



Grace Note

Messiah Lutheran Church
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The Rev. Thomas Fox
pastor@messiahlyndhurst.org

July, 2006

In my office I have a half sheet of paper taped to a spot right behind my desk. On it is a poem written by Maya Angelou. Someone e-mailed me this, and I've kept it there to remind myself of who I am.

When I say... "I am a Christian," I'm not shouting "I'm clean livin'."
I'm whispering "I was lost," now I'm found and forgiven.

When I say... "I am a Christian," I don't speak of this with pride.
I'm confessing that I stumble and need CHRIST to be my guide.

When I say... "I am a Christian," I'm not trying to be strong.
I'm professing that I'm weak and need HIS strength to carry on.

When I say... "I am a Christian," I'm not bragging of success.
I'm admitting I have failed and need God to clean my mess.

When I say... "I am a Christian," I'm not claiming to be perfect,
My flaws are far too visible but, God believes I am worth it.

When I say... "I am a Christian," I still feel the sting of pain,
I have my share of heartaches so I call upon His name.

When I say... "I am a Christian," I'm not holier than thou,
I'm just a simple sinner who received God's good grace, somehow.

These simple words cut right to the heart of the Christian life. When I get too full of myself, I can read them and be reminded my humanness. When I get too down on myself I can read them and remind myself of God's provision.

Maybe you can tape this page up somewhere you can see it daily. We all need to be reminded of our need for God's grace in this life. We all need to be reminded of who we are, and who we belong to.

In Christ's Name,

Pastor Fox

Our Mission Prayer: Gracious God, through belief in Christ's teachings and through the presence of the Holy Spirit within us, empower us to share the word; care and support each other and God's community; worship as a family in Christ; and be Christ-like examples to those whose lives we touch. Amen

JOIN US FOR A SWIM! Vacation Bible School will kick off with a special *congregational pool party on Saturday, July 15th, 6:00 p.m. at Mayfield Village Pool.* The cost will be **\$15 per family** (to cover the pool rental and

lifeguards) *and one salad, side dish or dessert to contribute to a pot luck supper.* Hamburgers, hot dogs and drinks will be provided by the Christian Education Committee. *You can buy family passes on Sunday, June 25, July 2, or July 9 from Amy Kovach or Sue Joliat or call them at home and they will reserve a pass for you and your family. All passes must be paid in full on Saturday, July 15.*

DISCOVER THE RICHES OF CHRIST! Kids of all ages (1 to 101) are invited to attend *VBS at Messiah July 16, July 23 and July 30.* VBS will run during church summer hours from 9:45 a.m. to 12 p.m. Volunteers are needed for Crafts and grades 3 and 4. Don't miss this exciting new Bible School format as we go on a congregational treasure hunt to discover sharing, caring and knowing the life of Christ! Contact **Amy Kovach** for more details.

SAVE THE DATE.....The Fellowship Club is hosting a *night out with the Lake County Captains on Friday, August 18 at 7:00 p.m.* Tickets will go on sale in early July. See or call **Carrie Skaggs or Kristen Bradshaw** for more details.



MESSIAH MEN'S LUNCHEON: All members and friends of Messiah are invited to have *lunch at noon on Friday, July 28th at Milano's Restaurant* which is located at Cuyahoga County Airport on Richmond Road.

For further information see **Tom Short** (216 291-0769,). Please call Tom or the church office so that you can be included in the plans.

PLEASE KEEP IN YOUR PRAYERS: *Emilie Quellmalz, Jane Jackson, Mariana Treu, Pastor Cline, Lawson and Phyllis Anderson, Ken Wilt, Barbara Budzinski, Carol Harding Safer, Avis Slaven, Evelyn Gross Burgoon, Gina Juhnke, LeRoy Kimble, Monica, Marcia Bufford, Judy Robards, Christian Perry, Tim Wooten, and all those who struggle with mental and emotional problems, and all who are addicted to drugs and for all who love them.*



THANK YOU - THANK YOU - THANK YOU! A big thank you to the people who so generously made our Church Women United U.S.O. Cookie Drive a smashing success. We collected 304 dozen cookies, making Messiah again number one in the Mayfield Heights North District, and beating our last year's count of 288. Thanks also to the **Lindemans** for the much-needed boxes for packing.
Bette Schmidt, C.W.U. Representative

DO YOU HAVE MUSICAL GIFTS?? ARE YOU WILLING TO SHARE THEM??? Then you are just the person/people we are looking for to provide special music at our summer services. Please sign up to be a part of one or more of our summer worship services on the sheet in the reception area. Then call **Esther Hodgkinson** (440 729-9550) to arrange a rehearsal - no later than the Sunday prior to your date. **Peg Ager**, our church secretary needs to have the name of your selection and composer by Thursday of your week. Vocal, instrumental and ensembles are all welcome.



SAVE THE DATE.... *The Hillcrest Concert*

Band, conducted by
Messiah member, **Paul
Lawrence**, and including
Chris Butler, Alison



Griffith and Rick Quellmalz among its
members, will again perform in Messiah's
courtyard on Tuesday evening, **August 8th** at
7:30 p.m. Bring your family, friends and
neighbors, lawn chairs and blankets for this
annual summertime treat. The concert will be
held rain or shine. Ice cream will be served
following the concert.

AMONG OUR MEMBERS:

- ♥ Our prayers and best wishes go to **Mary
Alice Andrews**, "old time" member of
Messiah, who is recovering from esophageal
cancer surgery.
- ♥ **Kari Jennings** graduated, Cum Laude, from
Mentor High School on June 2nd. She will
be attending Ohio University in the fall.
- ♥ **Rick Jennings** has completed his 4 years at
Bowling Green State University and is
currently fulfilling his internship
requirement. He will graduate, Magna Cum
Laude, in August with a major in sports
management.
- ♥ **Lisa Broerman** graduated from the Mandel
School of Applied Social Sciences at Case
Western Reserve University with a
Master's Degree in Social work. She is
currently pursuing career opportunities.
- ♥ **Jennifer McTernan** is a 2006 graduate of
Charles F. Brush High School. She will
attend Miami University, Oxford, Ohio, in
the fall.
- ♥ **We are so proud of all of our graduates!**
- ♥ **Matt Murphy and Katie Ross** were married
at Messiah on June 3rd. Matt is the
grandson of **Pastor Robert** (who read the
couple their vows) **and Mary Lou Cline**.
May they continue to grow together in the
love of Christ.

- ♥ **Herman Treu** was honored on May 23rd at
the Mayfield High School Spring Band
Concert. As Guest Conductor, he led the
Wind Ensemble in *A Disney Spectacular*
and received an appreciation plaque given
by Jim Sanford, head of the Music
Department. Dr. Philip G. Price,
Superintendent of Mayfield Schools,
commended him for 35 years of service in
the Mayfield Schools and presented him
with a mounted Proclamation from the
Mayfield City School District and the
Mayfield Board of Education, listing his
accomplishments and ending with:
*NOW, THEREFORE BE IT RESOLVED, on
behalf of the Mayfield School District, its
students and the community, the Board of
Education hereby commends Herman Treu
for his effort, his professional skill, his
respect and love for students, his genuine
and thoughtful manner and his critical role
in developing this exception band program.*
What a blessing you have been to them and
to us, Herman!
- ♥ After her knee replacement a few weeks
ago, **Mariana Treu** is back in church and
bouncing around with the steadying help of
a walker. It is good to have you back in
worship with us, Mariana!
- ♥ **Emilie Quellmalz** returned to Richmond
Hospital two weeks ago with several
medical complications. She had surgery to
have a pacemaker implanted and expects to
return home following adjustments to her
medications. You remain in our prayers,
Emilie!
- ♥ **Jane Jackson**, a long time member of
Messiah, who suffered an incapacitating
stroke many years ago, has been
hospitalized with several health
complications.
- ♥ Congratulations to new members **Ryan and
Meredith Brown** who are the proud parents
of **Natalie Marie Brown**, born May 7th at
University Hospitals!

DO YOU HAVE NEWS TO SHARE WITH YOUR FAITH COMMUNITY? SOMETHING THAT WE COULD INCLUDE IN "AMONG OUR MEMBERS"??? If you do, please email it to office@messiahlyndhurst.org. It keeps us bound together even more closely when we share our joys and sorrows with each other as members and friends of this body of Christ. If your news is about someone other than yourself or a member of your immediate family, please check with them to see if they are comfortable having their news or situation shared before contacting Peg.

AFFIRMING THEIR BAPTISMAL FAITH by the Rite of Confirmation on June 4th, the Day of Pentecost, were **Loren McDicken and Carlye Stark**. Please pray for their continued growth in Christ.



OUR CHRISTIAN SYMPATHY AND PRAYERS go to:

- † The **Halberg Family** on the death of **Kevin's** mother on May 23rd
- † **Tina Cannata** and her family on the death of her grandfather.

SOCIAL MINISTRY: Thanks to all who supported the New Covenant Kids Summer Enrichment Program. Your donations were delivered on June 26th.

VOLUNTEER OPPORTUNITY OF THE MONTH: Lake View Cemetery, established in 1869, is the final resting place for many of Cleveland's best-known citizens. The garden-style cemetery on 285 acres contains many beautiful trees, shrubs and works of art. Their daffodil hill is a must-see each spring. Many events and guided walks are scheduled each year. If you like the outdoors; like to walk; like to talk to people; here's an opportunity for you. They are always looking for guides [training provided]. Call Mary

Krohmer, volunteer coordinator, at 216-421-2687.
Mary Lou Bregitzer

AN UPDATE ON OUR "KIDS HELPING KIDS" COLLECTION FOR CHILDREN IN IRAQ - We

are pleased to share that we have already collected and mailed 6 boxes of toys, candy and school supplies to **Herb Joliat**, a Civil Affairs



Officer stationed near Baghdad. Herb works with local government chiefs to help the Iraqis get "back on their feet." He is working in local communities and is very concerned about the welfare of the children he sees daily. Herb tells us that the items received are appreciated and he knows that "it saves lives because we don't get targeted like the other patrols."

Questions, comments and suggestions may be directed to **Lisa Broerman** or **Sue Joliat**.

We continue to accept the following items to send to school children in Iraq: aspirin, Band-aids, Neosporin cream, small toys, rubber balls, hard candy, Jolly Ranchers, pens, pencils, notebooks, etc. Monetary donations are also welcome to help defray shipping costs. Please continue to bring items to church and place them in the large basket by the Sunday School Office. Thank you!

TO OUR MESSIAH FAMILY: The sadness of **Fritz's** passing was softened by the outpouring of love by Messiah. We were filled with joy by the number of lives father touched. His spirit and zest for life rubbed off on everyone with whom he came in contact. So many of you tell us you can still imagine him walking down the hall - quick with a smile, hug, story, or snapshot. That is how we will remember him, too. Thank you all for your kindness and support and help. We will keep all of these things in our heart always. God bless you.
Michael and Vicki Lester

THE BOOK GROUP'S JULY SELECTION is *The Hours*, by Michael Cunningham (240 pages). We will meet **Tuesday, July 11, at 7:00 pm in the library. On August 1, the group will gather at Nancy Coleman's home to watch the film based on this book.**

Amazon.com. says: "*The Hours* is both an homage to Virginia Woolf and very much its own creature. Even as Michael Cunningham brings his literary idol back to life, he intertwines her story with those of two more contemporary women. One gray suburban London morning in 1923, Woolf awakens from a dream that will soon lead to the writing of her *Mrs. Dalloway*. In the present, on a beautiful June day in Greenwich Village, a 52 year old Clarissa Vaughan is planning a party for her oldest love, a poet dying of AIDS. And in Los Angeles in 1949, Laura Brown, pregnant and unsettled, does her best to prepare for her husband's birthday, but can't seem to stop reading Woolf. These women's lives are linked both by the 1925 novel and by a few precious moments of possibility each keeps returning ". According to *Publisher's Weekly*, "The overall effect of this book is twofold. First, it makes a reader hunger to know about Woolf. Second, and this is the gargantuan accomplishment of this small book, it makes a reader believe in the possibility and depth of a community based on great literature, literature that has shown people how to live and what to ask of life."

STILL WANTED: TABLE GRACES AND BEDTIME PRAYERS.

Does your family have special table graces that you have spoken together over the years? Perhaps a special holiday grace?

Or one that you use/used every day? Please share them with us. And if you have a family story or fond memory around that grace, we'd love to hear that, too. We are also gathering



children's bedtime prayers and any stories associated with them. Whether you are still using these prayers today with your little ones; whether your children are grown with children of their own, whether these are prayers from your own childhood, please share them with us. We don't know exactly how long we'll be collecting these precious prayers and memories but we'd love to hear from you soon. When we have enough prayers and memories to create a "home made" book, we will create one for our faith family to share with each other and their families. To contribute or for questions, please contact **Joanie McTernan** (440 449-4019.)

LEAP COMMUNITY EMPLOYMENT

PROGRAM - Linking Employment, Abilities and Potential (LEAP) programs and services are directed by the goal of helping all people, regardless of disability, receive equal opportunities in society. LEAP's Community Employment Program provides vocational rehabilitation services to increase consumer marketability, locates employment and assists with job retention across seven counties. Visit us at <http://www.leapinfo.org>.

MYSTERY IN THE CIRCLE AT CLEVELAND BOTANICAL GARDEN - JULY 22nd

Support guardianship services for mentally ill and elderly adults at "Mystery in the Circle," a fundraising scavenger hunt for the inner child in all of us. Teams of four "detectives" will follow clues from Cleveland Botanical Garden through University Circle, collecting discoveries along the adventure. The event features entertainment, prizes, raffles, a box lunch and free admission to the Cleveland Botanical Garden for only \$25 per person. Registration begins at 8:30 a.m., with "games afoot" at 9:15 a.m. For more information please visit us online at www.agscleveland.org or call (216) 696-1132.

YOUTH RE-ENTRY PROGRAM NEEDS

YOUR HELP: The Youth Re-Entry Program re-located to a new home in Lakewood last month, and is asking for donations to help their 20 teenagers feel at home. Current needs include: TVs, radios, telephones, video games, DVD/VCR players, exercise equipment, linens and kitchenware. Unwanted functioning computers are accepted openly for one gifted youngster who enjoys reconfiguring computer systems. For more information, contact Kandi Withers at kowithers@immyouth.org or call (216) 221-8920.

WELLNESS NOTE:

The Adolescent Brain

Beyond raging hormones, Part 3 of 3

As long as the brain is still in formation, things can go wrong in many ways, and some of them involve the onset of psychiatric disorders. Stress can retard the growth of the hippocampus, which consolidates memories. According to some theories, the pruning of gray matter or the thickening of the myelin coat in late adolescence allows the early symptoms of schizophrenia to emerge.

At least one important social policy conclusion may have been drawn in part from the neuroscience research on the adolescent brain. This year the Supreme Court, affirming a Missouri high court decision, declared by a vote of 5 - 4 that the execution of 16 and 17-year olds is unconstitutionally cruel and unusual punishment. The minimum age for capital punishment is now the same as the minimum age for voting and serving on juries. In writing their decision, the justices referred to evolving standards of decency, practices in other countries, the immaturity of adolescents, and their greater potential for change. They did not specifically mention brain research, but they had the opportunity to read friend-of-the-court briefs citing this

research that were submitted by the American Bar Association Academy of Child and Adolescent Psychiatry, and American Psychiatric Association among others.

Some critics, even if they welcome this Supreme Court decision for other reasons, have complained that the new research stereotypes adolescents and provides a biological rationalization for irresponsible behavior. Animal experiments have limited value because laboratory animals do not undergo a lengthy human childhood. And human brain development does not unfold automatically and uniformly. There is much individual variation that reflects experience as well as genetic programming. The problems of teenagers are not all in their brains but have many causes, social and individual genetic and environmental. At present and probably for a long time, researchers will be getting better information on the mental and emotional development of adolescents from interviews, observations and behavioral tests than from brain scans.

But neuroscience research is becoming more sophisticated. There are already long-term studies in which people undergo frequent periodic brain scans over the course of their lives. The results are being used to investigate the effects of behavioral and cognitive therapies on attention deficit disorder and reading deficiencies in adolescents. Scientists are also looking at typical adolescent brain development to provide clues to the ways in which things go wrong. Some day this research may provide results that will influence treatments for psychiatric disorders and other problems in adolescence.

*Source: Harvard Mental Health Letter,
July 2005*

Submitted by Wellness Chairperson: **Peg Wilt and Kathy Strom, Secretary,
Nancy Coleman**

INTERESTED IN A WOMEN'S SMALL GROUP? This new group will initially gather at *Toni Laurenson's* house to get to know each other and discuss ideas for a small group Bible-related study on either Tuesday or Thursday evenings (depending on which night most people can meet) from 7:00 until 8:30 pm - probably beginning in August. Please email tonilaurenson@adelphia.net with questions, ideas and the evening/s you are available to meet.



June 20, 2006

Treasurer's Report: In the absence of Treasurer, *Chris Butler*, *Lee Pittaard* reported an operating fund deficit of \$283. Pledges are behind budget by \$6,019.

Youth: A White Water Rafting trip is planned for July 10th.

Worship: It has been suggested that an outdoor worship service be held again at Patterson Fruit Farm. This event is not in the 2006 budget. *Nancy Durst* will phone Patterson's to inquire about the cost and scheduling for such an event and Council will decide next month whether or not to proceed and how to handle the cost.

Evangelism: The committee will make plans for a float in the Lyndhurst Home Days Parade.

Social Ministry: Two carloads of clothing were taken to St. Paul's recently. Snacks have been collected for New Covenant summer Enrichment Program for Kids.

Fellowship: Cookies and lemonade were served on Father's Day. A Captains Game event is scheduled for Friday, August 18th. Fireworks will follow the game. A Square Dance is being planned for fall. A Men's

Luncheon is planned at Milano's at Cuyahoga County Airport for Friday, June 23rd. This may become a monthly event. Ten people are expected. A new member dinner will be held at the Swartz home on July 19th.

Communications: *Michael Lester* read a letter from Synod regarding a Global Mission Workshop on Saturday, August 12th from 9 - Noon in Cuyahoga Falls. The World Hunger Appeal will be discussed.

Courtyard: The order has been placed for the plantings and they will be delivered the first week of August. The deck will be finished. Grass will be planted after the Hillcrest Concert Band Concert on August 8th.

Check from Progressive Insurance: We have received a check in the amount of \$10,579.50 from Progressive Insurance representing matching funds for contributions made to Messiah by their employees during 2005. It was moved by *Elise Hassink*, seconded by *John Swartz* to put the \$10,579.50 into the Capital Reserve Fund. Motion approved.

Exercise Class: *Sue Joliat* has inquired about holding an exercise class at Messiah during the summer months Monday-Friday, 8:00-9:00 a.m.



SUMMER
WORSHIP SCHEDULE

ONE SERVICE

EACH SUNDAY

9:45 A.M.



Vacation Bible School Announcement **NEW DATES, NEW FORMAT!!!**

Due to the volunteer resource constraint, Messiah Lutheran Church will host Vacation Bible School on three consecutive Sundays rather than during the work week.

The new dates will be July 16, July 23, and July 30.

Why are we doing this?

Overwhelmingly, parents of children attending VBS wanted to volunteer but were unable due to work schedules. Given that more and more of us live in two-income households, it is becoming more difficult to recruit volunteers for this activity on weekday mornings. In an effort to accommodate working parents and ease the schedules of all families, we will host VBS during our regularly scheduled Sunday morning services.

Will this disrupt the normal worship service?

No. Here's how it will work:

- ⇒ Summer Worship Service will begin as usual at 9:45 a.m. with the opening in the sanctuary with everyone in attendance.
- ⇒ Pastor will dismiss all children and volunteers at 10 a.m. for VBS Bible Study while the remaining congregation continues on with the normal worship service.
- ⇒ At 10:45 a.m., all congregants are invited to join VBS for the remaining 1 hour and 15 minutes of games, snacks, crafts and fun activities.

What if I don't want to come to VBS at 10:45?

That's ok. Parents who choose to have their children in VBS but not participate may leave the Church and return for their children at 12 p.m. Adults who are not interested in attending VBS are not required to attend. However, we encourage everyone to participate if they would like to and the invitation is open for all ages.

How will this impact the children?

- ⇒ This is a great learning opportunity for kids. VBS teaches children about the life of Christ and gives them creative ways to discover the Bible.
- ⇒ Additionally, by using this format, we have the opportunity to involve more members of Messiah into the lives of our children in a family-friendly, intergenerational way that will add to their enjoyment of church.
- ⇒ And, for those children actively involved in summer sports programs and day camps, this format should alleviate some (probably not all) of the scheduling conflicts.

How much does it cost to attend VBS?

There is no fee to attend VBS; however, due to financial constraints we recommend a donation of \$5 per family to help defray the cost of art supplies and snacks.

How much does VBS cost the church?

Vacation Bible School is a budgeted Christian Education activity of about \$800.00. This is the largest Christian Education activity of the year in addition to Sunday School, the Christmas program and the Easter program.

How can I volunteer at VBS?

We need all of the volunteers we can possibly recruit to make Vacation Bible School really successful. Using this format, all adults and teens can participate and take an active role in the VBS experience.

Volunteers are needed for the following areas:

Snacks	Grades K - 2 Class Leader
Crafts and Decorations	Grades 3 - 4 Class Leader
Pre-School Class Leader	Grades 5 - 6 Class Leader

The curriculum and supplies have already been purchased. We need volunteers to help execute on each Sunday.

What if I can volunteer on only one or two of the three weeks?

No problem!! That's the advantage of trying this format. If you can volunteer on one, two or all three Sunday's that's great! This format allows us a larger volunteer base within the congregation.....so if you can't be here one Sunday, someone else might be.

Who do I contact if I want to volunteer?

Call Amy Kovach at 440-605-1959. Don't be shy.....and don't assume Amy knows that you would like to be asked to volunteer. Amy will coordinate each of the Sunday VBS dates will all of the volunteer schedules.

What is the theme of VBS this year?

This year's VBS is called "Treasure Cove: Discover the Riches of Christ." It is a fun, activity based, multi-media learning experience for children ages 3 and above. We will learn about Discovering Christ, Knowing Christ and Sharing Christ in our lives.

What about the Messiah Pool Party?

We will kick off our Treasure Cove experience with the Pool Party and Pot Luck supper at Mayfield Heights Community Pool on Saturday, July 15. The cost to attend is \$15 per family (to cover the cost of pool rental and life guards). We will supply hamburgers and hot dogs and drinks. Please bring one salad, side dish or dessert to share.

How do I sign up for Vacation Bible School?

Sign up for Vacation Bible School will begin June 18 and will be each Sunday up through July 16.

We ask that all adults and children that think they will attend one or more VBS sessions signs up so we can adequately prepare enough supplies and snacks for all attendees.

Or, you can call Amy Kovach directly (440-605-1959).

What if we'll miss one or two of the VBS Sessions?

That's ok! We'd love to have you or your children for one, two or all three of the sessions. Just let us know which Sunday's you plan to attend.

Will Nursery Care be Provided during Vacation Bible School?

Yes, we will have a staffed nursery care provider each Sunday for infants and toddlers.