

Our Purpose?
Bless the World: be God's Grace!

Ministry Announcements for the week of October 18, 2020



SING TO THE LORD A NEW SONG;
SING TO THE LORD, ALL THE EARTH.
~Psalm 96:1

Feed Your Neighbor Update

Food is still being collected on Wednesday mornings from 9 – noon at the Brenner Hall entrance for the Feed Your Neighbor Program at Augsburg Lutheran Church. At times, food is shared with Aldersgate United Methodist Church on Douglas Road. This is due to a greater need at that church in our neighborhood whereas Augsburg Lutheran Church is overstocked at this time. Of course this could change.

If you are unable to drop off items on Wednesday mornings, the Feed Your Neighbor bin is still located in the hallway outside of the church office for donations. There is always a need for cereal and peanut butter and jelly. At this time of year as the weather begins to cool, soups, chili, ingredients for chili, beef stew, noodles, rice, and mashed potatoes are also needed. But as always, all donations are gratefully accepted and will be distributed to our neighbors in need.

~Submitted by Mary Schneider

Kindness>>>

Try to be the best human being you can be. Do it because it is the right thing to do.
(Maya Angelou)

Never confuse a single defeat with a final defeat. *(F. Scott Fitzgerald)*

Kindness is just love with its work boots on. *(Karen McCullah and Kirsten Smith)*

Two services on Sunday morning here at Grace!

Come join us!
9:30 Traditional Service in the sanctuary
11:30 Contemporary Service in the chapel
Observing Covid precautions
Masks required - physical distancing
Music and song
Please feel free to hum along
(singing not recommended at this time per the ELCA)



Grace Office hours are 9:00am to Noon - Monday through Friday
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Operation Christmas Child

October is here! This month we will collect small notebooks, coloring books, pads of paper, and small books. Our collection box is located in the lobby. We are also collecting on Wednesdays from 9am until noon by Brenner Hall. If you have any questions, please contact Linda Mason.

COLORING BOOK



New Zoom Bible Study Saturday Afternoons 3:00 - 4:00 pm Beginning on October 17

What did Paul have to say about such things as: Faith, Works, Spirit, and Law? The Bible Study will focus on the books of Galatians, Romans, and James to find the answer. No expertise as a Bible scholar is necessary; what is necessary is a desire to learn more about the Bible.



Bible study will meet on Saturdays at 3:00pm, beginning on October 17.

If you are interested, email Bob Haaf before October 16 (haaf.vgs@gmail.com) so that you will receive the Zoom Meeting ID and Password.

Normal? No, thanks

Back to normal?

I hope we never go back to normal, if that means:

- Black lives do not matter.
- It's wrong to be gay or lesbian, bisexual or transgender, or gender neutral.
- The environment is expendable for economic prosperity, and climate change is a hoax or doesn't matter.
- The rich get richer, and the poor get poorer.
- Success is measured by income, status, fame, or productivity.
- Military might is what determines a nation's greatness.
- Adequate health care is a privilege for those who can afford it.
- Human rights don't matter.
- It's OK to build walls, separate families, cage children, and deport unwanted aliens to danger and death.

That's not the kind of normal I want. Instead, I want us to create a world that is more loving, just, and humane.

A world devoted to peacemaking and serving the needs of all people, a world where people are judged not by their race or religion, their age or gender, their politics or wealth.

A world where all are respected for who they are, encouraged to become all they can become, and where those who fail are helped to correct their faults and those who are bruised and broken find healing and help.

I want a new normal. I want the Beloved Community that Jesus and the Rev. Martin Luther King, Jr., spoke of.

HORACE HUSE
South Toledo

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“Should we feel empathy,”

some are asking, “for one of the world’s least empathetic people? He mocks disabled people, people he thinks are unattractive, people who disagree with him, people who are not white, not powerful, not wealthy, not making it. He has nothing but contempt for most of us. Now he has the disease he has refused to take seriously. Shouldn’t we rejoice that he’s getting what he deserves?”

Um, no. We should not rejoice at his misfortune.

Jesus says this: “I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect.”

If I understand this correctly, Jesus is saying that we should do good to people, regardless of the way THEY are, because of the way WE are. We are to be the way God is, and so be God’s children.

More than once, I’ve heard someone say, “I tried treating a scoundrel that way, and it didn’t work. He didn’t change at all.”

I think it’s not supposed to change the scoundrels in our lives.

I think it’s supposed to change us.

What do you think?

~Submitted by Pastor Howard

ALL SAINT’S TABLECLOTH

The All Saint’s tablecloth will be in the back of the sanctuary throughout the month of October. Each person of the parish is invited to write the name of any loved ones of any time in life who now rest in God’s care.

Have you wanted to be on a committee?

Wanted to help the church? Here's your chance. The worship and music committee is low on members for various reasons, and would like to have your help. There is a lot to help with. They haven't met regularly for a while, but they have begun to meet once a month during their regular schedule. They would love to have your help!

~Submitted by Joyce O'Brien

Another Survey? Yep. Another Survey. But Shorter this Time.

If we were to meet here for a worship service on December 24, what starting time would make it most likely that you would attend?

3:00 p.m.?

7:00 p.m.?

10:30 p.m.?

Please email your answer to the church office by the end of October. (If you can't email, a phone call is okay.)

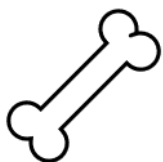
office@gracelutherantoledo.org

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Behind the scenes at Grace

1. The leaves on the trees in the church parking lot are beautiful shades of red, yellow and orange and coming down fast!!!
2. Another sign of fall is the sprinkler system is now turned off ...
3. If you are not sure who the Church Council members are - check out their pictures by the Grace Community Board.
4. Bishop Daniel's Fall Gatherings are listed on the Community Bulletin Board - check them out as they are very interesting.
5. The cloth for remembering people who have passed for All Saints Sunday is in the back of the Sanctuary. Markers are available to sign - please use hand sanitizer before and after using, or gloves are available.
6. This last Sunday we had a brief addition to our menagerie - a beautiful male cardinal landed on the window ledge outside the office. Some sources say that when a cardinal is near so is an angel, "they are noted as a spiritual messenger"
7. Wednesdays are still food collection days – there is a definite need in Toledo and surrounding areas. If you can, please remember when you are shopping to pick up some extra. We even have had food delivered by bicycle! - thanks to Grace Peterson!
8. The Parish Nurse will be out of the church office from Sunday 10/18 through Sunday 11/1. If you are in need of any equipment please call the church office as there will be someone to help you.
9. Wow - check out all the beautiful new landscaping in front of the church!
10. **Remember: Grace is not the building but the people of Grace!**

Healthy People! Healthy Parish!



Bones!

October is the month of skeletons and various bones seen in the stores and as yard art! Most of these bones look pretty ragged and unhealthy. Could we use your bones for yard art or are they strong and healthy?

Bones are not dead! Actually bones are living, growing tissue that are made up of a strong, flexible mesh of collagen fibers (a type of protein) and calcium phosphate (a mineral that makes the bones hard). During a person's life healthy new bone is added to the skeleton and old bone is removed which is called remodeling.

Bone remodeling involves 2 types of bone cells. Osteoblasts create new bone and osteoclasts remove old cells from the skeleton. The balance of removing and replacing is regulated by hormones and nutrients in our body such as estrogen, progesterone, calcium and Vitamin D.

As we get older the loss of bone is greater than the rebuilding. Peak or highest bone mass happens when we are in our 30's and after that the loss can overtake the building. Men, due to greater bone mass lose bone but it happens after age 40. Women lose bone earlier due to menopause and hormone changes.

The loss of bone leads to fragile and brittle bones and a disease called osteoporosis. It is often referred to as the "silent disease" as you do not know you have till you break a bone. A break can occur with something as simple as a sneeze or a twist – not necessarily a fall.

Risk factors that we can do nothing about are - small body frame, menopause, family history and being a woman.

Risk factors that we can control – poor diet, lack of weight bearing exercise, cigarette smoking, alcohol and soda pop, and low Vitamin D levels.

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What can we do about the controllable risk factors???

- ◆ Lack of weight bearing exercise. Exercise like walking is important for building strong bones. Even just walking around the block is great. Exercise is good for all of our body, but weight bearing is what is needed for strong bones.
- ◆ Cigarette smoking - quit!
- ◆ Alcohol and soda pop – the less of both the better for strong bones. Water is better!

Calcium and Vitamin D are important - check out next week's Healthy People! Healthy Parish! to get the scoop on!

Quiz time again!

1. Which has more Calcium -regular or Greek yogurt?
2. What favorite seafood is one of the best sources of Calcium?
3. Vitamin D from the sun is the best source?

Stay tuned next week for answers.

Shoo the Flu! Don't forget to get your flu shot !

“I believe in ...”

Sunday morning, at the 11:30 worship service, the rest of the congregation and I were asked by the worship leader, “Do you believe in God the Father?”

Then, “Do you believe in Jesus Christ?”

And then, “Do you believe in the Holy Spirit?”

Meanings of words are tricky. The trickiness is not confined to translation, either. Finding the right English word to render a Hebrew or Greek or Latin word can be difficult, but so can getting the right meaning of an English word. A word like, say, “believe.”

A couple of Sarah's and my sons are fans of University of Michigan sports teams. (If you want to denounce me over this, don't bother ratting me out to Bishop Beaudoin. He's a Wolverine fan, too.) They believe in the University of Michigan's football team, and basketball team, and maybe some others. They are important to them. They follow the games, and hope they'll win even when there's not much hope of it. They rejoice when they win. They're disappointed when they lose. Between games, and in the off season, they read the blogs. They can recite the rosters, and tell you which of the starters is injured. They know whom they're going to play next, and who's likely to win, and why. They **BELIEVE** in them!

I believe in the Wolverines, too, but my belief in them is something very different from theirs. I am persuaded that it is true that there is a university in Ann Arbor, and that it has sports teams, and that that's what they call them. I don't think there is a conspiracy to persuade people that they are real when they don't really exist. I am confident that they are not fictitious, but they aren't within half a mile of the center of my life. I know just barely enough about them not to say their uniforms are blue and yellow. I believe in them.

So, when you recite the Creed, are you giving assent to a theological doctrine? Are you saying, “I believe it is true that there is one God, whom we know as the Holy Trinity. (Yawn.)”?

Or are you saying, “YES! God, who created us and sustains us, IS! And Jesus, whose birth and life and death and resurrection make us friends of God, IS! And the Holy Spirit, who calls, gathers, enlightens, and sanctifies us, IS! Fantastic! What could be more WONDERFUL?”

I hope you do not believe in God the way I believe in the Wolverines. If you do, I pray that you will come to believe in God the way our sons **BELIEVE! (YAY!)** in the Wolverines.

~Pastor Howard

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Women at the Well

At our October 27 meeting we will be collecting pillows, twin sheet sets, twin mattress covers, and twin comforters - all NEW - We will be donating them to Let's Build Beds. This organization is helping SE Michigan and NW Ohio, only. If you can't get to a store to buy any of these they will take a check or cash so that they can buy what they need. They will be delivered to their headquarters in Lambertville, MI. Any questions or concerns, please call Ruth at 419-283-0471.

Thank you, ladies for all the outreach we do.

October Ushers

Rick and Cindy Wood, Grace Peterson, Greg Schafer

GRACE CHURCH COUNCIL

David Charvat	Council President
Elise Lohmann	Treasurer
Cindy Wood	Secretary
Dan Holzscheiter	VP of Admin
David O'Brien	VP of Ministries
Kim Kondalski	
Fritz Gooch	
Mary Schneider	
Katie Sattler	
Greg Schafer	
Rick Sharp	



Please check out our **Grace Website** for the latest information and updates.

<http://www.gracelutherantoledo.org/>

Is there something you would like in the newsletter?

If you would like something published in the newsletter, please email it to the office by Monday noon. Even though noon is the cutoff, we often are filled by the Friday before or early Monday due to a limit of 3 pages (for mailing). So the earlier the better. Thank you.

FOLKS TO CONTACT HERE AT GRACE

Council President	David Charvat
Grace Office	Cathy Holewinski
Custodial	Joe Zawierucha
Parish Nurse	Gretchen Hiatt
Worship	
Children's Choir Director	Nancy Stepleton
Choir	Peter Kramp
Organist	Debby Reeb
Praise Team Leader	Dale Walberg
Youth Ministry Advisors	Debbie Fallon, Wendy McCall
Pastor:	Pr. Howard Abts

THIS IS THE DAY THE LORD HAS MADE
LET US REJOICE AND BE GLAD IN IT!
PSALM 118:24

