

# Valley Views



VOLUME 26, NUMBER 7

JULY 2019



Pastor Mike Hill

## Freedom in Christ - What is it? How can I experience true freedom in Christ?

Freedom is a basic human desire, so we would expect to read about it in the Bible. While the Bible speaks often of freedom, its focus is most frequently related to the spiritual freedom a person can experience in Christ.

First, freedom in Christ is seen in contrast to the bondage of sin. Romans 6:20-23 says, "For when you were slaves of sin, you were free in regard to righteousness. But what fruit were you getting at that time from the things of which you are now ashamed? For the end of those things is death. But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord." In other words, sin enslaves people for spiritual death and eternity apart from God. Knowing Christ provides freedom from the control of sin and eternal life with Him.

Second, freedom in Christ is seen as the only true form of freedom, because it provides lasting freedom beyond this life. John 8:36 notes, "If the Son sets you free, you will be free indeed." We now know the truth that sets us free as believers (John 8:32).

Third, a person who has experienced true freedom in Christ is called to live as His servant. The apostle Paul was an example of this, as many of his letters began with the introduction of himself as a "servant of Christ Jesus" (Romans 1:1). We are set free to serve Christ. This seems like a paradox to the non-believer, yet the freedom found in Christ gives the believer a *desire* to live for Christ as a servant. This attitude reflects the attitude displayed by Jesus Himself during His time on earth (John 13:1-20; Philippians 2:5-11).

Fourth, those who find freedom in Christ also become His children. John 1:12 teaches, "But to all who did receive him, who believed in his name, he gave the right to become children of God." As Galatians 4 also notes, we are now children and heirs of the inheritance of eternal life with Christ for eternity.

Yet this freedom does not mean sin is completely removed. Paul spoke of his ongoing struggle with sin (Romans 7:15-20), yet also noted that sin no longer controlled him (Romans 6:1-2). He was now a person who sought to live a transformed life because of his new life in Christ (Romans 12:1-2). This included putting off old habits and developing new patterns that honored God (Ephesians 4:22-32).

In short, we experience true freedom in Christ by knowing Him, walking in His ways, and engaging with the changes He makes in and through our lives as we focus on service to Him and to others. This freedom transcends the human freedoms desired in this world, providing peace in this life and freedom with Christ forevermore.



May the GOD of HOPE  
fill you  
with  
great **JOY**  
& PEACE  
as you TRUST in Him.  
Roman 15:13



Our parish will be collecting nonperishable food items, cleaning supplies and toiletries for Footprints of Montgomery during the month of July. Please drop off items at either church. We will start collecting items at Elmsport church on July 14th due to VBS but you can bring items in anytime at St. John's. Thanks for your help!

There will be a paper at both churches to sign up for items that are needed for VBS. Thank you your help with this wonderful mission!



Due to the outside parish church service on July 7th at the Elmsport church, there will be **no** Sunday School at St. John's.



**New address for Eleanor Hanley:**

177 McIntyre Road  
Catawissa, Pa. 17820



There will be a blood drive on Tuesday, August 6th from 2-7 in the Fellowship Hall.







## The Quarterly Truth NEWSLETTER

Spring 2019

SOJOURNER TRUTH MINISTRIES, INC. 501 High Street Williamsport, PA 570-

323-1797 Rev. C. Angelique Labadie-Cihanowyz, Director

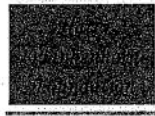
Website: [stmwilliamsport.org](http://stmwilliamsport.org)

**Want me to come and share about Sojourners to your church or group?**

**Invite me! I'd love to!**

**Vision Statement** Sojourner Truth Ministries shall be a loving, spiritual, and inclusive Christian mission. **Mission Statement** Sojourner Truth Ministries loves all people, creates community, builds character, and equips us to be faithful disciples of Jesus Christ.

We are supported by these foundations:



### Greetings to all

I am so grateful for all that God has done here at Sojourner Truth Ministries over the past year since I came on as Director. Continuing to pursue Him and His vision for this place has been a great blessing amidst the challenges and changes. Staying the same is easier and offers less resistance than forging ahead, and this is certainly true in ministry. That being said, we're moving forward, offering dignity, prayer, and a safe place for our guests to be.



Our Saturday Dinner Church is now six months old, and we continue to tweak it to make it the best experience possible for both those receiving as well as those who come to serve. If you have not yet been - please come on a Saturday at 11:20 to worship with us! Don't be too late, or you'll miss it - the service is done at noon and move right into sharing a meal together. Meals together, around the tables, is so important. This

is designed to be where conversations and connections take place, as well as discipling and debriefing the message of the day. Weekday meals have been increasing, with an average of 20 coming in for breakfast and between 50-65 for lunches daily. All have opportunity to come early for pre-meal devotions.

The After School Kids program continues to develop as we figure out what works and what does not with our group of kids. What we've found in the last weeks is that they thrive on 1:1 attention more than group activities (which we still try). These kids are cared for and fed nutritious food, helped with homework if desired, and given plenty of opportunities to interact in various ways. A beautiful success is that some of the boys have felt comfortable enough to come to the end of Dinner Church (they are hearing praise songs and prayer) and stay for lunch. Little by little, they are hearing and experiencing the love of Jesus. Committed volunteers welcome (we will help with all required safety and background clearances). Especially needed are homework helpers.



### Hours of Operation:

**Monday thru Saturday 8:00 am – 1:00 pm**

**Sunday - Closed**

**Monday - Friday - Breakfast 8:00am & Lunch 12:00Noon (Devotions 11:45am)**

**Saturday - Dinner Church - upstairs 11:30am (followed by Noon Message)**

**Tuesday & Wednesday - After School Kids - 3:30pm - 4:45pm (Ending Wednesday, May29th)**

## Sojourner House

We have a plan! Since beginning in this ministry spring 2018, there has been a new vision. Seeing the need and having the desire to utilize all of our space to the fullest, a plan has been developing, and it's getting exciting! Turning the former parsonage into short term, communal housing to help women coming out of a season of homelessness is what God has put on our heart. Meeting this identified need, the house guests will be vetted by a panel, and the care will be holistic. Participants chosen for this six month program will be highly motivated to succeed and become self-sufficient.

Our vision of success will be for women to secure stable housing, to have gainful employment, improve relational skills, move forward in healing, and become a positive influence in their circles- lessening the burden on "the system". This, in turn, will strengthen our community.

We are offering churches, groups, and individuals the opportunity to sponsor needed items or adopt a room with furnishings. We need capitol monies in order to sustain this program for a less dependent community. Please join in the restoration process of the home, and those who will come through- we expect to have up to ten at a time. These ladies will see the love of Jesus in all that we do.

This renovation project is using as much volunteer skill as possible, and a small team has formed through Volunteers In Mission. There is always room for more help! The work is going forward as the funds become available. The process has begun with heating and electrical work, as well as clean out. The opportunity to be involved by sponsoring a room, or job, or specific item from kitchen cabinets to new windows to flooring to paint, etc. is now!

We are also in need of volunteer staff to help oversee and mentor. Interested in being a part of the prayer and planning team? There's so much more...Contact Pastor Angelique 570-323-1797, [Angelique4stm@gmail.com](mailto:Angelique4stm@gmail.com).

### Praise Report:

**This month was a true blessing for one of our sojourners. Michael has been suffering from chronic homelessness and unemployment, among other issues. He always walks with his head hung down in udder defeat. Well, To God be the Glory, this month Michael has landed a job and this is a wonderful start to new beginnings in his life. The first we have seen him smile and walk with his head held high in a very long time.**

**I began helping a woman this month who is homeless with her 3 grandchildren. Both of her daughters are battling addiction. When she arrived at STM, she was in tears. I sat with her for the better part of two hours, praying and trying to give her clarification on some issues. She then spent about a half hour at the altar pouring things and issues out to God. Her words were, " I feel so much lighter now".**

A.S.

### Items Needed:

Postage & Postcard Stamps

Local Gift Cards,

Sugar

Coffee & Creamer

PAPER plates

Nice dinner napkins (paper)  
for dinner church

Small size Takeout Containers

Disinfectant wipes

Bleach

Window fan

Qrt. & Sandwich size  
Ziploc Bags

Plastic ware  
(spoons, forks, knives)

### Quotes from "Sojourners" - people on their journey...

" I come here because it is a safe place off the streets " - *Mike, in a season of homelessness*

" I come early every day because I need to have my heart and soul fed besides lunch"- *Ken*

"This is home to me, this is my second family" - *Grandma S*

"I will take memories of my work experience at STM and remember to treat others with respect...Thank you for all you've taught me, Sojourner's" - *a student who comes to us through BLAST Intermediate Unit*

"I learned more about myself in five weeks than the past 40 years through the UnAshamed Class..it has changed my thought process and in turn changed some pain to forgiveness"- *S.E.*

" It's an honor to be a part of something that really makes a difference in the community"- *Derrick*

" I came here to hear devotions, to get away from the house, and I come here for the meal and the people. There are not enough food stamps for the month, so eating here helps. It helps take a little bit of stress off my life" - *Barbara*

" You can see God's Word taking hold here" - *Darnell- a man who comes in periodically for prayer*

I am a sojourner on the earth... Psalm 119:19



Volunteer staff person, summer volunteer part time staff to run and help with kids program, cleaners, organizers, manual labor, help with a renovation project, painting, partners for facilitating study groups and discussions, movies followed by discussion, seniors activities, resource development team, special music for Sat Dinner Church, Tuesday morning produce pick up from a local grocery store, social media help, grant writing, and more.

WANT TO GET INVOLVED? VOLUNTEER AND COMMUNITY SERVICE ORIENTATIONS ARE THE 1ST AND 3RD WEDNESDAYS, 10 AM. COME AND LEARN MORE ABOUT WHO WE ARE AND HOW YOU CAN BE A PART OF IT! There are so many ways to get involved- what's your passion? We may be able to work that in!

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#### DID YOU KNOW

As a volunteer you could help with thank you cards? You could help clean up Saturdays (12-1:15), you could offer homework help, pass out after school snacks on Tuesday or Wednesday afternoons, register kids, read to adults (mornings) or students after school, help teach reading, help with a Bible study for adults (daytime), pick a day of the week or month and offer local transportation, pick up produce from a local grocery store weekly, help with a fundraiser, help host a special movie showing on site, bring ingredients and make PBJ's to send with our guests, help with PR, handyman/person jobs, help teach basic rhythm to kids after school, come to play games, help with occasional mailings, offer special music, share your testimony, come to talk about your nonprofit and how it helps the community(schedule a Wednesday, 11:15 am), and much more! There are many ways you could be involved in helping as we minister alongside others to be more effective in sharing the love of Jesus!



#### Why STM is important to me...

Many years ago, my family and I were homeless and living in various shelters in Williamsport. We struggled with unemployment, addiction, and lost everything a couple of times. On the days that we did not have job interviews or appointments, we did not have many places to go while waiting for the shelter to let us back in. Depending on the shelter, they lock you out from morning to afternoon, Monday through Friday. There were many days that we could not cook our food or even have food, especially for lunch. Sojourner's offered us a safe place to nourish our bodies as well as being fed spiritually. We came to STM for several years until finally we could sustain our own home, cook our own meals, and keep groceries stocked. Even then, we still come to STM to visit and fellowship with those whom we built relationships with. STM is like a second family. Currently, I serve on the Board as Secretary (2017) and am also Treasurer (2019). I've learned many new skills such as maintaining the Facebook page and website building. I've assisted in brand design development, such as our new logo, new letterhead, business cards, postcards, etc. Being on the Board has allowed me to gain knowledge in professional roles and business ethics while building relationships and networking. It also provides the avenue to give insights of our sojourners journey to the other Board members. Sojourner's has definitively played a key part in my transformative journey and I do believe it will continue to do the same for me and for many others. God is moving in this ministry and in the lives of all who are connected to it. It is an honor and privilege to be a part of this ministry! All glory to God!!

Summer Love Bair  
Secretary/Treasurer  
Board of Directors

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**Want me to come and share about Sojourners to your church or group?**

**Give me (Angelique) a call at 570-323-1797**

**[www.stmwilliamsport.org](http://www.stmwilliamsport.org) or [Angelique4STM@gmail.com](mailto:Angelique4STM@gmail.com)**

**SOJOURNER TRUTH MINISTRIES**  
501 HIGH STREET  
Williamsport, PA 17701

STM newsletter Spring, 2019

RETURN SERVICE REQUESTED

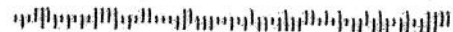
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**Inside This Issue**

Dinner Church Update  
After School Update  
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Why STM is Important to Me

ELIMSPORT UMC  
5 GAP ROAD  
ALLENWOOD PA 17810

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***Editorial:***

**AFTER SCHOOL KIDS VOLUNTEER... A natural fit!**

As a volunteer with the Afterschool Program here at Sojourner Truth Ministries for about two months, I have found it to be a natural fit, as I have always loved volunteering my time and skills to youth-serving organizations.

I find Sojourner After School Kids to be a quality afterschool program that offers so much more than just a safe place for your child to be after school. This after school program provides educational support by helping kids with homework and providing them with social learning through interactive games and activities. The kids are always given something nourishing to eat and are provided with healthy snacks every day. The peanut butter and jelly sandwiches are always a hit!

This afterschool program also gives the kids a chance to learn and grow in a fun, engaged, informal way and the energy the kids have is infectious!

Since I have been volunteering, I see how the attendance has grown. I also see that the kids really enjoy being here. I love the interaction we have with the kids and would like to have the opportunity to share some of this interaction with the parents. It is truly a blessing that the kids have a place like Sojourner to come to after school because most parents are not home from work and the kids need a safe place to be and can be off the streets.

With the kids about to be out of school for the summer, I will miss coming here on Tuesdays and Wednesdays and will look forward to when the program starts back up in the Fall.

I am thankful for this volunteer opportunity to play a small role and to possibly make a difference in the life of a 'Sojourner After School Kid'

Linda Jackson  
Volunteer



Dear Pastor Mike & Elimsport UMC,

Thank you all so much for the beautiful and thoughtful card! Thank you also for the generous Target card (and yes, I do love the flamingos!) Thank you all for the love and support that you've shown me throughout my years in high school. It truly means the world to me. Thank you, for over the years, showing God's blessings and teaching me to love Him greater than I had before. Thank you so much for everything!

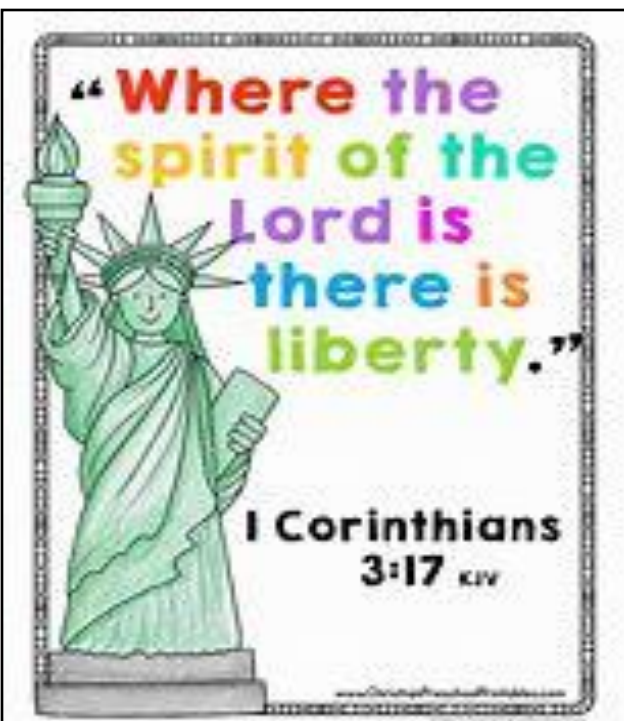


With Love,

Emma Klopp

Acolyte Schedule:

|      |                     |
|------|---------------------|
| 7/7  | Outside service     |
| 7/14 | Mallorie & Samuel   |
| 7/21 | Jackson & Elizabeth |
| 7/28 | Mitchell & Garrett  |



The hardest arithmetic to master is that which enables us to count our blessings. Thank you for your generosity, faith, encouragement and support.

Marvin Walters

*Thanks*



# + SON LIGHT HOUSE **REFLECTIONS**

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Son Light House – 130 Carpenter Street, Muncy, PA 17756 – Phone: 546-3585    June 2019

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**Son Light House**, established in 1982, is a non-profit, ecumenical, and community-supported resource that distributes food, clothing, and limited furniture to individuals and families in need and that qualify on family income guidelines set up by state and federal policies. Son Light House serves individuals and families in eastern Lycoming County. Son Light House is an equal opportunity provider.

**I give you a new commandment: love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another (John 13:34-35.)** What more do we need to know?!

## Households and Individuals Served

|     | Households | Individuals | New Hlds. |
|-----|------------|-------------|-----------|
| Feb | 436        | 1,030       | 6         |
| Mar | 390        | 865         | 4         |
| Apr | 474        | 1,126       | 8         |
| May | 393        | 913         | 6         |

## Son Light House – for All Ages

|     | Children | Adults | Seniors |
|-----|----------|--------|---------|
| Feb | 284      | 470    | 276     |
| Mar | 219      | 401    | 245     |
| Apr | 316      | 525    | 285     |
| May | 250      | 411    | 252     |

**New Refrigeration Unit for Son Light House** – Son Light House has purchased a small, commercial-sized refrigerator to store boxes of cheese that are part of the federal “senior box” monthly distribution. Currently over 100 seniors receive a senior box thus making SLH the largest distribution center of such support for the counties served by the Central PA Food Bank located in Williamsport.

**Raise the Region Campaign** – Son Light House participated in the Raise the Region Campaign initiated by the First Community Foundation Partnership of Pennsylvania and supported by the Blaise Alexander Family Dealerships. SLH raised 972.65. Thanks to all who contributed!

**CROP Walk Nets Funds for Son Light House** – The 2018 CROP Walk, sponsored by the United Churches of Lycoming County netted \$720.77 for Son Light House.

**Cub and Boy Scouts Food Drives** – Area scouts demonstrated their commitment to people in need by collecting food for Son Light House. The effort by the scouts and their leaders was very successful. Thanks to all in the community who supported this collection in Hughesville and Muncy.

## U.S. Postal Service Employees Food Drive

Once again the U.S. Postal Service employees of Hughesville, Montgomery, Montoursville, and Muncy conducted a very successful Hunger Food Drive on Saturday, May 11. Thanks also to the many community residents who participated in supporting this annual drive.

## Summer – A Challenging Season

Monetary and food donations normally “take a vacation” at this time of year. The need for individuals and families always continues. Thanks in advance to those who are able to support Son Light House during the summer months.

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## “Thank You” to These Recent Supporters

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**Individuals and Families** who have recently supported Son Light House include: Richard and Alice Arthur, LizAnn Barlett, Kermit and Maryann Breon, Barry and Nicole Buck, Rev. Mike and Sally Gardy, Cleason and Joanne Hall, Dave and Donna Heiney, Ed and Sylvia Herman, Jeff and Helen Hiserman, Gene and Carol McCarty, Barbara Merk, John and Barb

Miller, Jim and Betsy Mothersbaugh, David Moyer, Arlene Opp, Bob and Carol Perry, Mona Pettenger, Steve and Pam Pittenger, Bill and Margaret Ring, Paul Rovinski, Ralph and Ramona Rung, Carla Sheets, Phil and Betty Soohy, Clara Wall, Delores Wolf

**Churches and Church Organizations** for their recent support: Beacon United Methodist Church (UMC), Hughesville; Church of God, Montgomery; Church of the Resurrection, Muncy; Clarkstown UMC; Crossroads Church, Muncy; Ecroyd Missionary Circle, Muncy; Elimsport UMC; First UMC, Muncy; Franklin Fairview UMC, Unityville; Hughesville Baptist Church; Kedron UMC, Hughesville; Lungerville Christian Church, Unityville; Messiah Lutheran Church, Clarkstown; Mill Creek UMC, Montoursville; Moreland Baptist Church, Muncy; Muncy Baptist Church; New Life Church, Pennsdale; Our Lady of Lourdes Catholic Church, Montoursville; Pennsdale Trinity and Huntersville UMC; Picture Rocks Baptist Church; Picture Rocks UMC; St. Andrew Lutheran Church, Muncy; St. James Episcopal Church, Exchange and Muncy; St. John Lutheran (Brick) Church, Montgomery; St. Marks Church, Lairdsville; Trinity Lutheran Church, Hughesville;

**Community Businesses and Organizations** that recently made generous donations of money, food, or services include: Bennardi and Barberio Dental Office, Muncy; Muncy Rotary Club; Roger Myers Insurance Agency, Muncy; Personnel and Employees of the State Correctional Institution at Muncy.

**Schools and Youth Groups** for their recent support: Hughesville Boy Scout Troop #26 and Cub Pack #80; Muncy Boy Scout Troop #25 and Cub Scout Pack #24; Muncy Jr./Sr. High School; Mers Elementary School, Muncy;

**Son Light House Hours of Operation:**

**Donations:**

Every Monday, Thursday, and Saturday 7:00 am – 10:00 am

Food, clean, usable, seasonable clothing, toys, and furniture may be donated only at this time.

**Distributions:**

Every other week on Wednesday from 8:30 am – noon and Thursday 4:30 pm – 7:30 pm

**Distribution Dates:**

June 5+-6+, 19-20

July 10+-11+, 24-25

August 7+-8+, 21-22

September 4+-5+, 18-19

October 2+-3+, 16-17

+ Senior Boxes – for eligible seniors

**How Can I/We Help?**

Prayers, volunteers, money, and food donations – especially cereal -- are always needed. For more information or to get involved, contact **Son Light House** by calling Ken and Delores Frey at 546-3585.

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Pastor Mike and Bishy Hill  
433 Gap Rd  
Allenwood PA 17810

RETURN SERVICE REQUESTED

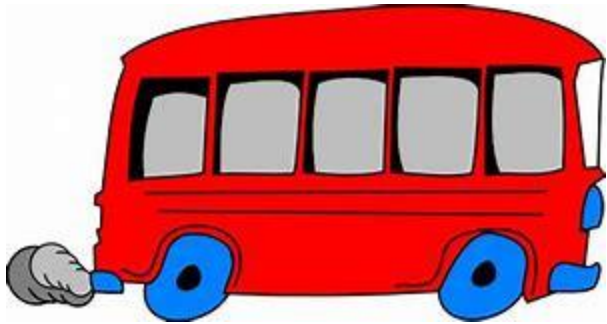
Son Light House  
130 Carpenter Street  
Muncy, PA 17756

Non-Profit Org.  
U.S. Postage  
PAID  
Permit #162  
Williamsport, PA

It's that VBS time of year again! Get ready to get down on the farm! Prepare yourself for a little barnyard adventure as we take a look at Farm Fresh FAITH through the eyes of our barnyard friends. With these new friends from the farm, we will embark on a journey through the life of Joseph and find out that God is ALWAYS faithful and WOR-



THY of our Trust!!!! It will be held Sunday, July 7th through Thursday, July 11th from 6:00 - 8:30pm. Dinner will also be provided. Carnival and Closing program will be Friday, July 12th at 6pm. If you are interested in helping or donating please contact one of our barnyard friends, Andrea Hetner, Taryn Myers or our very own Farmer Mike!! (AKA- Pastor Mike) Hope to see you there!!!



The "Red Bull" (bus) will buck it's way to VBS. Call Kay if you want to ride. (570) 538-1855.

Service music on Sunday, July 7<sup>th</sup> will be presented by....

"Sister Act", a sister duo comprised of Cindy (Murray) Tarr and Susan (Murray) Wajda.



Cindy lives outside of Washingtonville and is a retired elementary school teacher whose specialty was math and reading support. Susan lives outside of Allenwood and is a retired dental hygienist from both the educational and clinical settings.

They have been singing together since the early 1980's, performing music from a variety of music genres and for an array of event types.

Cindy and Susan also sing with their father in the "Joe Murray Band" where they perform country and gospel shows.

Community Breakfast is held Wednesday mornings from 7:00 - 9:00 am at the Elimsport Church. There will be **NO** breakfast July 17th.



A special thank you for all the work of the ladies in the kitchen following the funeral service for our mother Vera Kennelley.

Sincerely,  
Cathy, Connie, Sue, Bill & Rick



Just a reminder: Everyone is to check the mailbox in the back of the church.



- Items for August's newsletter are due July **20th**.
- Items for the weekly bulletin's need to be to the church office by **Wednesday** morning each week.

*(Items received after these dates are not guaranteed to be printed.)*



*for above*

## Elimsport Volunteers

### Greeters for July

|         |              |
|---------|--------------|
| July 7  | Bobby Buss   |
| July 14 | Audrey Reed  |
| July 21 | Stu Seitzer  |
| July 28 | Bonnie Foust |





# Kid's Corner



# **ELIMSPORT VALLEY UNITED METHODIST PARISH**

## **Worship Schedule:**

### **Elimsport UMC**

Worship 9:00 am  
Sunday School 10:30 am

### **St. John's UMC**

Sunday School 9:15 am  
Worship 10:30 am

### **Parish Youth Group**

Check weekly Bulletin for current schedule and events  
(at Elimsport)

### **Parish Bible Study**

Varies according to the season.

### **Parish Office:**

16145S. RT 44 HWY  
Allenwood, PA 17810

### **Parsonage Phone:**

(570) 547-1386

### **Pastor Mike's Cell:**

(570) 974-8590

### **Parish Website:**

[www.evpumc.org](http://www.evpumc.org)

### **Parish email:**

[elimsportumc@gmail.com](mailto:elimsportumc@gmail.com)

[www.evpumc.org](http://www.evpumc.org)



### **Our Mission Statement at Elimsport UMC**



We gather together as a community of Christian believers to worship, fellowship, and to learn more about God. By the unity of the Spirit and the support of each other, we are able to reach out to the community and the world.

### **Our Mission Statement at St. John's UMC**



The purpose of St. John's is to both evangelize and nurture. We are called to show God's love in our world by giving aid and by spreading the Good News of Christ. We in turn provide an atmosphere for nurturing where Biblical truths are shared enabling people to become spiritually enriched. By providing this, people will learn and through learning, become more effective witnesses.