

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



## Ministry Announcements for the week of February 28, 2021

LIVING OUT OUR BAPTISMAL COVENANT  
.....TO HEAR THE WORD OF GOD AND SHARE IN THE LORD'S SUPPER

The flowers on Sunday February 28 are in honor of Connie's birthday.

### Stewardship is Grace: Part 2

Bob Haaf



If I'm part of Grace then I'm part of something larger than me. And my stewardship reflects grace; my stewardship becomes ministry that expands around the world—ministry through Grace, ministry through the Northwestern Ohio Synod, and ministry through the Evangelical Lutheran Church in America.

### Part 2: Ministry through the Northwestern Ohio Synod

Do you ever wonder what ministry takes place through the NWOS as the result of your stewardship?



- Capital University
- Cherish All Children
- Dodoma Diocese, Tanzania
- Lutheran Campus Ministries
- Lutheran Homes Society
- Lutheran Outdoor Ministries in Ohio
- Lutheran Social Services of Northwestern Ohio
- Mission Partner Congregations (Redeemer & Salem, Toledo)
- Old South End Ministry
- Saint John at the Bay, South Bass Island
- Slovak Evangelical Lutheran Church, Serbia
- Threshold
- Trinity Lutheran Seminary
- Wittenberg University
- Women of the ELCA

When Jesus was asked about the greatest commandment, He said: You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And a second is like it: You shall love your neighbor as yourself [Matthew 22:37-39]. Stewardship is love for neighbor and stewardship is grace.

### Puzzling?

Did you know that studies have shown that those of us who like to do jigsaw puzzles and crossword puzzles helps ward off the plaque that leads to dementia? So, pick up that Sudoku or crossword puzzle or work at that 3000 piece puzzle in between taking that walk around your house (or outside if there is no snow/ice) to exercise your body.



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

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**ZOOM Bible Study: 2 Corinthians**  
What Did Paul Say about Clay Jars?

Starting on February 20 the Saturday ZOOM Bible Study began studying the book of 2 Corinthians—Saturdays 3:00-4:00pm.

If Saturday afternoon is not a good time for you, you can access a recording later online. The recording is available for five days after each Bible Study session.

If you want to take part in this Bible Study—or if you want to access the recordings—contact [haaf.vgs@gmail.com](mailto:haaf.vgs@gmail.com)



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**Volunteer Opportunities Available**

Grace has done during the pandemic what some other churches have not done, and that is give members and others options for worship. In order to do this and continue to do it post-pandemic, people are needed to help.

Volunteers are needed to help with the Wednesday Lenten services. Someone is needed to deliver bulletins to those people that are listening in the parking lot at both the noon and 7 p.m. services and people are needed to help at the back of the church.

Also, because we offer services in the parking lot, we do need people to be trained on how to set up the transmitter to do this. We do have some people trained, but we need others to know how to do this in case those that usually do it are not available for one reason or another. I understand it is quite easy and there are simple instructions available. David Charvat or Rick Sharp would be happy to show you how to do it. I want to compile a list of those people that are trained in the event someone is needed.

Lastly, Grace is hoping to live stream our church services very soon. That means we will need people to do this.

If you can help with any of the above, please call Mary Schneider at 419.262.0730.

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*To the Care Team -*

*A special thank you for all the beautiful cards sent to me. Your thoughtfulness is greatly appreciated!*

*~Pat Francis*



March 3	Jeanne Nahm
March 5	Mallory Moore
March 9	Carolyn Keister
March 11	RaNae' Blood
March 12	Mike Earl
March 22	Doris Stone
March 23	R. J. Kondalski
March 26	Miranda Bee
March 29	Mary Schneider
March 31	Wendy McCall

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**Behind the scenes ...**

1. Gretchen is on vacation this week - missing out on all this snow and fun!!
2. There is a very small sign of Spring in the flower bed under the overhang next to the office – the top of a Hyacinth!
3. **Remember: Grace is not the building but the people of Grace who strive to thrive!**

**True or false? (Submitted by the Parish Nurse)**

Signs of a heart attack in women are the same as a man.

What is a heart attack? It happens when one or more of the arteries that provide the heart with blood and oxygen gets blocked by a clot or a plaque. If not treated promptly in a hospital that part of the heart may die.

A report in Heart and Stroke in 2018 the early signs of a heart attack in women are missed 78% of the time and their heart attacks can be more fatal.

Some of the signs of a heart attack that are often the same for men and women may include chest discomfort /pressure (pain), sweating, shortness of breath, nausea and light headedness.

However, women can have a heart attack without chest pressure. They may have the following symptoms: pressure or pain in the lower chest, jaw or abdomen; dizziness or faintness; upper back pressure; and extreme fatigue.

These symptoms could be early signs that can recur before an actual heart attack. If you have these symptoms call 911 and get checked out immediately.

This is another reason to keep regular appointments with your doctor and tell them of any symptoms you are having.

Also, to eat heart healthy food, daily exercise, and stop smoking is important in keeping your heart healthy for both men and women

Answer to True and False Is false ...

**What sounds good, typically happens midafternoon and in the summer has something to do with lying in a hammock?**

Yep “the NAP”.

Research has found that taking a 20–30-minute nap can help with mental outlook and give us a burst of energy.

Yet there are some rules to be followed when napping especially now when it is cold outside and it still gets darker early.

1. Take it before 3:00 PM so that your nighttime sleep schedule is not interrupted.
2. Don't make it any longer than 20-30 minutes so as to not interfere with your nighttime sleep
3. You will get the full benefit of your power nap if it is dark without any TV, computer or blinking lights.
4. If you drink caffeinated coffee drink a cup before your nap so the caffeine will kick in after you wake up.

## **Are you getting your Z's?**

Sleep is extremely important in keeping us healthy and research has shown it helps with immunity and fighting off bugs. Sleep may feel like a rest, but your body is hard at work - organ systems behave differently but the big thoughts are that they are restoring themselves. Sleep functions as a repair shop - clearing toxins from our bodies and brain, letting the heart rest and blood pressure drop. Research has found it reduces the inflammation that can lead to heart disease and cancer. With Covid and the Flu season this is as important as eating healthy foods. So how much sleep do we need? Studies recommend everywhere from 7- 8 hours for most people, but we know some people need more than others to feel rested. Other research says base it on when you wake up naturally without an alarm and use that as a base as to how many hours you need.

What things can we all do to help us have a good night's rest:

1. Get exercise during the day - not the last 2 hours before you go to bed. Exercise wakes up the body and we want to slow it down.
2. Watch the caffeine whether it be coffee, tea or pop. We want to wind down not up. The old thing of warm milk and chamomile tea has some research behind it.
3. Eat light before bed - a huge meal or snacks makes the digestive system work overtime when we are trying to sleep. If you are hungry a light snack - maybe a very small sandwich or piece of fruit with a nut butter (protein). Many people notice that if they eat a big meal late in the day or evening, they do not sleep well so eat dinner /evening meal earlier.
4. Watch the alcohol – we think it helps us to sleep but research has found it is not a good sleep and again you may notice the next day that you do not feel rested.
5. Warm or cold? Having a cooler room has been shown to help us sleep better but does not work if you are cold. Try the cooler room with a heavier blanket or quilt.
6. Pets in bed although we may love them, it has been shown that we actually do not get the sleep we think. Pets do not tend to zonk out for 8 hours so they move around, get on and off the bed and may even get us up at night to go outside so our sleep is disturbed.
7. Light is great during the day but lousy for getting good sleep. The room needs to be dark and all the gizmos with lights need to be turned off or away so that you do not see them - think alarm clocks, cell phones. Have a working flashlight in your bedroom if you need to get up.
8. Worry Journal. When stressed out or your mind is whirling get up and write down whatever is bothering you - it can be dealt with in the morning. Or write it down before bed. Writing down positive vs negative things can be helpful. A gratitude journal where you write down 5 things you are grateful for each day can help focus on the positive which can be calming.
9. Your sleep surface is also important for a good rest. Saggy and lumpy mattresses don't help.
10. Don't forget to discuss problems with sleeping with your family doctor -it could also be related to a medical problem like sleep apnea or may be a side effect of some medications.

A good sleep is important in keeping us healthy – how is yours?

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## **Words .....**

Never underestimate the power to change yourself. (*Senca*)

There is no wisdom greater than kindness. (*Fortune Cookie*)

The future is not in the hands of fate, but in our hands. (*Jules Jusserano*)

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### **What Got Left Out of the Sermon – an occasional piece**

~Submitted by Pastor Howard

*(Sounds preposterous, doesn't it? Sometimes it seems as if the preacher's aim is to drone on as long as he possibly can. Does he really cut things out, to keep sermons from getting too long?)*

*He does. And, since you can't hit "Fast Forward" during a sermon, something that was left out of the sermon for the 1<sup>st</sup> Sunday in Lent is printed below. You can scroll right past it.)*

Mark writes, "John the baptizer appeared in the wilderness, proclaiming a baptism of repentance *for the forgiveness of sins*. And people from the whole Judean countryside and all the people of Jerusalem were going out to him ..." (1.4-5a, emphasis mine.)

Just in case we miss the part about baptism having to do with repentance, Mark repeats it: "... people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, *confessing their sins*." (My emphasis again.)

The Gospel for the First Sunday in Lent begins, "In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan." If this baptism that John was doing was about repentance, why in the world did Jesus participate in it? What did he have to repent of?

For the Final Definitive Answer, look elsewhere. I haven't got one. One proposal that I've seen makes a lot of sense to me, though: it has to do with seeing repentance partly as a turning, a change in direction, a move from one way of life to another. Repentance is usually seen as having three parts: sorrow for what one has done, or has left un-done; a plea for forgiveness; and reform: a change in the way one is going to operate. For Jesus, this last one was appropriate.

How did Jesus change his ways? He had been living a private life, out of the public eye. Of the four Gospel writers, only Matthew and Luke tell us anything about Jesus' birth. Only Luke says anything about him between his first years and his appearance at the Jordan, and that's just one incident from when he was twelve years old. Beyond that, from the time the Magi presented their gifts and left, and Joseph took the family to Egypt and then returned, there's nothing.

So: when John was baptizing, and Jesus came to the Jordan River to be baptized, Jesus began to live a whole different kind of life. He had been (as far as we know) living with his parents and his brothers and sisters. Now, he was going to be moving about in the company of the disciples who would follow him. Before, he had been anonymous, beyond a small circle. Now, he was going to be attracting wide attention, and would be known to thousands of people. Before, he had been no threat to existing power structures. Now, he was going to be challenging Israel's leaders, and their accommodations to their own unfaithfulness and to the Roman empire.

So, the first two parts of repentance don't seem to have fit Jesus, but the third part certainly did.

I'm not entirely happy with that explanation, but it's the best I know of. And I am sure of this: God is allowed to operate, to bless the world, in ways that are beyond our understanding.

Thanks be to God!

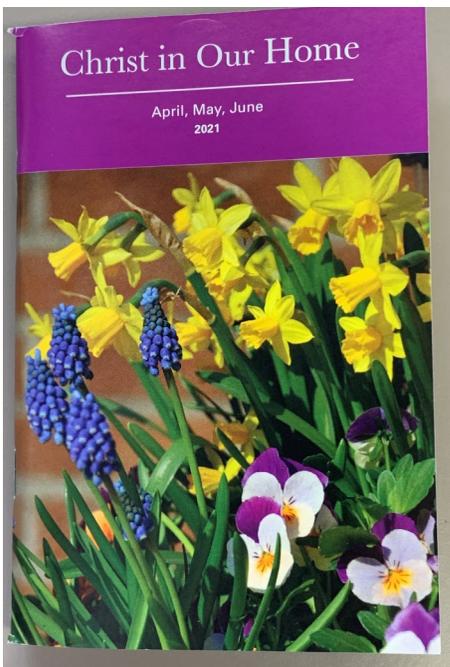
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**Two services on Sunday morning here at Grace!**



Come join us!  
9:30 In the sanctuary  
11:30 In the chapel  
Observing Covid precautions  
Or tune in to 90.7 in the parking lot

*Kindness changes everything!*



**Christ in our Home** has arrived!

This is for April, May and June.

Looks like Spring is coming!!

They will be available in the church office or at the back of the Sanctuary on Sundays.

**If you would like something in the newsletter**, please email to the office no later than Monday. It fills up fast and we have a limit to how many pages can be mailed (mailing is Tuesday morning). Thank you

**GRACE CHURCH COUNCIL**

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

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

