

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

## Ministry Announcements for the week of May 19, 2019

### TODAY IN WORSHIP!

✝ As a gift of grace, members of the prayer team are available for you in the prayer chapel (across the hall from the chapel) following the 10:00 worship.

### THANK YOU JEAN

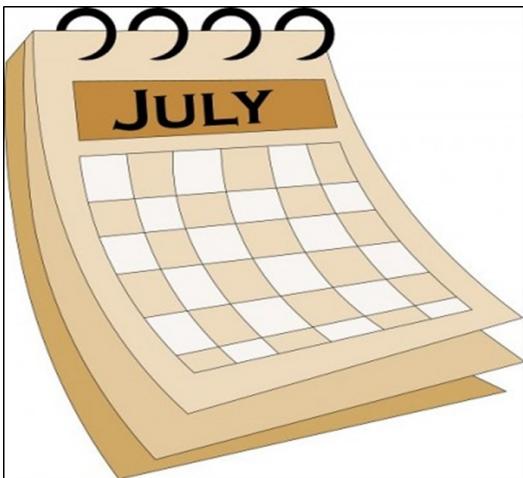
For over 30 years Jean has been an active member of Grace Lutheran Church. During that time, Jean, along with her husband Ed, did a lot of volunteer work for Grace. Their family consisted of three children—Steven, Linda and Brad.

In her early years, Jean was Sunday School superintendent and served on the Altar Guild and Property Committee for many years. She remains active on Global Mission, Policy and Christian Ed.

Today we honor her many years as coordinator of Grace's Funeral luncheons from which she is now retiring.

Thank you Jean, for your commitment to Grace all these years!

~GLC Congregation



**SAVE  
THE  
DATE!**

**MONDAY – FRIDAY,  
JULY 15 – 19, 9AM TO NOON,  
FOR THIS YEAR'S VBS PROGRAM:**



**AMAZING ENCOUNTERS WITH JESUS  
JOHN 20:31**

4441 Monroe St., Toledo, Ohio 43613  
419-474-6403 & 419-474-7726  
office@gracelutherantoledo.org | pastoral@gracelutherantoledo.org  
On the web at [www.gracelutherantoledo.org](http://www.gracelutherantoledo.org)  
Facebook (Grace Lutheran Church - Toledo)  
Twitter (@GLCToledo)

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# HELP WANTED!



**VBS "SCOUTS"**  
(LEAD AND ASSISTANT TEACHERS)  
**NEEDED.**  
**VBS SNACK  
COORDINATOR  
NEEDED.**

**NO EXPERIENCE NECESSARY.**

**OPPORTUNITY FOR PERSONAL GROWTH, SHARING  
YOUR FAITH, AND TOUCHING YOUNG LIVES.**

**SEE WILDLIFE SPECIALISTS**

**(CONNIE THOMAS OR RON HIATT)**

**(419) 242-9340**

**(419) 944-5177**

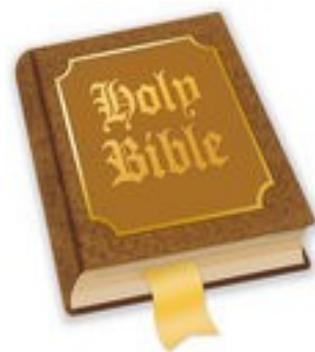
**FOR MORE INFORMATION.**

## **THE BIBLE IN A YEAR**

Have you been reading your Bible? You can pick up your 2019 Daily Bible Reading Program on the table outside the office.

**Come on! Enter God's Word with us!**

May 19	2 Chronicles 32-34
May 20	2 Chronicles 35-36
May 21	Ezra 1-3
May 22	Ezra 4-7
May 23	Ezra 8-10
May 24	Nehemiah 1-3
May 25	Nehemiah 4-6



## **WOMEN AT THE WELL**

Tuesday, May 28th we are meeting at Tekela's Restaurant in Sylvania, Ohio at 6:30 p.m. for an evening of good food and fellowship. Eating out takes the place of our normal 4th Tuesday of the month Bible study. Come and join us, reservations should be made with Mary Schneider by calling 419-262-0730.

## **HEALTHY PEOPLE! HEALTHY PARISH!**

**Wheels will be on the ground rain or shine!**

Remember Wheels and the Bike Safety Course for 6-10-year olds on Saturday June 15 at 10:00 am, in Brenner and the Parking Lot.

Bring your children, grandchildren, nieces and nephews! And their bikes, helmets, etc...



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**Hot Tips** from last Wednesday Ruth Circle Learn at Lunch Program on Fire Safety!

- \* If there is a house fire get out of the house as fast as possible and call 911 **when out** of the house!
- \* You are the most important, your purse can be replaced!
- \* If you are cooking and need to talk on the phone in another room take the potholder or a wooden spoon with you to remind you that you have something on the stove!
- \* Have a plan as to where you will go in a fire -to a neighbor, etc. **and** make sure your family knows the plan!
- \* Smother a grease fire with the pan lid!



More Hot Tips from last Wednesday evening Fire Safety Program!

- \* Know where the fire extinguishers are in the church!
- \* Always have your back to the door or a way of escaping when using the fire extinguisher!
  - \* Remember the initials P.A.S.S when using
  - \* Rotate the fire extinguisher back and forth 2 x a year
  - \* Aim at the base of the fire and spray back and forth
  - \* Gently press the handle
  - \* If used, the fire extinguisher must be recharged or discarded - once it has been used it cannot be used again



**MAY IS FOOD ALLERGY AWARENESS MONTH!!!**

What is a food allergy and what is food intolerance?

Food allergies are caused by a reaction of the body's immune system to a specific food or food component, known as an allergen. If you have a food allergy, your immune system is hypersensitive to a particular allergen and releases antibodies called immunoglobins causing an allergic reaction. Think peanut allergy!



Food intolerances are abnormal responses to a food product but are different than food allergies as they do not involve antibodies and symptoms may not be as severe. Think lactose intolerance.

Some significant food allergens:

**Eggs** - avoid products with ingredients such as albumin, vitellin, lecithin and prefix "ovo" meaning "egg".

**Milk** - a milk allergy involves an immune response and can be life-threatening. Lactose intolerance occurs when a person cannot digest lactose, a milk sugar, and is not life-threatening.

**Mustard** – check condiments, sauces, salad dressings, and pickled products

**Peanuts** – common allergen in anaphylactic reactions

**Tree Nuts** – almonds, brazil, cashews, hazelnuts, macadamia, pecans, walnuts, pine nuts and pistachios

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**Fish, Crustaceans, and Mollusks** – people may be allergic to one type of seafood but not another. Some people can eat fish but not lobster and crab.

**Sesame Seeds** - avoid products with ingredients such as benne, sim sim, and tahi-ni (sesame seed paste).

**Soy** - avoid products with bean curd, edamame, natta, and soya. Soy can also be found in non-food sources such as cosmetics, soaps, candles and vitamins.

If you or a family member has a food allergy reading a label is extremely important.

Also watch for the statement “prepared in area that tree nuts (or specific food product) are prepared”

Presently there is no cure for food allergies although there is a great deal of research on eliminating or decreasing severity of reactions - especially with peanuts.

SO, please use the “What’s In It Forms” to label our food at coffee hour, potlucks, Lenten luncheons, dinners or anytime food is involved. This enables our members and guests with food allergies to know what’s in the wonderful food we have at Grace. If you purchase food to bring in, please look at the label for contents and still use the “What’s In It “forms.



**Watch for more information on Sunday blood pressure checks!**



**SAVE THE DATE!!!!**

Active Shooter Program  
Thursday June 27 6:30pm-8:00pm  
Fellowship Hall

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**I AM A RED TULIP.....**

Last fall, I was out shopping and spotted a bag of 50 tulip bulbs. It was only \$9.99. Tulips would be pretty in the spring in front of my house. I have a small garden so 50 is a lot!

The bag said "assorted" colors. A surprise - I like that! So, I planted them - all! In that small space.

Spring came - they started coming up - slowly at first and then seeming to grow 4 inches a day until they were huge! Finally, the blossoms. They seemed to be all pink. I had been hoping for some bright colors, but they were still pretty.

More than half bloomed - all pink. That isn't very assorted. But wait! Bright yellow followed. All the rest except for one were yellow! I love yellow - the color of sunshine.

But what was this last one that hadn't bloomed yet? It was late for the game! Finally, one morning, there it was. One, lone, bright red tulip! One red tulip in the mix of all pink and yellow.

I am that red tulip. I am different from all the rest. I have my own unique gifts and ministries, but I am still part of the whole - part of the team - part of the body of Christ. We all have a part and without each and every one of us - there would be no team! We are all important and all called by God.

Listen when Jesus calls - no part is too small - we are all needed - we are all important.

Thank you, God, for loving us all - for calling us to your service.

~C. Holewinski



1 Corinthians 12:27

Now you are the body of Christ and individually members of it.

**UPCOMING DATES OF NOTE:**

July 15-July 19	VBS
Sunday, August 11	Worship with Ragtime Rick
Sunday, August 11	Congregational Information- Sharing Day
Sunday, October 13	Congregational Information- Sharing Day
Year 2020	Grace Lutheran's 120th Anniversary (Sept. 13, 2020)

**Sunday, May 19, 2019**

Assisting Minister:

Reader:

Ushers:

Fellowship Hosts:

**WORSHIP ASSISTANTS**

Beth Cook

David O'Brien

Bob Haaf, Jane and Larry Vincent, Rick Wood

Marilyn Lohmann & Beth Lohmann

**Sunday, May 26, 2019**

Assisting Minister:

Reader:

Ushers:

Fellowship Hosts:

Peter Kramp

Cathy Holewinski

Bob Haaf, Jane and Larry Vincent, Rick Wood

Laura Frost, Paula Cumpian, Carla Wooten