflections"*
 16- **Laurie Weinreb-Welch**, Penn State Extension Educator. Family Consumer Services, *"Totally Veggies"*
 23- **Joe Campagna, Jr.** Executive Director, Yellow Wolf Advocacy Project, *"Protecting Basic Legal Rights"*
 30- **Rev. Bob Wallace**, Pastor, Heshbon Park United Methodist Church, *"Christmas Stories for the Whole Family"*

Join us! Bring a friend! Make new friends!

SHEPHERD OF THE STREETS*

J. Morris Smith, Th.D.,
 570-322-6538, shepherd@ucl.org



Our Shepherd of the Streets Ministry reaches out to the community in the areas of health and safety, making available medicine, supplies, safe environment, education, counsel, and referral to those ministries and agencies that effect certain medical or social issues. Please help us with funds that assist for medicine and good health. Please help us with your donations.

Administrative Volunteers are also needed to help with the work in our Shepherd office. The office is open Monday thru Thursday from 9-12 and 1-3. Contact Dr. Smith for more information.

Personal Hygiene Items continue to be provided every

day in our Shepherd of the Streets Ministry. Almost every person who comes through our doors is blessed by one or more of the hygiene items you send. The list follows:



Toothpaste a Toothbrushes
Shaving Cream and Razors
Shampoo and Conditioner
Women's Hygiene Products
Towels and Wash Cloths
Tissues and Toilet Paper

Soap	Deodorant	Combs
Baby Diapers	Baby Shampoo	Baby Oil
Baby Q-Tips	Baby Wipes	Baby Powder

CHURCH WOMEN UNITED

Mrs. Linda Jackson, President

World Community Day Celebration

Friday, November 4, 2016 at 1:30 pm
 St. Paul Calvary United Methodist Church
 1427 Memorial Avenue, Williamsport


The focus this year continues to be on sharing gifts at the table. Although we come with different cultures, family traditions, religious practices, and are of different ages, those differences provide gifts that we can share with one another.

Christmas Stocking Project: We are now preparing our gift items for over 1,125 nursing home residents. A donation of \$4 per resident is needed. Items included in the gift bags are: a pen, notebook, hand cream, emery board, tissues, comb and a Christmas card. We also prepare 50 gift bags for children who have mothers in the State Correctional Institution at Muncy. These gift bags include a pen, notebook, hand cream, tissues, comb, crayons, candy cane and a Christmas card.



Workday: Filling of the Christmas Gift Bags will be done on Monday, November 14th at Pine Street United Methodist Church, Williamsport. (Free parking permits will be available at the church.)

YOKEFELLOW PRISON MINISTRY (YPM)

By Rev. Danesta (Nessie) Whaley: 570-326-6868
 Northeast Regional Director, Yokefellow Center
 A REMINDER OF VOLUNTEER TRAINING 

Interested in prison ministry? We will conduct a Volunteer Training on Saturday, October 29 from 9am to 12 Noon. You will receive instruction/guidance, a volunteer manual and other handouts at the training. This is free of charge. The training is at our local facility at 1200 Almond St., Williamsport (parking in the rear). Please call our office at 570-326-6868 if you are planning to attend.

CROP Walk 2016 *

Our community's annual walk to fight hunger, was held **Sunday, October 9.** We recently received an email from John McCullough, CWS President and CEO thanking us for walking and raising funds during the Greater Lycoming County CROP Hunger Walk!



How can it be that so many eat so well, while others starve? It's the paradox of our time. Clearly it touches your hearts and so you decided to take effective action – you are walking the walk!

For nearly 50 years, up to 25 percent of the money raised by CROP Hunger Initiatives has gone into walkers' own communities, and the rest to hungry people worldwide. Together we can eliminate hunger in our lifetime and today you are building the world you want to live in. With your support we have already reached more than a million people and continue to respond with compassion and long-term sustainable approaches to significantly reduce hunger.

What will our children see we did in this moment? They will see that you were a part of the solution. Not only do you stand with those who hunger, but you walk with them and your movement says "No more!" Thank you and hope you had a great walk!

FOOD PANTRY *

Mona Rudio, Coordinator 570-322-1657

E-mail - foodpantry@uclc.org

The fall season is here, cool nights and warm days. The hours of sunlight are shorter and we tend to stay indoors more. Clocks soon get turned back an hour (Fall Back). Most of us start to also fall back; strengthening, encouraging, giving, helping, comforting etc.



We at the pantry appreciate your strengthening us as you prayerfully consider what items we need, and provide the foods and volunteer efforts so words of grace and peace reach each person who comes through our doors and they receive the essentials to survive and hopefully a little bit more. Thanks for keeping our ministry covered in prayer.

Our purpose is to help those who need some assistance to feed the family. Our donations at this time are LOW! These are the things we currently need....

- Canned Vegetables**
- Canned Fruit**
- Canned Meats**
- Flour**
- Sugar**

- Cake Mixes**
- Drinks**
- Mac&Cheese**
- Cereal**
- Soups**
- Ramen Noodles**
- Baby Food**
- Juices**
- Tea/coffee**
- Hot Chocolate**
- Condiments**

I hope when we all have more time inside to be creative, we continue to discover additional ways to help those around us who need assistance! Thank you so much for your prayers and your donations. We keep you all in our prayers and deeply appreciate your collections and contributions for our Pantry! We are located at the rear of 320 Park Ave in Williamsport. Our hours of operation are:

- Mondays 9-12** Donations/stocking
- Tuesdays 10:15 – 2:30** Client distribution
- Thursdays 10:15 – 2:30** Client distribution



Tammey Aichner, Coordinator, ucm@uclc.org

Friends: I just returned from our 5th Meal In A Bag Outreach Event. They never disappoint. I find that we often get caught up in how busy our own life is with issues that need our time and attention. College students are no different. They have tremendous pressure to get grades that will guarantee entrance into their program of choice, pressure to work part time to help pay for tuition, pressure to be a good son or daughter and visit home often, pressure to be an active member and leader of their college community and join organizations...it is exhausting.

That makes tonight even more special. Students, who set all of that aside and took time out on a Saturday evening to be the hands and feet of God, made the difference in the lives of 25 families...if only for a few moments.

We packaged complete meals and delivered in the area of Hepburn and High Streets. We met people who welcomed us, complete strangers, into their homes. I wonder if we would do the same? We met people so grateful for food they were not ashamed to share God's grace in their life with us. I wonder if we would do the same? We met people who took time out of their evening to share their journey with us and to give us encouragement in our own. I wonder if we would do the same? We met people of different faiths that appreciated and accepted our mission without condemnation. I wonder if we would do the same? We met people that had nothing financially and offered a financial donation to help others. I wonder if we would do the same?

Through all of this, the students brain-stormed additional outreach ideas. How amazing! Thank you to all the individuals and churches that made this possible! Stay tuned for some of those ideas in a future issue.

GOLF TOURNAMENT REFLECTIONS

Ken Weiss, 570-321-9555, kweiss1213@gmail.com



A huge thank you goes out to so many as our 6th Annual Golf Tournament has successfully come and gone. We had 26 foursomes and over 60 sponsors. Each golfer received a free garment bag, a great door prize, enjoyed the perfect weather with their round of golf and cart. All that plus breakfast items free hot

dogs, snacks, drinks, and buffet luncheon. Certainly the best deal in town for their \$85 entrance fee. And together with our sponsors and the raffle we made about \$10,000. The ministries of United Churches would not be able to continue in the ways they do now if not for this event!



So thanks to the committee that worked so hard and now has two months off before beginning the process for 2017. Thanks to all of you for continuing to support United Churches through our golf event. And yes, we are already thinking about next year. Our 7th Annual Tournament will once again be on the fourth Friday... September 22, 2017.



POVERTY: A FAITH-BASED RESPONSE

Christian Social Concerns Committee

He who shuts his ear to the cry of the poor will himself also call and not be heard. (Proverbs 21:13). Let us raise our voices so that our elected representatives in Washington may here the cry of the poor who live throughout the world.

Bread for the World - Help Mothers and Children Survive and Thrive: Just before the post-election push to pass legislation in Congress is the best time to let Senators Casey and Toomey as well as Representative Marino that we want our nation's policies and programs to assist mothers and children facing poverty throughout the world. Use the following letter or words of your own to lift up this "cry of the poor":

Dear Senator/Representative _____:

Our country has led the way in improving the nutrition and health of mothers and children so they can achieve their full potential. We have seen tremendous progress, but our work remains unfinished. My faith calls me to urge that we continue until every mother and child has the chance to survive and thrive. Every life is precious.

As Congress finalizes funding for next year, I ask you to support an

increase in funding for international maternal and child nutrition programs in the Department of State foreign operations appropriations bill's global health account.

Sincerely,

(include your signature, printed name and address)

Addresses to use:

Senator Robert Casey, Jr.,

U.S. Senate, Washington, D.C. 20510

Senator Patrick Toomey,

U.S. Senate, Washington, D.C. 20510

Representative Tom Marino,

U.S. House of Representatives, Washington, D.C. 20515

CREATION CORNER

Christian Social Concerns Committee

Improving Our Human Nature

This is a column about nature; what about our human nature? Our created being? How may it be improved upon, as we consider how to improve all of nature?

Not being sedentary, walking instead, is a form of exercise. Exercise has been shown (as has a proper nutritional diet) to have many benefits. In my house I have a poster from 20 years ago, "96 Reasons to Exercise in 1996"!

According to an article by Alexandra Sifferlin, (TIME, 7/4/16, p.18), "The New Reasons to Exercise" include it having mind-body benefits (one study found that 37% of yoga practitioners keep up their practice for spirituality reasons); it improves memory, increases energy, staves off depression, curbs cravings and reduces the risk of serious cancers.

Some churches are uniting religion and an improvement of human nature through physical fitness and health programs, according to an article by Erin Beresini in the OUTSIDE magazine for 10/16. One fitness instructor says "God want us to be healthy and strong and to shine out His light for others to see." There is now a Faith and Fitness magazine and conferences, and a web site (Church-Fitness.com). The non-profit Health Fitness Revolution ranked the top fitness-minded American mega-churches. There is the Global Congress on Sports and Christianity.

"You could have a great heart, but your ability to serve is impacted by your fitness level," said one Baptist pastor. A personal trainer said our priorities are confused: "Don't have affairs...but you can do food like nobody's business." So if our unhealthy bodies are hindering our full potential to serve God, churches are creating Health Fitness challenges. Rick Warren promotes the Daniel (diet) Plan. New Jersey has grants for faith-based organizations to begin community health programs. A church gym composes a "Fitness and Recreation Ministry", helping it to be relevant

in a culture that is increasingly health-minded.

Might "Thou Shalt Work Out" become the 11th commandment? If so, the cover story for TIME 9/12+19/16, "The New Science of Exercise" by Mandy Oaklander provides another series of benefits that can incentivize our participation. A sample: More blood to the brain can help create new blood vessels, release chemicals that lighten one's mood and ease pain; more blood pumped to muscles carries oxygen to help withstand fatigue; weight-bearing efforts can help muscles grow, put pressure on bones that increases their density; blood flow to the skin propels nutrients to the epidermis, thus helping wounds heal faster; fat cells shrink as fat is burned to be used for energy; and exercise may protect the tiny caps on the ends of chromosomes (telomeres) that in turn may slow the aging of cells.

Readers of that TIME piece in the subsequent issue lamented the absence of advice for people with disabilities, who also need "safe and consistent access to recreation and sport". Rehab services will help. The bottom line, however, came from one reader lamenting the lure of the ever-present home couch, saying it represents "the exact opposite of mental, social, spiritual and physical activity and personal improvement." Timely advice on the healing power of movement. Whatever your physical condition, you may be able to find a way to "go in peace and serve the Lord."



Sharing the Gospel in the Age of the Internet is the title of a public lecture by internationally known Sister Vassa Larin who hosts

"Coffee with Sister Vassa". She will be at Holy Cross Orthodox Church, Holy Cross Lane, Williamsport on Monday, Oct. 17 at 7 p.m. Sr. Vassa is from Vienna Austria.

Alternatives to Violence Project Basic Workshop will be held the weekend of, Oct. 22-23 from 9 - 6 at the Pajama Factory, 1307 Park Ave., Wmspt. The workshop is valuable for personal growth and relationships, building self-esteem, communication, and conflict resolution skills. It can serve as professional development in fields such as education, social work, corrections, and law enforcement. The cost for the workshop is \$25, with lunch included. Scholarships are available. Contact tonywhite12@comcast.net or 570-971-9509 to register.

Ancient Spirituality: Modern Application is the title of a public lecture by noted podcaster Fr. Thomas Soroka on Monday, Oct. 24 at 7 p.m. at Holy Cross Orthodox Church, Holy Cross Lane, Wmspt. Fr. Soroka is from St. Nicholas Orthodox Church, McKees Rocks, PA.

Finding My Voice is an overnight retreat for women led by the Rev. Dr. Susan Halverstadt, a United Methodist pastor and Spiritual Director. No matter who you are or where you are in ministry or in life, because finding your voice is essential. You will experience a safe supportive and friendly group of women where you can feel comfortable to just be yourself. Discover when you hear your voice most clearly and how you experience God when you speak your voice. This full day retreat (9:30-4) is being offered on Friday, Nov. 4th at Fishing Creek Salem United Methodist Church in Etters (south of Harrisburg) and again at Linck Hill Inn in Navoo PA, on Wednesday, Nov. 9th. For more information contact Susan at shalverstadt@comcast.net or 717-377-9266.

CLASSIFIEDS *

Organ needs a new home: It is a Wurlitzer Orbit III with synthesizer. There is no charge for this beautiful instrument. Contact Jan at pt-jan@juno.com or 570-329-2762.

Music Position Available: New Covenant United Church of Christ in Williamsport is looking for a Bell and Chime Choir Director. For more information call the church office, 570-326-3308.

Chaplaincy Positions Available: Immediate part-time positions available. Freedom House Chaplaincy is currently seeking holy ghost filled licensed ministers or chaplains to work within their ministry as sub-contractors. Their ministry's main focus is serving juvenile delinquent youth and state hospital residents. The hours needed are Sundays and two week days. The hourly rate is very competitive. Please send your resume, child and background checks copies and your credentials prepared for the interview. Freedom House Chaplaincy, Attn: Ms JoAnn Walker, 1700 Memorial Ave, Williamsport PA 17701. Only serious inquiries please.

MINISTRY



Big Brothers and Big Sisters need volunteers to match with young people in our county. You can bring a Little Magic into someone's life by becoming a Big! Each of us was touched by someone other than our parents who introduced us to new worlds, and brought a little magic into our lives...flying a kite, going to the ballpark, eating an ice cream sundae. As a Big Brother or Big Sister, you can do that too: celebrate the joy of everyday moments, and bring magic into a child's life-moments where you get back as much as you give being a friend, role model, listener, instructor, resource and guide. To volunteer contact them at mentor@bbsnepa.org or 570-433-3193.

EVENTS AND OPPORTUNITIES

Fall Collection To Help Refugees: Warm clothing for adults and children and toys, hygiene items and school items are being collected throughout October. Items will be sent to Syria through the Syrian American Medical Society, a non-political medical relief organization providing medical and humanitarian aid to Syrian Refugees. Drop off in Williamsport are: The Islamic Center, 322 Locust St., Call 570-326-4062. Note that women's clothing should be modest, long sleeves and long hems. Sponsored through the Interfaith Dialogue Coalition of United Churches.



Alzheimer's Awareness Candlelight Vigil, Wednesday, October 12 at 6:30 pm. at Pine Street United Methodist Church, 441 Pine St, Wmspt.

Domestic Violence Awareness Month is October. On Wednesday - Oct. 19 at 5 p.m. there will be a Vigil of Remembrance and Hope at the Lycoming County Court House. All month long there are displays at the YWCA of the Empty Place at the Table and The Clothesline Project.

Walk to Fight Suicide: Out of the Darkness Walk, Saturday, October 22 at 6:30 p.m. with a 5:30 registration, at Penn College.

Christmas Toys for Tots Program for the Jersey Shore Area is being planned through Grace Lutheran Church. Congregations can sponsor children and will be given their gender, ages, gift preferences and sizes. Children are newborn - 12 years old or older if special needs (same as the Marine Toys for Tots). All gifts must be new, used items are not acceptable. Each child will get 6 gifts in their bag specifically bought for them. (Books, coloring books, stuffed animals, are considered free items and are not included in the 6 items.) All gifts must be unwrapped so we can tell what the child has already and we can then add other gifts to his/her bag and not duplicate items. Contact Denny 570-916-5087 or Lyn 570-398-1509.

Yard Sale: Annual Newberry Branch of NGA yard sale. Sat. Oct. 22 8AM-1PM St. John's-Newberry UMC, Newberry St., Williamsport. Great items at a price you will be happy with. Donations accepted on Friday Oct. 21 from 9-3 - NO Friday sales. All proceeds go to purchasing clothes, coats, shoes, and personal items for needy people in the greater Williamsport area. For more information contact Deb at dbuckman@chilitech.net or Becky at murphy173@verizon.net

Family Friendly Event: St Joseph the Worker Parish is hosting their annual 5k Run/2 mile walk to benefit Family Promise of Lycoming Cty. on Oct. 23. Reg-

istration begins at Noon and the race starts at 1 from the South Williamsport Park Complex. The cost is \$20 per Runner/Walker or \$40 per family. A free children's run will follow the race. To register or for more details contact them at stjosephtheworker5k@gmail.com or 570-419-0283.

Community Prayer Breakfast will be held Oct. 29th at the Genetti from 7:30 - 9:30 a.m to pray for those whose lives have been lost to violence, drug and domestic abuse and to acknowledge our men and women in uniform. Cost \$15. Details contact mSPAIGE.PD@gmail.com

The 150th Anniversary Services for Trinity Episcopal Church, 844 W. Fourth St., Wmspt. will be held on All Saints' Sunday, November 6. There are two services, a spoken service at 8 a.m., and a choral service at 10. All past choir members are invited to join the Reunion Choir at the 10:00 service. This will be followed by a Banquet at the Gennetti Hotel and Ballroom, 200 W. 4th St. for dinner/program at 1 (\$30) followed by "dancing through the decades". RSVP by 10/14 to 570-322-0126

Operation Christmas Child National Collection Week is November 14-21. If you have not gotten your materials or need to know your closest drop-off location contact Amy Seyler, North Central Church Relations Team, 570-745-3555 or seylerrich@yahoo.com.

Music At Lycoming: Several special upcoming events. Admission is free unless otherwise noted. For more information and to see a complete schedule visit www.lycoming.edu/musicatlycoming :

- ◆ Organ Dedication at Clark Chapel at 7 pm Oct. 29.
- ◆ Lycoming College Choir in Concert at Faxon Kenmar United Methodist Church at 2 pm Nov. 13
- ◆ Candlelight Service at 6:30 pm at Clark Chapel Dec. 4

Williamsport Music Club will present Christmas Music by Candlelight at the Pine Street United Methodist Church on Sunday, Dec. 4, at 4:00pm. The program will feature music from the Music Club ensemble and members, and guests Fiona Gillespie - Jackson, soprano, and Catherine Getchell, trumpet in the Bach Cantata #51. There will be a 12 min. prelude played by Kristin Ivers, piano and Emilie Tupper, violin.

Handel's Messiah Sing-Along and Play-Along is being sponsored by the Williamsport Music Club on Dec. 30 at Messiah Lutheran Church from 7-9:30 pm. It's a fundraiser to benefit the Budd Scholarship Award Fund. Singers, instrumentalists, and audience are invited to attend, participate, and support by donating \$15. Singers, bring their own book if possible. Instrumentalists, bring your stand and book light. Parts will be available to borrow for the evening. Tickets will be available at Robert M. Sides Family Music Center and at the door.

WHAT TO DO WHEN PERSONS NEED HELP

NEEDS	AGENCIES (Revised October 10, 2016)	PHONE
<p>1. When persons need a free hot meal....</p>	<p>A. <u>St. Anthony Center</u>, 125 E Willow St., Wmspt., Noon - 1 Monday - Friday B. <u>The New Love Center Cafe at Trinity United Methodist Church</u>, 1407 Allegheny St, Jersey Shore, 11-12, M-F, 8:30-12: am C. <u>Sojourner Truth Ministries</u>, 501 High St. (side entrance), Wmspt., Hot Meal Light Breakfast & Hot Lunch: Mon. - Sat. 8:30 a.m.- 1 p.m., Sun. 2 p.m. Fruit & Vegetables available Tues, Day old Bread/Pastry available Wed. D. <u>Antioch Baptist Church</u>, 514 High St. - side entrance - Williamsport Breakfast 8:00-9:30 a.m. Lunch: Noon - 12:45 p.m. Weekdays E. <u>Senior Center Lunches</u> six sites throughout county for people over 60 F. <u>West End CCC</u>, 901 Diamond St., Wmspt. 11-12:30, M., T., Wed., F. G. <u>Golden Agers Club</u>, Salvation Army, 457 Market St, T, Th, 9-12 H. <u>Senior Lunch</u>, Montoursville Presbyterian, 900 Elm St, 3rd Fridays at Noon I. <u>Christ Episcopal Church</u>, 426 Mulberry St. Wmspt. 1st Saturday supper 4-7 p.m. J. <u>First United Methodist Church</u>, 601 Market St., Wmspt. 5 pm Wednesdays weekly K. <u>St. Paul Calvary United Methodist Church</u>, 1427 Memorial Ave, Wmspt. Supper at 5:30 pm Thursdays Weekly September - May (use back door) L. <u>Redeemer Lutheran Church</u>, 1101 Washington Blvd, Wmspt. 2nd Thursdays monthly Supper at 5:30 pm in the basement Social Hall (Washington Blvd. Door) M. <u>Trinity Episcopal Church</u>, 176 Mt. Pleasant Ave. JS, Noon-1 2nd Sundays - hot lunch</p>	<p>570-326-2244 570-244-8838 570-323-1797 570-323-2425 570-323-3096 570-323-1891 570-326-9187 570-368-1595 570-322-8160 570-322-3572 570-322-5054 570-322-2333 570-398-4007</p>
<p>2. When persons need supplies of additional food..... No appointments needed unless noted.</p>	<p>A. <u>United Churches Food Pantry</u>, Rear 320 Park Ave (the Castellano Ctr.) Wmspt. 10:15 a.m. - 2:30 p.m. Tuesdays and Thursdays. (by appointment) B. <u>Salvation Army</u>, 457 Market St, Wmspt., 9:30 -11:30 a.m. and 1-2:30 p.m. M W F C. <u>American Rescue Workers</u>, 643 Elmira St, Wmspt. M-Th 9 a.m.- 4 p.m. D. <u>New Love Center</u>, St. John's ELCA, 229 S. Broad St. JS, 9-12, 1-3, 2nd & 4th Fridays E. <u>Sonlight House</u>, 130 Carpenter St, Muncy, 7:30 -10 a.m. M, Th & Sat biweekly G. <u>WIC Program</u> 612 W. 4th St, Wmspt. M-F, 8-4 Appointment only. No emergencies (For pregnant, postpartum & breast feeding women, and for children up to age 5. H. <u>Antioch Baptist Church Pantry</u>, 514 High St., Wmspt, M-F 10-12(call ahead) I. <u>West End Food Bank</u>, 911 Newberry St, Wmspt, Call 1st (Incl. Linden/Duboistown, Cogan Station, Ralston etc.) 12:30-3:30 p.m. the 1st 4 Thursdays each month. J. <u>Meals on Wheels</u>, Office of the Aging, 2138 Lincoln St., Wmspt. Weekdays 9:00 a.m.-5 p.m. (Assessments needed - must be homebound and 60+) K. <u>Footprints Food Pantry</u>, Bower Street Ext, Montgomery, 2nd Thurs, 10-5 L. <u>St. Joseph the Worker Parish</u>, 711 West Edwin St., Wmspt. Wed. 4-5 pm. M. <u>Lycoming Cty Assistance Office</u>, 400 Little League Blvd, Wmspt. Food Stamps</p>	<p>570-322-1657 570-326-9187 570-323-8401 570-916-1317 570-546-3585 570-322-7656 570-323-2425 570-323-6297 570-323-3096 570-337-7146 570-323-9456 570-327-3300</p>
<p>3. When persons are homeless...</p>	<p>A. <u>American Rescue Worker's Men's Shelter</u> 643 Elmira Street, Wmspt., 9-4 B. <u>YWCA</u> (single women only) - 815 W 4th St., Wmspt. C. <u>Liberty House</u> (women and children) 815 W 4th St. Wmspt D. <u>Family Promise</u> (For Families) 635 Hepburn St, Wmspt (Office/Day Ctr M-F, 9-5) E. <u>Saving Grace Homeless Shelter</u>: 324 Campbell St, Wmspt. referral is needed from the American Rescue Workers or Salvation Army</p>	<p>570-323-8401 570-322-4637 570-322-4637 570-567-7103 570-323-8401</p>
<p>4. When persons need rent... (all limited)</p>	<p>A. <u>American Rescue Workers</u> Fridays 9-4 (families a priority) By Appointment B. <u>Dept. Of Welfare Emergency Housing Funds</u>, 8-5 Weekdays 400 Little League Blvd, Wmspt. C. <u>Salvation Army</u> - 457 Market St. Rent - Mortgage - Mentoring D. <u>Consumer Credit Counseling</u>...see contact info in 19-O</p>	<p>570-323-8401 570-327-3300 877-867-4014 570-326-9187 See 19-O.</p>
<p>5. When persons need jobs or Employment Skills and Services...</p>	<p>A. <u>Career Link Lycoming & Vetrans Svs</u>, 329 Pine St. Wmspt. M-Th 8:30-4:30, F. 9-4 B. <u>Counseling/Career Disability Svs</u> Penn College, 1 College Ave., Wmspt. 8-4:30 M-F C. <u>Office of Vocational Rehabilitation</u> (for eligible persons with disabilities) 208 West Third St. - Suite 102 8 am. - 4:30 p.m. Weekdays E. <u>Experience Works</u>, 329 Pine St. (For persons 55+) M-Th. 8-3:30</p>	<p>570-601-5465 570-327-4765 570-327-3600 570-321-5811</p>

6. When Veterans need assistance	<p>A. <u>The Vet Center</u> (benefits, counseling, therapy, housing, meds,) 49 E 4th St. #104 Weekdays 8-4:30 (Employment requests are referred to Career Link see 13A.)</p> <p>B. <u>V A Medical Clinic</u> - Wenner Bld, 1705 Warren Ave Suite 304, M-F. 8-4:30</p> <p>C. <u>Lycoming County Veterans Affairs</u>, 330 Pine St Ste 401, Wmspt.</p> <p>D. <u>American Legion Post #1</u>, 10 E 3rd St.</p>	<p>570-327-5281</p> <p>570-322-4791</p> <p>570-327-2365</p> <p>570-323-9409</p>
7. When persons need clothing...	<p>A. <u>American Rescue Workers Thrift Store</u>, 141 S. Main St, JS 9-5 M-F, 9-4 Sat</p> <p>B. <u>American Rescue Workers Thrift Store</u>, 335 Rose St., Williamsport (no vouchers) 9 am - 6 p.m. Monday.-Friday., 9am - 4pm Sat. (Items have a minimal cost)</p> <p>C. <u>American Rescue Workers Thrift Store</u>, 643 Elmira Street, Williamsport. Weekdays 9am -5pm , Sat 9 am-4pm (Items have a minimal cost)</p> <p>D. <u>Sonlight House</u> 130 Carpenter St., Muncy, M, Th, Sat 7:30 - 10</p> <p>E. <u>From Our Hands to Yours</u>, For Kids & Adults, 501 High St. Wmspt. 10-2 M-T-W</p> <p>F. <u>Salvation Army Store</u>, 1445 Dewey Ave, Wmspt. Mon.- Sat.. 9:30 - 4:30, and 530 Lyc. Mall Drive, Pennsdale M-F 9-6, Sat 9-5</p> <p>G. <u>Daniel's Closet</u>, Redeemer Lutheran Church, 1101 Washington Blvd, Wmspt. Free Clothing for Children and Adults. 9-11 a.m. 4th Saturdays monthly</p> <p>H. <u>West End Christian Community Center</u>, 901 Diamond St, Wmspt. (Nominal fee) Clothes Closet: M,T, Th.F 9 - 2, W 9-12 & 4:30-7, Sat 8:30-Noon Shoe Express: 1st, 3rd Sat: 1 sneakers/socks for kids up to17 (need access card/referral)</p> <p>I. <u>Antioch Baptist Church</u>, 514 High St, Wmspt. Side Entrance, Weekdays 9-1</p> <p>J. <u>Shepherd of the Streets</u>, 320 Park Ave. Wmspt., 1st pair work shoes or uniform</p> <p>K. <u>Needlework Guild of Am. (Local Chapter)</u>: new outfit, coat or shoes (kids & adults)</p> <p>L. <u>Liberty House Boutique</u>: 815 W 4th St., Wmspt. W 4-7, Th-F 11-5, Sat 10-2</p> <p>M. <u>Children's Closet</u>: Clothes for Kids 0-6 Castellano Ctr, 320 Park Ave, Wmspt, Tues. 10-2</p>	<p>570-398-4311</p> <p>570-323-7321</p> <p>570-323-8401</p> <p>570-546-3585</p> <p>570-323-1797</p> <p>570-327-3035</p> <p>570-546-5509</p> <p>570-322-2333</p> <p>570-323-6297</p> <p>570-323-2425</p> <p>570-322-6538</p> <p>570-323-1707</p> <p>570-322-4637</p> <p>N/A</p>
8. When persons need emergency fuel assistance....	<p>A. <u>Department of Welfare</u> (LIHEAP, Regular and Crisis Programs) 400 Little League Blvd, Wmspt., 8:00 a.m. - 5 p.m. weekdays</p> <p>B. <u>United Churches Fuel Bank</u> Administered by STEP Outreach 9 - 5 M-F (Person must have applied for State Funding)</p> <p>C. <u>STEP Office of the Aging</u>, 2138 Lincoln St, Wmspt. 9-5 Weekdays, Seniors 60+</p> <p>D. <u>STEP Outreach Office</u> 2138 Lincoln Street, Wmspt. 9-5 weekdays</p>	<p>570-327-3497</p> <p>570-327-5485</p> <p>570-323-3096</p> <p>570-327-5485</p>
9. When persons need furniture...	<p>A. <u>Sonlight House</u> 130 Carpenter Street, Muncy (When available) M-Th-Sat 7:30-10</p> <p>B. <u>St. Anthony Center</u> 125 E Willow St., Wmspt. (When available)</p> <p>C. <u>American Rescue Workers Store</u>, 643 Elmira St, Wmspt. Monday - Friday 9-5</p> <p>D. <u>Salvation Army</u>, 530 Lyc. Mall Dr., Pennsdale M-F 9-6, Sat 9-5 (vouchers) and 1445 Dewy Avenue, Williamsport, Mon.- Sat.. 9-6.</p> <p>E. <u>Expectations for Women</u>, 854 W Third St, Wmspt - Baby furniture M-F 9-6</p> <p>F. <u>Cribs for Kids/Pack N Play Cribs</u> for newborns, Coroner's Office, 48 W 3rd St, Wmspt.</p> <p>G. <u>American Legion Post #1</u>, 10 E. 3rd St, Wmspt: (available to anyone)</p>	<p>570-546-3585</p> <p>570-326-2244</p> <p>570-323-8401</p> <p>570-546-5509</p> <p>570-327-3035</p> <p>570-321-8254</p> <p>570-327-2305</p> <p>570-323-9409</p>
10. When persons need pastoral care	<p>A. <u>Shepherd of the Streets Ministry</u> 320 Park Ave. Williamsport. Monday - Thursday, 9 a.m.-Noon and 1-3 p.m. (Both counseling & referral)</p> <p>B. <u>Sojourner Truth Ministries</u>, 501 High Street, Wmspt. 9-3 M-F</p>	<p>570-322-6538</p> <p>570-323-1797</p>
11. When persons need utility assistance....	<p>A. <u>STEP (Limited)</u> 2138 Lincoln St. 9-5 weekdays (Cap for gas) 800-844-9276</p> <p>B. <u>PG Energy</u> program (Must be on a payment plan)</p> <p>C. <u>PPL-CARE</u> (electric) (Must be on a payment plan) 8-5 weekdays Operation help program.... a one time payment.</p> <p>D. <u>PPL On Track Program</u> - Through STEP Outreach Office Help for electric bills of eligible persons with reduced monthly payments</p> <p>E. <u>Salvation Army</u>, 457 Market Street (By appointment only)</p> <p>G. <u>Am. Rescue Workers</u>, 643 Elmira St, Wmspt (Limited) Fri-9-4 by app. Ext. 12</p> <p>H. <u>Shepherd of the Street</u>, 320 Park Ave. Wmspt. 9-12, 1-3 Mon - Thurs</p> <p>I. <u>Public Utility Commission</u>, Insure safe reliable reasonably priced electric, gas, water, telephone. Their decision is final. Determination hotline:</p>	<p>570-327-5485</p> <p>800-820-8620</p> <p>800-342-5775</p> <p>570-368-5267</p> <p>570-326-9187</p> <p>570-323-8401</p> <p>570-322-6538</p> <p>800-692-7380</p>

<p>12. When persons need medical help....</p>	<p>A. <u>St. Anthony Free Clinic</u>, 125 E Willow St., Wmspt 7-8:30 p.m. Mon., and 11-12:30 Wed.; Physicals at 10 on Fridays (<i>appointment needed - call Mon. or Wed.</i>). B. <u>Susquehanna Community Health Center</u>, 471 Hepburn Street Mon-Fri - 8:30-11:30, 1-4:30. appointments required C. <u>SHS Community Dental Clinic</u> 469 Hepburn Street, Hepburn Plaza, 7:45 a.m. - 5:30 p.m. (Accepts medical assistance) Appointments required D. <u>Healthy Kids Help-Line</u> Medical info and help for uninsured children E. <u>Healthy Baby Help-Line</u> for infants and pre-natal F. <u>Adult Health Insurance</u> information/referral or basic insurance G. <u>Lead Information Line</u> H. <u>STEP Office of the Aging</u>, 2138 Lincoln St, In home services and referral for elderly I. <u>Hepatitis Testing and Care</u> - Susquehanna Health System - Call for info. J. <u>Pennsylvania Department of Health</u>, 1000 Commerce Park Drive K. <u>Hearing Aids</u> Lions Club International Hearing Pgm. - Art Girio L. <u>Penn College</u> - 1 College Ave, Wmspt - Routine Dental Cleaning & Check-up M. <u>Shepherd of the Streets</u>, 320 Park Ave, Wmspt., Eyeglass/Dental Surgery Ast. N. <u>Rural Health Care Marketplace</u>, 471 Hepburn St. Wmspt. Weekdays 8-5 Q. <u>Healthy Women Project</u>, 699 Rural Avenue, Suite 202, Wmspt. Free pap tests, mammogram for ages 40-60 with no/limited insurance and low/moderate income R. <u>PA Health Law Project</u>, helps low income families/disabled/elderly obtain health care</p>	<p>570-326-2566 570-567-5400 570-567-5430 800-986-5437 800-986-2229 800-462-2742 800-440-5323 570-323-3096 570-321-1000 570-327-3400 570-326-1793 570-327-4500 570-322-6538 570-560-3035 570-321-3131 800-274-3258</p>
<p>13. When persons need prescriptions...</p>	<p>A. <u>American Rescue Workers</u> 643 Elmira St, 9-4 M-F (<i>Limited</i>) B. <u>Shepherd of the Street</u>, 320 Park Ave., Wmspt. 9-12, 1-3 Mon - Thurs C. <u>PaceNet & Pace</u> - Office of the Aging 60+, 2138 Lincoln St., Wmspt. Weekdays 9-5 D. <u>PA Patient Assistance Program</u>, Dept. Of Public Assistance, 400 Little League Blvd, Wmspt. for 19-64 year olds not receiving Medicare</p>	<p>570-323-8401 570-322-6538 570-323-3096 570-327-3497</p>
<p>14. When persons face HIV/AIDS</p>	<p>A. <u>AIDS Resource</u>, 500 W 3rd St, Wmspt. 9:00 a.m.-5:00 p.m. Weekdays (Support services for those infected and affected with HIV or AIDS) B. <u>PA. Department of Health</u>, 1100 Commerce Park Drive, Suite 109 Wmspt.</p>	<p>570-322-8448 570-327-3400</p>
<p>15. When persons need transportation</p>	<p>A. <u>Am. Rescue Wks</u>, 643 Elmira St, Wmspt. Emergencies only. Limited (By appointment) B. <u>STEP Transportation</u> (Step Van) 1-800-222-2468 or C. <u>Shepherd of the Streets</u>, 320 Park Avenue., Wmspt, 9-12, 1-3 M - Th D. <u>STEP Office of the Aging</u>, 2138 Lincoln St, Free bus pass for seniors 60-64 E. <u>American Cancer Society</u>, Road to Recovery Program (medical appts.)</p>	<p>570-323-8401 570-323-7575 570-322-6538 570-323-3096 800-ACS-2345</p>
<p>16. When persons have serious drug & alcohol problems....</p>	<p>A. <u>West Branch Drug and Alcohol Abuse & Tobacco Addiction Commission</u> Case Management Unit, 213 W. 4th St., Wmspt 7:30 - 4 M-F (call anytime) B. <u>Psychological Services</u> (Outpatient therapy) Bloomsburg 9-5 Weekdays C. <u>Alcoholics Anonymous - District 48</u> PO Box 303, Williamsport 17701 D. <u>AlAnon and AlaTeen</u> Williamsport Hospital Conf. Rm 1B, 7 pm Sun. E. <u>Narcotics Anonymous</u>, PO Box 1161, Williamsport 17701 F. <u>Alcohol and Drug 24 Hour Referral Line</u> G. <u>White Deer Run</u> - Lock Haven H. <u>Valley Prevention</u> - 520 W 4th St. Wmspt. Suite 2B I. <u>Susquehanna NW Human Svs. Outpatient Mental Health Drug & Alcohol Counselling</u>, 520 W 4th St. Suite 2A, Wmspt. J. <u>White Deer Run</u> - Devitts Camp Road, Allenwood K. <u>White Deer Run Outpatient Treatment</u> - 901 Westminster Drive, Wmspt L. <u>Crossroads Counseling</u>; 501 E 3rd St. Wmspt. M-Th 8am-9pm, F&S, 8-2 or 8 N. Grove St, Lock Haven, M-Th 8-8, F 8-1 or 444 E. College Ave Suite 460 State College, M-Th 8am-9pm, F, 8-2</p>	<p>570-323-8543 570-389-1249 570-327-2860 800-344-2666 570-327-2678 800-821-4357 570-893-8100 570-323-9940 570-322-1216 800-255-2335 570-321-6127 570-323-7535 570-893-1886 814-231-0940</p>

<p>17. When persons are <i>mentally or emotionally disturbed & or suicidal...</i></p>	<p>A. <u>Lycoming/Clinton MH/MR and Children and Youth</u> (24 hr.) 200 East St Wmspt. B. <u>Diakon Family Life Services</u>, 435 W 4th St 8-8 M-Th, 8-5 F, Monday - Thursday 8-8, Friday - 8-4. Family, Individual, Marital & Suicide Counseling C. <u>Suicide Hotline</u>: National: 1-800-SUICIDE(784-2433) Lycoming Cty Crisis Int. D. <u>Heartworks</u>: Children's Bereavement Specialists, 1100 Grampian Blvd. Suite 383, Wmspt E. <u>Crossroads Counseling</u>: 501 E 3rd St. Wmspt. M-Th 8am-9pm, F&S, 8-2 or 8 N. Grove St, Lock Haven, M-Th 8-8, F 8-1 or 444 E. College Ave Suite 460 State College, M-Th 8am-9pm, F, 8-2</p>	<p>570-326-7895 570-322-7873 570-326-7895 570-320-7691 570-323-7535 570-893-1886 814-231-0940</p>
<p>18. When persons have <i>a specific need...</i></p>	<p>A. <u>Crisis Hotline</u> 24 hour National Crisis Service B. <u>Special Kids Network & Parent to Parent Information and Referral</u>. Help for kids with disability/health conditions State office, Harrisburg C. <u>Child Safety Seat Inspection</u> - Free - by appointment: Wmspt Bureau of Fire, 440 Walnut St, or Old Lycoming Township Vol. Fire Company, 1600 Dewey Ave, Wmspt. D. <u>STEP Inc.</u> 2138 Lincoln St, PO Box 3568, Day Care / Head Start, Weatherization, Training Programs. E. <u>STEP Inc.</u> 2138 Lincoln St, Funded Child Care. F. <u>Center for Independent Living</u> 210 Market St. #A. Serves disabled, M-F 8-4:30 G. <u>North Penn Legal Svcs</u> 329 Market St, Wmspt.8:30 - 4:30 Weekdays Civil cases only. Eligibility based on income and household size. H. <u>Domestic Violence and Sexual Assault Hotline/Shelter</u> - 815 W 4th St. Wmspt. For victims of crimes - in crisis - With transient services for Women and Children I. I. <u>Expectations Women's Center</u> 854 W 3rd St (Counseling, Care & Supplies) M & W - 10 am-5 pm, T & Th - 10 am-7 pm, F 10 am-1 pm 24 hr hotline J. <u>West End Christian Comm. Ctr</u> Limited Vouchers -diapers 901 Diamond St, Wmspt. K. <u>Firetree Place</u>. 600 Campbell St, Wmspt Educational, Recreational, Community pgms, for children-youth-adults L. <u>N.W.PA Optical Clinic</u> 901 Diamond St, Wmspt. appointments needed New prescription classes to low/moderate income persons, \$36 starting price M. <u>North Central Sight Services</u> 2121 Reach Rd, Wmspt., W-F 8:30-4:30 vision N. <u>Shepherd of the Streets</u>, 320 Park Avenue, Wmspt., Birth Certificates and ID's O. <u>Advantage Credit Counseling</u>, 201 Basin St. Suite 6, Wmspt. Mediation - advocacy - budgeting M, T, W & F., 8:30:4:30, Th. 11-7, Sat. by appointment P. <u>Hearing Loss</u>, 901 Diamond St, Wmspt 2nd Thursdays each month e-mail contacts only: tybergkay7376@yahoo.com Q. <u>Yokefellowship Prison Ministry</u>, 1200 Almond Street, Williamsport R. <u>Habitat</u>, 355 Rose St., Wmspt, <u>Restore</u>, 336 Rose St. Wmspt., 9-4 W-F, 8-3 Sat, S. <u>Journey House</u>, Transitional housing program: New Covenant United Church of Christ T. <u>Maribito Housing</u>, Inexpensive housing and links to government programs</p>	<p>211 800-784-2433 570-326-4980 570-327-1602 570-323-1665 800-986-4550 570-326-0587 570-601-9703 570-327-9070 570-323-8741 570-323-8167 800-326-8483 570-321-8254 800-395-HELP 570-323-6297 570-360-9946 570-601-3399 570-323-9401 570-322-6538 800-922-9537 NA 570-326-6868 570-322-2515 570-326-3308 570-329-3588</p>
<p>19. Additional Resources</p>	<p>A. <u>Lyc. Cty. Clearinghouse</u>: % ARW, 326 Bridge St, Wmspt. Information verification for providers kimarw@chilitech.net B. If you still need help finding a resource call..... C. <u>Favors Forward</u> - email: favorsforward@gmail.com www.favorsforward.weebly.com</p>	<p>570-323-8401 Extension 112 211 570-326-3805</p>

Free Meals Offered by Meal: (See information in part 1 for details)

Breakfast:

The New Love Center at Trinity UMC, JS
 Sojourner Truth Ministries, Wmspt.
 Antioch Baptist Church, Wmspt.

West End CCC, Wmspt.

Trinity Episcopal Church, JS - 2nd Sundays
 Golden Agers Club, Salvation Army, Wmspt.
 Senior Lunch, Montoursville Presbyterian, 3rd Fridays

Lunch:

St. Anthony Center, Wmspt.
 The New Love Center, Trinity UMC , JS
 Sojourner Truth Ministries, Wmspt.
 Antioch Baptist Church, Wmspt
 Senior Center Lunches

Supper

First UMC, Wmspt. Wednesdays
 St. Paul Calvary UMC, Wmspt. Thursdays
 Redeemer Lutheran Church, Wmspt, 2nd Thursdays
 Christ Episcopal Church, Wmspt., 1st Saturday