

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

Ministry Announcements for the week of June 09, 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 9:30 worship.
- ✝ The flowers on the altar today are given to celebrate the 60th wedding anniversary of Joe and Janet Keifer from their family.

FELLOWSHIP HOUR IN FELLOWSHIP HALL TODAY

Today the family of Janet and Joe Keifer are celebrating their 60th wedding anniversary. They were married on June 6, 1959 at Glenwood Lutheran Church. The family would like you to help us congratulate them and wish them well. Join us in Fellowship hall between services for cake and conversation!

NEW HYMNALS

New hymnals are still available for purchase at \$25 each. See Beth Lohmann or look for forms outside the office to fill out. Thank you!

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!

June 09	Job 29-31
June 10	Job 32-34
June 11	Job 35-37
June 12	Job 38-39
June 13	Job 40-42
June 14	Psalms 1-8
June 15	Psalms 9-16



Tornado Relief

If you would like to make a financial donation, please make out a check to:

Northwestern Ohio Synod

Memo: Celina Tornado Relief

and send it to:

621 Bright Road Findlay, OH 45840

Don't Forget!!!

Saturday June 15. 1000 AM Bike Safety Course for 6-10 year olds. Bring your bikes and helmets. Rain or shine!

Saturday June 22 and Sunday June 23 Interfaith Blood Drive

Sunday June 23 Celebration of Life

Thursday June 27 6:30 -8:00 PM Active Shooter Program

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
Facebook (Grace Lutheran Church - Toledo)
Twitter (@GLCToledo)

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

Did You Know? Vacation Bible School Impacts Both the Present and the Future

It is true that Vacation Bible School (VBS) takes preparation, administration, organization and financial resources to make it successful. However, when you consider its importance as an evangelistic opportunity, it is more than worth the effort.



AMAZING ENCOUNTERS WITH JE-
SUS
JOHN 20:31

Consider some of these ways that VBS impacts your church membership

Short-term Benefits

- Many children will visit your church for a VBS experience that do not attend church at any other time.
- Many children make professions of faith during the week of VBS.
- Many kinds of different skills can be put to use in VBS. Artistic people and craftsmen will enjoy decorating and building sets. People who enjoy cooking may enjoy helping with snacks. Athletic people may enjoy helping with recreation.
- People who love to work with children will enjoy teaching and building relationships with kids.
- VBS provides church members some variety once a year as they have the opportunity to do something different from their weekly church responsibilities.

Long-term Benefits

- Missionaries and other church leaders often report that they made their professions of faith or made a commitment to full-time service during VBS.
- VBS creates memories that last a lifetime. Adults often talk about experiences they had in VBS as a child.
- VBS teachers may discover spiritual gifts they did not realize they have and want to serve on a regular basis.
- Church members have the opportunity to be blessed by allowing God to use them in VBS
- Church members have the opportunity to see how God answers prayers to provide resources and leadership to make a difference in the lives of young children.

Grace VBS is still in need of teachers, teacher helpers, snack helpers and volunteers for registration, etc. Please see Connie Thomas or Ron Hiatt to find out how you may use your gifts for VBS.

Vacation Bible School **is a blessing** - please join us in whatever way the Spirit may lead you.

Healthy People! Healthy Parish!

Week 2 "Digesting A Nutritional Label"!

So, were you surprised when you measured what you thought was a $\frac{1}{2}$ cup (eyeball measurement) and it was $\frac{3}{4}$ or even 1 cup? It really helps to understand the old saying your eyes are bigger than your measure (actually it is bigger than your stomach) but it works for this, too.

Serving size is helpful in not only identifying things we want to limit but also to increase the healthy nutritional foods we need to eat. It is also key to the number of calories and all the nutrients on the top part of the label. Pay attention to not only the serving size but number of servings in the package.

Next on the label is **CALORIES** -the dreaded word!

Calories provide a measure of how much energy you get from a serving of food.

Remember the number of servings you eat determines the total number of calories.

The Calories from Fat are on the same line.

Remember this guide when looking at Calories from Fat

40 calories per serving is considered low

100 calories per serving is considered moderate

400 calories or more per serving is high

Check out your favorite foods this week and look at the Calories per serving and the Calories from Fat.

THE BUGS ARE OUT!!!



Things to do to keep them from bugging you!

Don't apply perfumes and avoid the use of scented soaps and lotions.

The sweet scents attract some insects.

Stagnant water is a great place for insects like mosquitos to breed, so avoid.

Deer ticks that can carry Lyme disease are in heavily wooded or in tall grass, weeds.

Avoid wearing bright clothing. Bright flowery prints attract honeybees and hornets as they think (you) are a food.

Use insect repellants with DEET when needed, but check the concentration. Use a concentration based on how long you will be out. Ten percent DEET provides protection for around 2 hours while 30% protects for about 5 hours. Concentrations vary so make sure to check the label.

If you plan to be outside in a wooded area or grassy area wear pants and long sleeves. Once back in the house take a shower to wash off

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

repellant but also any ticks that have not attached to your body. Tick prone sites to check are ears, waist, head, belly button, arms and legs. Walking barefoot in grass is an invite to a bee sting.

Treat your bites. If you do get bitten and develop a bite that is red or raised, try: 1) applying an ice pack for 10-15 minutes 3-4 times a day and 2) taking Benadryl for itching will both bring relief.

Know the signs of having a potentially dangerous anaphylactic (rapidly progressing allergic) reaction to a bite. Reactions are most commonly associated with stings by bees, wasp, or hornets. Hives, swelling (of face eyes, tongue, and lips), throat tightness, difficulty breathing, vomiting, or feeling faint /lightheaded are all signs, and 911 should be called immediately. Following these tips will hopefully keep you from being bugged!!!!



UPCOMING DATES OF NOTE:

July 15-July 19
Sunday, August 11
Sunday, August 11
Sunday, October 13
Year 2020

VBS
Worship with Ragtime Rick
Congregational Information- Sharing Day
Congregational Information- Sharing Day
Grace Lutheran's 120th Anniversary (Sept. 13, 2020)

Sunday, June 09, 2019

Assisting Minister:

Reader:

Ushers:

Fellowship Hosts:

WORSHIP ASSISTANTS

Fritz Gooch

Fritz Gooch

Brian Lohmann, Ann Fleck, Greg Schafer,
Sue Davis

Sue Melchert & Karen Weimer

Sunday, June 16, 2019

Assisting Minister:

Reader:

Ushers:

Fellowship Hosts:

David O'Brien

Roger Zimmerman

Brian Lohmann, Ann Fleck, Greg Schafer,
Sue Davis

Mary Schneider & Cindy Wood