



UNITED CHURCHES' NEWS

Summer Update

UNITED CHURCHES OF LYCOMING COUNTY

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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 71st Annual Assembly of the United Churches will be held Tuesday, November 14 at The Castellano Center of St. Joseph The Worker Parish, 320 Park Avenue, Williamsport. The building is handicapped accessible and has a parking lot. 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 2018 Budget.

Theme: Together We Help Many In Need"

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 congregation.

Registration is \$12.00 and includes dinner. The menu is broasted chicken, potato salad, cole slaw, roll and butter, fruit pies and beverages. Each person will also receive an annual report book. Reservations are needed by Monday, November 6th. 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 fall are:

10/9-15 Mrs. Patty Gohrs

10/16-22 Rev. Gwen Bernstine

10/23-29 Mrs. Sandy Grier

10/30-11/5 Rev. Marwin Reeves

11/6-12 Pastors Jim & Kathy Behrens

11/13-19 Mrs. Pat Jenkins

11/20-26 Rev. Nessie Whaley

11/27-12/3 Rev. Gwen Bernstine

Listen today and tell others about this ministry!

Posters and Flyers with more information on many of these articles are included in the supplement package. If you get your newsletter by snail mail, the supplement is on our web site with our newsletter.



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

**Do we want to build more prisons ... lock more people up ... and throw away the key.
That means criminal justice will touch even more people than it does today!
Set aside a weekend to think about some different ways to do things....**

LET'S HEAL, NOT IMPRISON *

A Trauma Informed School to Prison Pipeline Presentation will be held on Friday, October 27th from 7-8:30 pm at City Alliance Church, 380 W. 4th St., Wmspt. John-Michael Cotignola-Pickens, Advocacy Programs Coordinator for the Pennsylvania Council of Churches will be the presenter.



John-Michael originally hails from Grayson, Kentucky and also spent the first ten years of his life as a missionary kid in Cote d' Ivoire and Kenya, but now lives with his wife, Heather, and his two dogs, Rachel and Quinn in Harrisburg.

He graduated from Messiah College with a degree in Theology and Peace and Conflict Studies in 2009 and would go onto graduate from Lancaster Theological Seminary with a Master's in Divinity (M.Div) degree in 2016. His passion for peacemaking developed out of his time at Messiah, and that passion inspired him to do a year of voluntary service with Brethren Volunteer Service.

He served as the Peace Retreat Coordinator for the Brethren non-profit, On Earth Peace. John-Michael organized and led retreats that emphasized themes that focused on peacemaking and social justice. He also worked in the human services field for about 3 years before serving as the Youth Coordinator (Youth Minister) for four and a half years at Mechanicsburg Church of the Brethren. His 3 years in human services found him serving individuals who had dual diagnoses (mental illness & addiction), intellectual disabilities and developmental disabilities.

He currently works as the Advocacy Programs Coordinator at the Pennsylvania Council of Churches. He does advocacy and educational work around the issues of immigration, gun violence, education reform and criminal justice reform.

This is sponsored by the Pennsylvania Council of Churches with funds from The William Penn Foundation.

BECOMING A STATION OF HOPE *

Healing Communities Day of Training (our second in the area) will help communities of faith better minister to those affected by the criminal justice system by becoming Stations of Hope to:

- ▶ Connect returning citizens to resources;
- ▶ Provide spiritual support;
- ▶ Foster positive relationships and fellowships;
- ▶ Work to rebuild relationships;
- ▶ Advocate for criminal justice reform.

Once trained, Stations of Hope are better equipped to minister to the accused, those in prison, the families of defendants and prisoners, victims of crime, returning citizens and their families, and the community affected by crime.

The training will be held Saturday, October 28 from 9-4 at New Covenant United Church of Christ, 202 E. Third St., Williamsport. The cost is \$20 per person including lunch and materials (\$50 for groups of three from the same church/organization.)

The instructor will be Marty McCormick. He serves as the associate chaplain at the Clinton County Correctional Facility where he provides counseling and spiritual guidance to inmates preparing for release. He is also an Alternatives to Violence facilitator. A retired counselor who has assisted individuals with a variety of mental, physical and substance abuse challenges, Marty is well suited to guide us in this journey.

Contact Gwen at United Churches 570-322-1110 or director@uclc.org for details or to register.

Why Healing Communities is needed:

- 1 in 104 American adults are currently incarcerated
- 1 in 33 are under criminal justice system control

The odds are EVERY congregation has members affected by crime and the criminal justice system, whether as crime victims, offenders, or families.

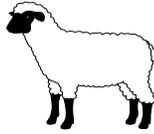
Shame and stigma prevent people from talking about the resulting hurts and harms, or seeking help.

How can congregations create a culture of safety and support for those who need it?

Healing Communities* training offers answers.

SHEPHERD OF THE STREETS*

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



DEHUMANIZATION

Events around the world, including the recent shooting in Las Vegas, have given us pause to consider how low man’s inhumanity can go? We were shocked by 9/11 and by Isis’ torture and killing to those who did not agree with their dogma, and this after 9/11. We call these atrocities terroristic because the intent to strike fear and doubt in those who do not advocate the same credo. (As I write this article, someone in London just plowed his car into a crowd entering the Natural Museum of History, and I see the fear and havoc it has created.) We have seen ways of war and robbery, of crime and crusade, take on dehumanizing means; language become careless in referring to another, whether low or great.

In every case, authorities urgently seek a motive, for without it, “reason” cannot be satisfied nor blame assigned. However, in our most recent horror, motive has gone unsatisfied, which seems to throw everyone into confusion. Unless the perpetrator(s) have a history of mental illness, or a belief, resentment, or persecution complex, it is said, he lost it.

But there is a motive beyond a belief system, beyond mental illness or injury, beyond reason...and “lost it” is moot, because whatever they may have adopted to account for their mind-set was long ago overwhelmed by fear and doubt, rejection and resentment.

It is self-image. The human is made in the image and likeness of God. From that ideal he has a physical body (soma) that bears human likeness, he has a soul (psyche) that builds a self-image out of life’s journey (birth, culture, events, time, beliefs inherited, beliefs discovered), and reasons from them to form a mind-set. Faults are found in how one sees themselves from the composition that history, which in psychology are called “accidental”. No one gets to have a say in how they were conceived, by whom, in what culture, into what belief system.

As one is treated, he learns to treat self, as one is measured by culture, he learns to measure self. Interaction with other humans causes him to act and react out of self-image, how he perceives himself. Thus we have a loner or a groupie, liked or disliked, loved or unloved.

As he is casts other humans, he casts himself. If he perceives himself as inferior, he sees self as subhuman, the process of dehumanization is begun that infects the eyes of his heart. If he sees himself as superior, as especial, the

process of dehumanization is begun. However, in the “process”, he dehumanizes others to the same degree. This process can lead to seeing others as well as himself as things to be manipulated for his own desire. What has been lost is the sense of person-in-the-sight-of-God. When the first humans sinned, they sought to hide from God’s sight.

Original sin caused a cosmic fault; all things are out of sync with truth. Untruth results, faulty reasoning occurs, and dehumanization happens. Being unloved paralyzes the capacity to love others, being used results in using others, etc. From being dehumanized and dehumanizing sears the conscience causing a syndrome that can end in murder, massacre, suicide. The NT word translated evil (poneros) means “vicious degeneration”.

Conversion means “a change of one’s belief”. Jesus told Nicodemus that to perceive the kingdom of God, one must be gennao, regenerated, reborn to new life because that which is born of flesh is flesh, the syncretism of body-soul-spirit which makes us human. But that which is born of Spirit is spirit in which new life happens. (Jn. 3:1-15)

Many who come to Shepherd of the Streets, are in various stages of dehumanization, (as we have been) and we seek to challenge them to the Way of Truth and Life. This is an essential part of our ministry. We hope to convert non-believers and believers to the Life of Christ. As Jesus went about teaching the kingdom, healing the sick, and casting out demons, so see this ministry as our calling. We solicit your support of prayer and means for this ministry.

We also appreciate the basic hygiene items you donate for our clients in order to help them in general health. Contributions of family-sized items are always greatly needed. Baby items, especially diapers (size 4 & 5) are also a prime need. Bedding is always needed. With fall and winter upon us, blankets are needed. 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*

<i>Towels and Wash Cloths</i>	<i>Bedding</i>
<i>Tissues and Toilet Paper</i>	<i>Blankets</i>
<i>Soap</i>	<i>Deodorant</i>
<i>Baby Diapers</i>	<i>Baby Shampoo</i>
<i>Baby Q-Tips</i>	<i>Baby Wipes</i>
	<i>Baby Powder</i>

Our office is open Monday - Thursday, 9-Noon and 1-3 in the Castellano Parish Center at 320 Park Ave. Wmspt.

WEDNESDAY ECUMENICAL LUNCH *

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.

OCTOBER:

- 11- **Ms. Morgan O'Neal and Friends**, Family of Therapy Animals, *"Bringing Joy to Residents of Nursing Facilities"*
- 18- **Mr. Richard Reitz**, A Little League Uncle, *"The Joys of Adopting a Team for Little League"*
- 25- **Ms. Ann Dunlap and Mr. Derrick Bryant**, Members of New Covenant United Church of Christ's summer Mission Team, *"Hurricane Harvey - Irma - no Hurricane Katrina: Long Term Recovery Is Still Happening There!"*

NOVEMBER

- 1 - **The Rev. Ken Elkin**, Retired Lutheran Pastor, *"What Earthly Good Is A Pilgrimage?"*
- 8 - **Mr. Joseph Shaw**, Retreaded then Retired, *"Good Will Brings Good Will"*
- 15- **Mrs. Gayle Peters Coates, RN**, American Red Cross Volunteer, *"Our First Responses To Disaster"*
- 22- **Mrs. Patty Gohrs**, United Churches Staff, *"Thanking God for Warm Fuzzies"*
- 29- **The Rev. Gwen Bernstine**, United Churches Staff, *"Advent Excitement"*

Plan to attend! Bring a friend! Make new friends! It's for regular folks like you and me! Join me this week!

7th GOLF TOURNAMENT A SUCCESS

Golfers.... all 28 foursomes of them ... were rolled out ... the beginning of a wonderful day!! It was a record number of golfers - and one of the nicest days we've had. In the 80's with a breeze that made for a good day of golfing We also had over

90 sponsors. Each golfer received many gifts including a portable cell phone power bank, enjoyed the perfect weather with their round of golf and cart. All that plus food all

day starting with coffee and donuts/muffins/fruit, the hot dogs, snacks, drinks, and buffet luncheon. Certainly the best deal in town for their \$85 entrance fee.

Together with our sponsors and the raffle we made about \$11,000. The ministries of United Churches would not be able to continue in the ways they do now if not for this event!

Thanks to the committee that worked so hard and now has two months off (after a wrap-up meeting) before beginning the process for 2018. Thanks to all of you for continuing to support United Churches through our golf event. And yes, we are already thinking about next year. Watch for the date.

CHURCH WOMEN UNITED *

Linda Jackson, President

World Community Day: Friday, November 3rd at 1:30, St. Michael's Lutheran Church, Quiggleville, 1877 St. Michael's Road, Cogan Station. The theme, "Kindling New Fires of Peace" focuses us on creating community and how important it is to be involved in your neighborhoods. We will be reminded of the importance of allowing our lives to count for something beyond ourselves. That involves being in relationship with others and recognizing that our lives are bound together.

Kindling the fire of right relationships brings hope to our community. When we live with our neighbors in peace we are exercising the Golden Rule, which is a common thread among people of faith throughout the world. Come with open hearts and a sense of love and compassion as we kindle new fires of peace.

Christmas Stocking Project: We are preparing gift items for over 1,125 nursing home residents. Donations of \$4 per resident allow us to purchase the items included in each stockings: 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 Institute at Muncy. These gift stockings include a pen, notebook, hand cream, tissues, comb, crayons, candy cane and a Christmas card.

Workday Monday: Filling of the Christmas gift stockings will be done on Monday, Nov. 13th at Pine Street United Methodist Church, 441 Pine St., Wmspt. at 9 am. Thanks to everyone who will be working on this project. (Parking permits will be available at the church.)

CROP Walk 2017 *

About 200 gathered throughout the county to walk in CROP Walk. The need to feed hungry people in war torn countries, in places where there are droughts, floods and hurricanes, to help refugees and people who must walk for water or food in our country or in other countries.... is in our news every day.



The President and CEO of CWS, recently told a story of an African child who listened carefully as the American teacher explained why we give presents to each other for special occasions. “The gifts are an expression of our joy over the occasion and our love for one another,” she said. A few weeks later, the boy brought the teacher the most beautiful seashell. “Where did you ever find such a beautiful shell?” she asked, gently holding the gift. The boy told her that there was only one spot where such extraordinary shells could be found. When he named the place, a bay several miles away, the teacher was nearly speechless. She said, “Why, its gorgeous... wonderful. I love it very much but you didn’t have to travel so far to get a gift for me.” His eyes brightened and the child answered, “but teacher, the long walk is part of the gift.”

The long walk so many have taken for CROP Walk is also part of the gift of love given to help others.

The funds we raise go wherever the needs are critical. This year they have already been going to benefit Hurricane relief efforts in Texas, Florida, Puerto Rico and the Caribbean. Here is the latest CWS can share with you:

In addition to hunger and poverty fighting programs around the world, CWS responds to disasters in the U.S. like Hurricanes Irma, Harvey, and Maria. Your support of the CROP Hunger Walk forms the foundation of all CWS work and affords CWS the flexibility to respond as needed when disasters strike.

Right now, over 100,000 hygiene kits, clean up buckets and blankets have been given to those impacted by Hurricane Harvey and Irma. In addition in response to Maria, hygiene kits are on their way to Puerto Rico to be shared through our partner the America Baptist Churches USA.

Your participation in the CROP Walk helps CWS:

- Provide blankets and Hygiene Kits to shelters
- Provide Emergency Cleanup Buckets and School Kits to families in need
- Coordinate assessments and emergency response needs with FEMA, the Red Cross, and other national, state

- and denominational emergency response groups
- Provide technical training in disaster preparedness and long term recovery to state VOAD groups. (Voluntary Organizations Active in Disasters)
- Help organize faith groups for counseling support and assistance.
- Provide long-term recovery grants that aid beyond the immediate crisis.

For more information of how CWS is assisting with the recovery efforts, visit www.cwsglobal.org/hurricanes .



Tammey Aichner, Coordinator, ucm@uclc.org

The students are taking mid terms as I write this! Can you believe the semester is already half over?!

September brought "Jesus and Java" to campus. Anyone that has spent time with me since it started is already sick of hearing me talk about how much I love it! We set a table outside the cafeteria on Wednesday mornings, from 8-9. We hand out free coffee, baked goods and a devotion. Each time I leave, I recall an impact filled conversation I had that morning with a student. We plan on continuing this throughout the school year. I would like to acknowledge the college in approving this...Dining Services allows us to hand coffee out just outside the cafeteria that they sell it in. Amazing!

I would like to thank Pastor Stan (Christian Church of Cogan Station) and Pastor Brad (New Covenant United Church of Christ) for leading our Bible Studies in the month of September.

Finally, we continue to be blessed with the love shown to our students. Tom Ask, our previous advisor, shared his recently published book with our students by supplying a copy for each. They are always excited to see him again.



Have Dinner at Wendy’s and Earn Money for United Churches of Lycoming County! This event is at the Maynard Street Wendy’s only, and will be held Tuesday, October 17th. Wendy’s at Maynard Street will donate 10% of all their sales from 5 - 8 pm. Great Food - Great Cause! Enjoy!

November’s edition will contain Ecumenical Thanksgiving Services and Public meals. If you have information please get them to me soon.

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 they hear the cry of the poor who live throughout the world.

Bread for the World – Reject federal budget cuts that increase hunger: As Congress works on the 2018 budget and spending bills, it is vital that we be heard so that the needs of those experiencing hunger and poverty in our country and the rest of the world be at the center of deliberations. Use the following letter or words of your own to lift up this “cry of the poor”:

Dear Senator/Representative _____:

The Trump administration's fiscal year 2018 budget proposal includes deep and disproportionate cuts to critical anti-hunger and anti-poverty programs. As a person to whom faith matters, I am deeply opposed to such proposals. Cutting trillions of dollars over the next decade in funding to programs that help low-income households, such as SNAP and Medicaid, would jeopardize food security for millions of families.



Right now, 20 million people are at risk of starvation due to the extraordinary famines in South Sudan, north-eastern Nigeria, Somalia, and Yemen. It is crucial that the U.S. continue to be a leader

in foreign assistance. Our own nation's security is benefited by alleviating suffering and decreasing poverty to create a more stable and prosperous world.

Cutting funding to programs that address economic development to impoverished families in the U.S. and abroad will increase hunger and hardship. As Congress works on the 2018 budget and spending bills, I urge you to reject cuts to lifesaving programs.

Sincerely,

(include your signature, printed name and address)

Addresses to use:

Senator Robert Casey, Jr.
U.S. Senate
Washington, D.C. 20510

Representative Tom Marino
U.S. House of Representatives
Washington, D.C. 20515

Senator Patrick Toomey
U.S. Senate
Washington, D.C. 20510

FOOD PANTRY *

Mona Rundio, Coordinator 570-322-1657

E-mail - foodpantry@uclc.org

It's the time of year we start the hustling around for the holiday season. Most of us get excited, then panic to get all we need to feed, gift, or partake with the family, church and friends. Remember that this time of year is for the Lord and community, not individuals.

It is important to dedicate ourselves in helping and loving others near and far. Think of our Father's Son, Christ, who was sent to us to relieve us of our sins! How can we pay back or show that we live the life we are intended to live? By showing love, helping other, and giving thanks to Him and all those around us!!

A good way of doing this is by donating to different organizations, especially here at the food pantry this year. When you are out and about for groceries, or just in the store, buy an item of food for someone in need. This small gift of giving helps and spreads the gift of giving to others!!



Since the beginning of summer our pantry donations have declined. We need of all types of dry/shelf food:

<i>Hot Cocoa</i>	<i>Pasta</i>	<i>Sauces</i>
<i>Juices</i>	<i>Canned Meals</i>	<i>Coffee</i>
<i>Cereal</i>	<i>Oatmeal</i>	<i>Snacks</i>
<i>Ramen Noodles</i>	<i>Soups</i>	<i>Dessert Mixes</i>
<i>Frosting</i>	<i>Canned Fruits</i>	<i>Canned Vegies</i>
<i>Rice</i>	<i>Any Style Side Dishes</i>	
<i>Crackers</i>	<i>Popcorn</i>	<i>Flour & Sugar</i>
<i>Pop-tarts</i>	<i>Jellies (Any Flavor)</i>	

Your contribution and support is so greatly appreciated! We keep all of you in our prayers for helping and loving to help those in need. May the Lord Bless you and Keep you safe, secure, and humble through the month! Our hours of operation are:

MONDAYS: 9 – 12 for donations

TUESDAYS/THURSDAYS: 10:15-2:30 clients

Our address is: 320 Park Ave Rear door, Wmspt.

INFORMATION NEEDED

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.

CREATION CORNER**Christian Social Concerns Committee**

Faith Groups and Saint Francis

The list of religious leaders raising up climate justice concerns for the integrity of creation continues to grow, listed as "Keepers of the Faith" contingent to the 4/29 People's Climate March in Washington D.C.

Presbyterians for Earth Care; United Methodists; United Church of Christ Environmental Justice Ministry and Creation Justice teams; state Inter-faith Power & Light offices; North Carolina Council of Churches; Unitarian-Universalists for Social Justice; American Jewish World Service; Adrian Dominican Sisters; Sikh Environmental Day; Green Muslims; Indigenous Environmental Network Faith Leaders; and many others. Other contingents were Protectors of Justice; Creators of Sanctuary; Builders of Democracy; Guardians of the Future; Defenders of Truth; Reshapers of Power; Many Struggles, One Home.

"Rise Up, O Saints of God!"

October 3 each year the church raises up St. Francis of Assisi. Environmentalists often regard him as their patron saint. Francis renounced materialism in living a life of humility, simplicity and dedicated his love to the whole divinely created world. In his "sermon



to the birds" he said "Your home is in the purity of the air." This year about seven million people will die prematurely because of poor air quality. A slogan from the Audubon Society is "Protect the birds and we protect the Earth."

MINISTRY NEEDS

Sojourner Truth Ministries is currently in need of a refrigerator and a knife sharpener. We truly appreciate all donations. Everything that is donated will be used in the continuing of Sojourner Truth Ministries. If you have any questions please feel free to call us at 570-323-1797 or sojournertruthministries@gmail.com.

Operation Christmas Child National Collection Week is November 13-20. For information contact Amy Seyler, N. Central Church Relations Team, 570-745-3555 or seylerrich@yahoo.com.

Yard Sale: Newberry Branch of NGA. Sat. Oct. 14 8am-1pm at St. John's-Newberry UMC, Newberry St., Wmspt. Great items at a price you'll be happy with. Donations accepted on Friday Oct. 13 from 9-3 - NO Friday sales, preview from 5-8. All proceeds go to purchasing clothes, coats, shoes, and personal items for needy people in the greater Williamsport area. For more info: dabuckman65@gmail.com or murphy173@verizon.net.

EVENTS IN THE COMMUNITY

Walk Like Madd - Mothers against Drunk Drivers will hold a walk on Saturday, Oct. 14 at 10 a.m. at the South Williamsport Recreational Ground. Join them to walk for those who no longer can and alongside those who are learning to walk again. Join with supporters who share their vision of no more drunk driving victims. Join them because together we'll end drunk driving. Details: www.walklike-madd.org/williamsport

Walk to Fight Suicide: The walk in our area to help with suicide prevention, as well as to be supportive of people who have lost loved ones to suicide will be held on October 21st Greater Lycoming County Out of the Darkness Community Walk will be held at 5 p.m. at Pennsylvania College of Technology/FH. Register at www.afps.org/GreaterLycoming.

Domestic Violence Month - The Northcentral PA chapter of the YWCA will hold two events this month to raise awareness for domestic violence.

- A vigil of remembrance to honor the 15 adults and children who have lost their lives to domestic violence in Lycoming County since 1996 will be held on the steps of the Lycoming County Courthouse at 5 p.m. Oct. 11. The county's chief detective, William Weber, will be the keynote speaker. This is an opportunity to remember a friend or a loved one, or for a survivor to speak out about their struggle with violence.
- "What Would You Do" is an interactive roundtable discussion at 5:30 p.m. Oct. 24 at the YWCA. This event will put real skills into the hands of the public. They will focus on how to respond to a friend or a loved one you think is experiencing abuse, how to intervene if you see a violent situation, how employers can care for staff who are struggling with abuse.

Cardboard City is an event to help us better understand homelessness and raise money to help. It will be held on November 3 from 6 pm to November 4 at 6 am at Lycoming College Intramural Field. Many will sleep in a box for the night to help raise awareness of the local homelessness crisis and raise funding for Family Promise of Lycoming County and Saving Grace Shelter of American Rescue Workers. Registration materials are available at ...

<http://familypromiselycoming.org/event/cardboard-city/> or <http://www.arwwilliamsport.org/events/> or by calling 570-567-7103 or 570-323-8401.

Lasagna Dinner: Trinity Episcopal Church, 844 W 4th St, Wmspt, Wed., Oct. 25, 4-6:30. Take-out available. Cost: \$9.75/adults, \$5.50/children, \$7 lasagna only.