

*Angel Food  
Ministries*

# Grace Note

Messiah Lutheran Church

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May, 2007

When I interviewed here at Messiah, I asked a question of the Call Committee. I asked them what Messiah is known for in the community. The truth is, that was a hard question to answer. We all know what a warm, loving community this is. But do folks outside our doors know? How do we impact the people of Lyndhurst? How do we reach out into the surrounding area in order to do the work of our Lord? Frankly this has been a challenge for us. I believe we have, in our hands, part of the solution.

Several months ago you probably started hearing about "Angel Food Ministries." This is a project on which our Social Ministry Committee has been working. I want to take a moment to share with you what I see coming from this.

As you may know, Angel Food Ministries is basically an opportunity to get groceries each month at a drastically discounted price. We have been going through the application process and training to become a "host site" for our community. While we build up to that, we have had to keep the project "in-house." Many Messiah members have benefited. While there is nothing wrong with our members getting a bargain, there is much more to this project than just saving ourselves money.

I see two compelling reasons to undertake this ministry. The first is the people it can help. In Lyndhurst, and in neighboring cities like South Euclid and Richmond Heights, we like to think that poverty is not a great issue. To some extent that is true, we don't suffer like Cleveland and some of the other inner-ring suburbs. I do believe, however, that there is a quieter suffering going on around us. This is the suffering of the single mother struggling to raise three kids while working full time at a low paying job. This is the suffering of an older person who is trying to balance medication costs with rent and food, and who doesn't know what to cut. I know that these people live in our communities. They aren't completely poverty stricken, but they struggle every day. Angel Food can help. For a low cost they can receive many more groceries than they could any other way. This can ease the financial burdens people face every day. Easing people's burdens and helping meet their basic needs is a goal worth pursuing. *(continued on the next page)*

***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*

Secondly, I see this as a benefit to our congregation. I envision one Saturday a month when people from all over the community gather at Messiah to take advantage of this important ministry. I see increased interest in our church, and the possibility of new members. I see people from all walks of life, people of different races, communities, and socio-economic status gathering together in God's house, while caring volunteers help ease their burdens.

When I say burdens, I don't just mean financial. One of the goals here is to get to know people. We can offer a smile, a listening ear, a needed prayer. We can reach people that we would normally never see, and we can share the Gospel with them through caring words and actions.

I see a day coming that people will no longer say, "Oh yeah, Messiah . . . aren't they next to Andy Chevrolet?" Instead they will say, "Yes, Messiah . . . that's the church that has that food ministry that helps so many people. You know the people there are really doing God's work!"

In order to make this vision a reality, we are going to need your help. The Social Ministry Committee isn't big enough to go it alone. We need volunteers willing to try something new. We need help picking up and dropping off boxes of groceries. We need help greeting people as they come into our church. We need help keeping track of orders and paperwork. We need you! If you want to help, please let **Lorie Marsalis** (our Social Ministry Committee chair), or me know. We have work for you to do.

Messiah Lutheran Church can be a place known throughout this community as a place where the people of God make a real impact

on people's lives. Let's work together to be "Christ-like examples to those whose lives we touch." Those aren't just words we say on Sunday, they are at the heart of our mission as Christ's workers in the Kingdom. You can be a part of making that prayer a reality.

In Christ's Name, *Pastor Fox*

- ☆ **THANK YOU TO** all of the students and members of our congregation who supported our **pretzel sales**. We raised \$307.14 which will purchase 15 flocks of chickens.
- ☆ Thank you to **Diana Fox** for the wonderful **Easter Program**. We all enjoyed the music and message. \$123 was received in offering which will be used to purchase snacks for New Covenant's summer program.
- ☆ Our **end of the year celebration** will be held on **May 20** during the education hour. Breakfast will be provided followed by awards given to our students, teachers and office staff. Please plan on attending with your child.
- ☆ **VBS plans** are in progress. We are still looking for a **CO-LEADER** with **Diana Fox**. Consider sharing your time with Messiah's terrific kids!



**ATTENTION HIGH SCHOOL SENIORS.** All Messiah graduating seniors, who are active in the church, are eligible to apply for and receive a \$100 scholarship. Pick up your application in the church office, complete it (including a short essay on what Messiah means to you) and return it to the church office by June 30, 2007.

**CONFIRMATION** - *Sunday, May 27<sup>th</sup>* is the Day of Pentecost. *Chris Halberg,*



*Kristen McTernan, and Vince Milner* will affirm their faith in the Rite of Confirmation. Pray for these young people so that we can be a

blessing to them and they can be a blessing to Christ's church.

**MANY THANKS** to those who contributed their musical talents to our Mid-Week Lenten services: *Elise Hassink, Nancy Pittard, Laurene Pride, Bonnie Voigt, Shirlie Wozniak, Alison Griffith, Carol Soltész, Nancy Durst, Jay Imel, Vicki Lester.*

**FAITH CIRCLE** will meet on *Thursday, May 17<sup>th</sup> at Noon.* Please bring a sack lunch. Dessert will be provided by *Janet Scott.* Pastor Fox will continue his Bible study on "Women of the New Testament."



**SISTERS OF THE VINE** will meet on *Thursday, May 3<sup>d</sup> at 7:00 p.m. at the church.* Messiah women (members and visitors) are invited to join us as we come together to grow in faith and fellowship!



Messiah women (members and visitors) are invited to join us as we come together to grow

**THE MEN'S LUNCHEON** will be held at noon on May 25<sup>th</sup> at Milano's (Cuyahoga County Airport on Richmond Road.) For information call *Tom Short* (216 291-0769.)

**MESSIAH'S MEN'S LUNCHEON**



**SINCE THE BOOK GROUP'S** April meeting was cancelled, the selection for May will be *Water for Elephants*, a Depression-era circus tale by Sara Gruen. The New York Times says, "You will be drawn into the world of ringmasters, elephants, and sideshows...and will also experience the world of nursing homes and old age." We'll meet Tuesday, May 8, at 7:00 p.m. in the Church Library.



**AMONG OUR MEMBERS**

♥ *Herman Treu*, our beloved choir director of 40 years, passed away on the Monday after Easter Sunday. His death was sudden and unexpected. A funeral service was held at Messiah on Saturday, April 14<sup>th</sup>. Herman had many wonderful gifts, not the least of which was a genuine personal warmth and love of people. His gift of music, both here at Messiah, and in the Mayfield School System, touched many lives. Herman's was a life well lived, and he will be sorely missed. Our prayers are with *Mariana* and his family.



♥ *Josephine Strom*, the mother of *Joe Strom* and mother-in-law of *Kathy*, died in her South Euclid home on April 11<sup>th</sup>. *Pastor Fox* conducted a graveside service on April 16<sup>th</sup> at Holy Cross Cemetery.


♥ Our congratulations to *Michael and Vicki Lester* on the birth of Jacob *Johnathon Wisselgren*, son of *Amanda* (Michael's daughter) and *Zack*, on March 19<sup>th</sup> in Canton, Ohio.

PLEASE KEEP IN YOUR PRAYERS: *Lisa Perry, Lawson and Phyllis Anderson, Ken Wilt, Barbara Budzinski, Adam, Alma Fanto, Avis Slaven, Theresa Hanson, Mary Ficken, Jack Ferree, Malcolm Hills, Anthony Insana, Rich Westover, Tim McLean, Frank Latkarski, Irene Milner, John McIntire, Arlene Cohen, Gary Sidle, Walter Schmidt, Douglas Schroyder, Mildred Wirth.*



deployed. Let us try to exceed our goal of 300 dozen. Thank you for your generosity.  
**Bette Schmidt, C.W.U. Representative**

**MARK YOUR CALENDAR!  
 SPRING WORK DAY  
 Saturday, June 2  
 WE NEED YOU!**



**MESSIAH  
 WORKDAY**

**UPDATE FROM SAL PEREZ** - *Sal* is doing well and his troop is out patrolling and working with the Iraqi police. He has already earned and received a Combat Action Ribbon. Still needed are white socks, canned ravioli, and such food items as chips, beef jerky, ramen noodles, "Easy Mac" or foods for the microwave, fruit cups, and any type of chocolate bars or foods with chocolate in them. Baby wipes (in small packages) equal a shower. We are meeting our goal of shipping one box per week and Sal and his friends are grateful for what we are doing. Notes of encouragement are always appreciated.



**IT'S U.S.O. COOKIE TIME!** In May, Church Women United will have their annual collection of cookies for servicemen. Please bring **store-bought or home made** (not frozen or Girl Scout) **cookies in either air-tight containers or in their original wrapping.** Label the containers with the number of dozens of cookies in them. Place them on our collection table outside the conference room (rear entrance) on **May 6, 13, and 20.** Please be generous as the need is greater this year with many more troops

**A CRUISE-IN** (weather permitting) is being planned by the Evangelism Committee on **Friday, May 25<sup>th</sup> from 5:00-9:00 p.m.** in Messiah's parking lot.

**ATTENTION GRADUATES AND PARENTS:** We would very much like to honor both our high school and college graduates this spring. High School graduates: please let us know their name, the school from which they are graduating, and any special information or future plans. College graduates: give us their name, the school from which they are graduating, their degree, and any other pertinent information. Thanks.

**LUTHERAN CHAPLAINCY SERVICE** will hold its annual meeting on **Sunday, May 6, 2007, at 2:30 p.m.** at Ascension Lutheran Church, 28081 Lorain Rd., North Olmsted. LCS continues to be blessed with new opportunities for ministry and enables chaplains to respond compassionately to those to whom they are called to serve. The highlight of the meeting will be the installation of chaplains who have joined the staff in the past year. If you are interested in attending please contact Jane Doherty at Lutheran Chaplaincy Service at 216.737.0800 Ext 202.

# ANGEL FOOD MINISTRIES

May 2007

**MAY REGULAR UNIT: ALL THIS FOR THE LOW COST OF JUST \$25.00**

- |                                   |   |
|-----------------------------------|---|
| (4) 5 oz. New York Strip Steaks   | (1) 4 lb. I.Q.F. Chicken Thighs*        |
| (1) 40 oz. Beef & Bean Burritos   | (1) 28 oz. Banquet Beef & Noodle Dinner |
| (1) 2 lb. Breaded Frying Chicken  | (1) 1 lb. Ground Beef                   |
| (1) 12 oz. Pepperoni Pizza Sticks | (1) 2 lb. Popcorn Chicken               |
| (1) 1 lb. Bean Soup Mix           | (1) 8 oz. Biscuit Mix                   |
| (1) 7.5 oz. Mac & Cheese          | (1) 12 ct. Corn Tortillas               |
| (1) 26 oz. Pasta Sauce            | (1) 16 oz. Pasta                        |
| (1) 24 oz. Hash Brown Potatoes    | (1) 16 oz. Mixed Vegetables             |
| (1) Dessert Item                  |   |

\* I.Q.F. - Individually Quick Frozen

**ONE OR MORE SPECIALS ARE AVAILABLE TO PURCHASE ONLY  
WITH THE PURCHASE OF A REGULAR UNIT**

## **MAY SPECIAL #1**

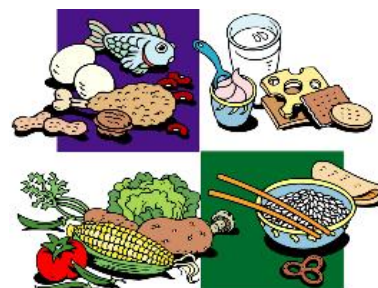
4 lb., Surf & Turf - \$18.00  
(1 2-lb. F.C. Breaded Shrimp, 4 8-oz. T-Bone Steaks)

## **MAY SPECIAL #2**

10 lb., Chicken Tenders - \$17.00

## **MAY SPECIAL #3**

5 lb., May Grill Box - \$18.00  
(2 8-oz. Ribeye Steaks, 2 8-oz. Sirloin Strip Steaks,  
4 4-oz. Bacon-Wrapped Pork Filets,  
4 4-oz. Steak Burgers, 1 1-lb. Italian Sausage)



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## **PLACE ORDERS:**

**SATURDAY, APRIL 28, SUNDAY APRIL 29 AND SUNDAY MAY 6TH.  
ORDERS MUST BE PAID FOR WHEN PLACED  
CASH OR MONEY ORDER ONLY.**

**PICK-UP DATE: SATURDAY, MAY 26TH, 11:00-1:00.**

**YOU MUST BRING A LARGE BOX TO PICK UP YOUR FOOD  
ANGEL FOOD MINISTRIES RESERVES THE RIGHT TO SUBSTITUTE  
ANY OF THE ABOVE ITEMS DUE TO AVAILABILITY, COST AND QUALITY.**

WWW.MESSIAHLYNDHURST.ORG

Check our website anytime  
for the current Grace Note  
and updated Messiah Calendar.

**SPEAKING OF THE GRACE NOTE** - We are looking for someone to step into the role of editor and formatter of our monthly newsletter. The *Grace Note* is currently prepared using Word and utilizes clip art from a very user friendly on-line source. Articles and information are provided via email from the church office. While you may continue to use the current format, you are welcome to create a new one with which you might be more comfortable. If you think God may be calling you to this ministry, please call *Peg* at the office, (440) 442-6941. If you have questions about preparation, etc., and would like to talk with Toni, feel free to call her at (216) 381-3199. Files from previous years' editions are available to assist you.



## Grace Note

### WELLNESS NOTE

Integrative Insights:

#### ***CUP OF GREEN TEA, ANYONE?***

Although all of the benefits of green tea haven't been proved, it does appear to have some medicinal qualities. And it doesn't pose serious side effects. Drinking green tea possibly may help reduce the risk of various cancers. It is also linked to lower blood cholesterol and triglycerides. And it

may help prevent or delay the onset of Parkinson's disease. Research on the tea's benefits is continuing and we hope to know more in the near future.

What the research says? Here's what some studies have found:

***Cancer Prevention:*** Studies have examined the relationship between green tea drinking and the prevention of various cancers, including cancers of the digestive system, prostate, cervix and breast. Much of the research suggests green tea may possess cancer-protective qualities, but it's unclear whether other lifestyle factors may play significant, if not greater roles. Further-more, large daily consumption of tea may be required for a relatively small benefit. Green tea doesn't appear to be of benefit in treating cancer.

***Longevity:*** A 2006 study involving 40,000 people in Japan found the more green tea people drank, the longer they lived. Cardiovascular disease was significantly less common among those who drank more than five cups a day.

***Obesity:*** Small trials have looked at the association between green tea consumption and weight loss or maintenance. More research is necessary to make any recommendation.

***GENERALLY, THE LESS PROCESSED THE TEA LEAVES ARE, THE STRONGER THE TEA'S ANTIOXIDANT PROPERTIES. TO FIND THE GOOD STUFF, CHECK OUT ASIAN GROCERY STORES OR SPECIALTY SHOPS.***

Excerpted from the new book, *Mayo Clinic Book of Alternative Medicine*, edited by *Brent Bauer, M.D., Mayo Clinic*.

Submitted by ***Peg Wilt and Kathy Strom***,  
Wellness Co-chairpersons, ***Nancy Coleman***,  
Secretary



## MARCH AND APRIL 2007

March 20, 2007

**Pastor's Report:** *Pastor Fox* reported that he made five hospital visits, five home visits, and had three visits in the office. He led a Youth Group meeting, helped out with the Angel Food Ministry distribution, and conducted Wednesday night Lenten worship and dinners. He requested vacation days on April 11 and 12.

**Treasurer's Report:** *Chris* reported a Net Income gain at the end of February of \$1,512. A boiler repair of \$580 was taken out of Capital Equipment.

**Property Committee:** The coffee pot in the library was repaired. An electrician has located a socket that will fit the fixture in the sanctuary that is not working and it will be repaired after Easter.

**Christian Education:** The Sunday School raised \$203 selling pretzels. Matching Funds from Thrivent will be used to ship supplies to *Sal Perez's* unit in Iraq. Five boxes have been shipped to date. The Sunday School Easter Program will include an offering which is being taken in lieu of Lenten coin folders. The last day of Sunday School will be May 20.

**Youth:** The group's next meeting will be at *McTernan's*.

**Evangelism:** A "cruise-in" is being planned in the Spring. The congregation needs to be reminded to wear their name tags. A class

of new members will be received after Easter.

**Social Ministry:** The Lenten food drive is in progress; Easter Lilies will be distributed to shut-ins; and the Cantata will be recorded (instead of the Easter Service) and delivered to shut-ins. People are needed to help cut coupons.

**Fellowship:** The Lenten dinners are going well with 60-70 people attending. *Terry Trentini* is suggesting the possibility of a golf outing.

**Communications:** *Robin Brown* from New Covenant visited *Pastor Fox* to express gratitude for everything Messiah does for their program.

**Council Vacancy:** At the suggestion of the Executive Committee, it was moved by *John Swartz*, seconded by *Sue Joliat*, to appoint *Carla Wollens* to replace *Charlotte Miller*, who resigned from Council. Motion passed.

**Easter Offering Envelopes:** *Elise Hassink* suggested that it be announced in the bulletin that financial gifts placed in Easter Offering Envelopes will be divided between New Covenant Lutheran Church, Trinity Lutheran Seminary, and Lutheran Chaplaincy Service, and that pledge gifts should be placed in the regular April 8<sup>th</sup> offering envelope.

April 17, 2007

**Pastor's Report:** *Pastor Fox* reported that he made three hospital visits, seven home visits, and had nine visits in the office. He conducted three First Communion Classes. He requested a week's vacation from June 23 to June 30, and a two-week vacation from July 24 through August 7.

(continued - next page)

**Treasurer's Report:** *Chris* reported a Net Income gain at the end of March of \$31. In March \$13,496 was received in pledges, compared to \$15,838 in February.

**Property Committee:** The Spring Work Day has been scheduled for June 2. *Kurt Maharg* was able to repair the dishwasher. A new garbage disposal is needed. The poor condition of the floor in the back hallway was discussed. For the present, runners are the least expensive solution. We need to begin thinking about a permanent solution.

**Christian Education:** \$307.14 was the total raised by the Sunday School selling pretzels. This amount will purchase 15 flocks of chickens. The Sunday School Easter Program offering was \$123, which will be used to purchase snacks for the New Covenant summer program. Matching funds will be used for shipping boxes to *Sal Perez's* unit in Iraq. A Sunday School email address will be established and will be [sundayschool@messiahlyndhurst.org](mailto:sundayschool@messiahlyndhurst.org).

**Youth:** The group met at *McTernan's* last Saturday, April 14. May 20 will be Youth Sunday. The LYO is looking for a local service project this summer. Between six to nine youth have been attending the meetings.

**Worship:** There has not been much interest in signing up for Nursery duty. Perhaps a nursery is not needed or wanted.

**Evangelism:** A "cruise-in" is being planned for May 25, weather permitting, from 5:00-9:00 p.m. in our parking lot.

**Fellowship:** The profit from the Lenten dinners was \$278.83. The committee is recommending that the money be applied to the purchase of a garbage disposal. A golf

scramble is being planned for August or September.

**Other Reports:** We have a new Phone Tree. It is a much better system than our old one. We will need a separate computer, which will be donated, to run this Phone Tree.

**Choir Director:** *Vicki Lester* has agreed to be Acting Choir Director, following the death of *Herman Treu* and will be paid per event. The constitution states that the Worship Committee is to recommend individuals to be employed by the Council as Choir Director, and the Council shall be responsible for the appointment of salaried lay workers.

**Safety:** Safety issues have been discussed at Christian Education meetings: teacher screening, emergency procedures, fire safety, etc. It was moved by *Chris Butler*, seconded by *Tom Short*, to appoint an Ad Hoc Committee to address safety issues in the church and to bring recommendations to the Council. Motion approved. *Chris Butler* agreed to chair the committee.

