

Messiah Lutheran Church  
5200 Mayfield Road  
Lyndhurst OH 44124  
440-442-6941  
The Rev. Thomas Fox

office@messiahlyndhurst.com  
pastor@messiahlyndhurst.com  
www.messiahlyndhurst.com

# Grace Note October, 2007

It was in 1978 that the green book (The Lutheran Book of Worship) was introduced. Now 29 years later, a new book is ready to make its debut. It is red (cranberry), and is called "Evangelical Lutheran Worship," or "ELW" for short. Many of our Synods congregations have been using this resource with great success.

What will we find in this new resource book? Well, a lot of what we had in the green book and more. The green book settings for worship that are typically used, settings 1 and 2 are in the new red book, plus 8 additional settings. We can easily do the same settings we are doing now in the LBW while we learn the ins and outs of the new book. Our organist has gone through the settings that are new and has found some really wonderful stuff. It will truly broaden our horizons, while at the same time keeping us rooted in the liturgical forms we are familiar with.

What about hymns? Well, 53% of the hymns in the ELW are from the LBW. 20% are from *With One Voice*. 21% are new hymns and songs. 6% are from *Libro de Liturgia y Cantico*, *This Far by Faith*, *Worship & Praise* and other sources. You will find that most of your favorites are still there to enjoy.

This new worship resource offers us many more options. More hymns, more worship settings, more prayers and the entire set of Psalms is included. (Did you ever notice that the LBW doesn't have them all?) There is also beautiful artwork throughout the book. They have put much more material into a book that is roughly the same size as the LBW by using a new kind of paper. It truly is an impressive package.

Messiah is moving towards adopting this new book into our worship services. The Worship committee has been discussing it at length and many attended a half day seminar on the details of ELW. We have decided the best way to fund this new book is through individual church members purchasing them in memory or in honor of someone they care about. You can also buy as many as you want as a gift to the church. **The purchase price for one book is \$20.00. Stickers will be placed into the books to remember the people you have purchased these in memory of or in honor of.**

**Beginning October 14<sup>th</sup> you will be able to purchase books after both church services. The sale will run through December 2<sup>nd</sup>. You may also send in checks to Messiah with the information regarding memorials included.** Our goal is to usher in the new year with a new worship book.

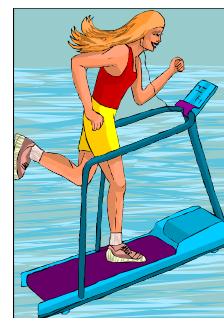
Each family is encouraged to buy at least enough books for their family to use. You can, of course, buy as many as you want. It truly is a powerful way to remember someone you care for.

This is an exciting new opportunity for us. I know it's change, and change isn't easy. I do, however, believe it is time. The church must grow with the times in order to reach people for the Gospel. This book offers us a way to do that while still respecting the traditions that make Lutherans unique. The people who put this book together really did their homework. It shows in a book that is beautiful and accessible to old and new Lutherans alike.

## WELLNESS NOTE

### ***Aim for an ACTIVE AUTUMN***

For many people, summer is filled with activity – from biking and hiking to camping and gardening. But when autumn arrives, physical activity levels often fall off as work and school schedules pick up. If you find yourself becoming less active as the seasons change, maintain your exercise program with these tips.



**Prioritize exercise.** Your schedule may be picking up but that doesn't mean

your exercise program has to take the hit. Schedule workout times just as you do any other important appointment.

**Enjoy the season.** Many fall-related activities, such as raking leaves, winterizing your home and car, and viewing the changing foliage during a hike, are also healthy for your body.

**Take it inside.** Some of your favorite outdoor activities can be done inside. For instance, jog on a treadmill or swim at an indoor community pool.

**Dress for the cooler weather.** Layers can be comfortable. You're more likely to keep up with your program when you're comfortable.

**Get with the group.** Exercising with a partner or group not only makes exercise more fun but also can offer a further boost to stay active.

**Keep an exercise journal.** Tracking your progress can increase your sense of accomplishment and encourage you to keep moving.

**Try something different.** Try new activities to put the pizzazz back in your program. Take a martial arts class, buy a salsa dancing exercise video, or join a local volleyball league.

**Consider joining a health club.** Look for a facility with a variety of classes and equipment. A convenient location and professional staff also can be important.

**Write a motivational list.** Remind yourself why you want to continue your exercise program. Write down as many items as you can think of, such as "To have more energy," "To sleep better," or "To reach or maintain a healthy weight."

Source: Mayo Clinic Health Quest, September 2006

Submitted by Peg Wilt and Kathy Strom, Wellness Chairpersons, Nancy Coleman, secretary

## **Thanksgiving Food Drive October 14 through November 18th**

The Congregation is asked to bring in items for New Covenant Hunger Center. Canned food and household cleaning supplies are needed. No perishable items, outdated products or glass containers please.

There is also special need for canned green beans and turkey gravy to be served at a community Thanksgiving dinner.

Delivery will be Monday, November 19th.



---

## Homelessness in Our Area

Did you know that every year 26,000 people in Greater Cleveland experience homelessness? On any given night there are 4,000 people without a home in our area. Homeless families make up 40% of all homeless people.

The Interfaith Hospitality Network (IHN) of Greater Cleveland is a network of 56 congregations that provide shelter, meals, and support to homeless families. Bethlehem Lutheran Church in Cleveland Heights is a part of the IHN and they will be hosting families October 7-13. On Wednesday October 10<sup>th</sup>, Messiah's Social Ministry Committee will be a **Meal Host**, providing dinner for the guest families at Bethlehem Church. Our Committee is looking for **Activity Hosts**, volunteers to hang out with guest families, play with guest children, and help with homework following our meal. This is only a two hour commitment from 7-9 pm on October 10<sup>th</sup>. Anyone interested in helping as an activity host or a meal host, please call Jill Levine (440) 720-0575 or Lorie Marsalis (440) 442-5931 for more information.

---

## Mark Your Calendars: **October 14 is Health & Wellness Sunday**

The Social Ministry Committee is trying something new this year. Once a year we plan to have a special Sunday, a Sunday when we will focus on an issue important to ourselves, our congregation, and our country. Health and wellness was selected this year, and we have many things planned.

The children's Sunday School will focus on God's will for each of us to be whole and healthy and the parable of the *Good Samaritan*.

The adult Sunday School program will feature a powerpoint presentation on *Health Care for All, A Matter of Love and Justice* led by Jill Levine. Our ELCA advocacy for health care system reform and the Church Women United's resolution on Universal Health Care will also be discussed.

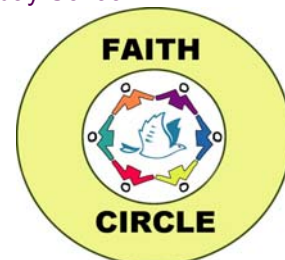
Coffee hour will feature healthy foods, a display on cutting-edge health technologies, a wellness information table, blood pressure checks, and a stroke prevention powerpoint given by Michael Anderson.

---

**PLEASE PRAY** for Irma Hiner, Lynne Nuss Laurich, Meredith Moore, Nicole Joliat, Lawson and Phyllis Anderson, Ken Wilt, Barbara Budzinski, Adam, Alma Fanto, Jack Ferree, the Murawski family, Paul Bright, Robert Bruch, Donald Kalvesmaki, Baby Nicholas, Arlene Cohen and family, Jeff Moser, Fabian Munof and wife, Nathaniel and Lolitha Chikkala and Pastor George Murdough, Michael and Martha Bretz, Robert Jacobs.



**FAITH CIRCLE** will meet on Thursday, October 18<sup>th</sup> at noon. Please bring a sack lunch. Dessert will be provided by hostess Emilie Quellmalz. Pastor Fox will continue to lead a study of "Women of the New Testament." We will be working on Christmas gifts for the Sunday School.



**COLLEGE ADDRESSES.....**If you would like your college student to receive the Grace Note each month, please e-mail, call the office, or leave the address in the office on Peg 's desk.

## OCTOBER BIRTHDAYS

- 1 Justin O'Connell  
Linda Krahl
- 2 Susan Milner
- 3 Kyle Roth  
Kurt Treu
- 4 Jack Kuster  
Herb Scott
- 5 Kelsey Csumitta  
Lisa Perry
- 7 Bethany Hassink
- 11 Lynette Trentini  
Roger Zimmerman
- 12 Pastor Fox  
Kari Jennings
- 13 Jason Argo  
Vaughn Wingfield
- 14 Shaun Csumitta  
Kelly Lucas  
Loren McDicken
- 15 Leah Fox
- 17 Kevin O'Connell
- 18 Kristen Argo
- 19 Stephanie Lamb
- 20 Joseph Miele
- 22 Palmer Moore
- 23 Sal Perez  
Bailey Swartz
- 24 Cheryl Velotta
- 26 Jen Butler  
Vince Cannata  
Kathy Morrison
- 27 Brian Jackson
- 29 Erica Hassink
- 30 Lana Beucler
- 31 Stephen Trier



**THE MEN'S MONTHLY LUNCHEON** will be held on October 26<sup>th</sup> at Milano's Restaurant, located at Cuyahoga County Airport on Richmond Road.

## MESSIAH MEN'S LUNCHEON



**THE BOOK GROUP'S** October 9<sup>th</sup> selection is *China Road*, by National Public Radio China correspondent, Rob Gifford. He journeyed for six weeks on China's Mother Road, Route 312, from its beginning in Shanghai for nearly 3,000 miles to a tiny town in what used to be known as Turkestan. Along the way, Gifford meets entrepreneurs hoping to cash in on China's growing economy, citizens angry and frustrated with government corruption, older people alarmed at changes in Chinese culture and morality, and young people uncertain and excited about the future. Please consider joining us at 7:00 in the Church Library.



**TRUNK OR TREAT** will be held on Saturday, October 27<sup>th</sup>. Cost will be \$5.00 per car and candy for the Trick or Treaters. Bring your friends and enjoy games, crafts and decorate your car trunk for this fun-filled event. Proceeds will completely support our Christmas family from the South Euclid -Lyndhurst City Schools.

## COUNCIL MEETING - September 18, 2007

**Pastor's Report:** Pastor Fox reported that in August he was on vacation the first week. He made 8 home visits, 3 hospital visits, and had 4 visits in the office. He participated in the Rummage Sale and Golf Outing.

**Treasurer's Report:** Chris reported that income in the month of August was \$20,000, expenses were \$15,000, resulting in a lowered deficit

**Property Committee:** New carpet has been installed in both offices and two new desks purchased. Most of the money in Pastor Cline's memorial fund was used to pay for the carpet. Another large donation was received to the Cline memorial which will be used to refurbish the office. A printer/copier has also been donated.

**Christian Ed:** Sunday School opened with 5 or 6 new children. Substitute teachers are needed and leaders for the Christmas and Easter programs. Committees should submit information in writing regarding their wants and needs for the Media Center by October 1st. Trunk or Treat is planned for Saturday, October 27<sup>th</sup>. All committees should be involved. Proceeds will be used to support a family in the SEL school district at Christmas.

**Worship:** Regarding the purchase of the new hymnals, members will be given an opportunity to purchase the books mid-October through December 1<sup>st</sup>. The Synod has plaques for the books. Cost of each hymnal is \$20. 330 copies are needed. With One Voice books will be kept and the green books replaced.

**Evangelism:** The committee greeted the new members (6) and provided a cake reception on August 26<sup>th</sup>.

**Social Ministry:** 36 units plus specials have been ordered for Angel Food Ministry food in September, 67% from outside our congregation. The Interfaith Hospitality Network provides shelter, meals and support to homeless families. We are helping at Bethlehem Lutheran Church with a meal on Wednesday, October 10<sup>th</sup>. October 14<sup>th</sup> has been designated Health and Wellness Sunday. We are again selling Entertainment Books to benefit Lutheran Chaplaincy. The Thanksgiving Food Drive for New Covenant starts October 14 and ends on the Sunday before Thanksgiving.

**Communications:** Lutheran Outdoor Ministries is looking for donations for their summer camps. The Synod is \$98,000 below budgeted income and needs support. Messiah is fulfilling Synod's request by tithing special gifts and giving the lump sum to Synod, rather than to individual ministries. However, individuals are encouraged to give special gifts directly to various agencies such as LOM.

**Air Conditioning:** \$4,700 of the \$10,000 needed has been committed for air conditioning.

**Policies and Procedures – Providing a Safe Place for All Children and Adults:** Following a discussion and clarification of the document, it was moved by Chris Butler, seconded by Elise Hassink to accept the document as presented. Motion passed.

**Archivist:** Mary Lou Bregitzer has agreed to organize the archives. She will begin by taking inventory.

**Folding Tables:** Lee Pittard received a suggestion that we begin a campaign to replace the aging folding tables in the fellowship hall with new plastic folding tables. We need 30 tables at \$50 each. It was decided that the Stewardship and Property Committees should decide whether we should fund individual projects or establish a capital improvement fund for the many projects that need attention.

**KIDS HELPING KIDS** will be collecting **MEN'S TOILETRY ITEMS** beginning September 16<sup>th</sup> through October 14<sup>th</sup>. Put your purchased items in the big basket in the lobby.



**OPERATION CHRISTMAS CHILD** collection begins on October 21<sup>st</sup> through November 19<sup>th</sup>. We will pack the shoe boxes on November 18<sup>th</sup> during class. Put your purchased items in the big basket in the rear entrance.



### **AMONG OUR MEMBERS:**

**NEW ARRIVALS:** **Greg and Sarah Link** were blessed with their first baby, a girl on Labor Day, September 3<sup>rd</sup>. **Chloe Alanna Link** entered the world weighting 8 lbs, 3.4 oz., 22 inches long. All are fine.

**Chris and Amy Kovach** welcomed **Lacey Josephine** on Sunday, September 23<sup>rd</sup> at 10:15 a.m. Lacey arrived safely weighing 7 lbs., 6-oz. and was 21 inches long. She arrived safely and we are told that Leah and Lindsey seem to have already coached her in using sleep deprivation as a tool and will no doubt continue to give her life-long consultation on the finer points to work over Mom and Dad.

**THE NEWEST MEMBER OF MESSIAH** is **William Thomas Butler**, born July 12, 2007, son of **Jen and Chris**, who was baptized on Sunday, September 23<sup>nd</sup>. His sponsors were Ryan Macy and Julie Pieri.

**NEW MEMBERS.....**On August 26<sup>th</sup> we received into membership **Greg and Sarah Link, Stephen and Lyn Trier, and Roger and Mary Zimmerman**. Take time to welcome them into Messiah's church family.

**Winifred P. Kerr** passed away at age 93, on September 5<sup>th</sup> at Blossom Hill Nursing Home. She was a member of Messiah for 67 years, having joined our congregation on December 1, 1940. Pastor Fox conducted a memorial service for her on Saturday, September 22<sup>nd</sup>.

**OUR SYMPATHY** to the family and friends of **Avis Slaven**, mother of **Karen Zak**, who died on August 29<sup>th</sup>. Condolences to **Nils Pearson** on the loss of his brother **Peter Pearson**. Remember also **Loretta Schaefer**, mother of **Mary Short**, who is the daughter-in-law of **Tom and Phyllis Short**. Other recent deaths were **John Brenner**, stepfather of **Michael Lester**, **Mary Ficken**, who attended church at Messiah, and **Gladys Liss**, mother-in-law of **Karen Dickerson**. Please keep these friends and families in your prayers.

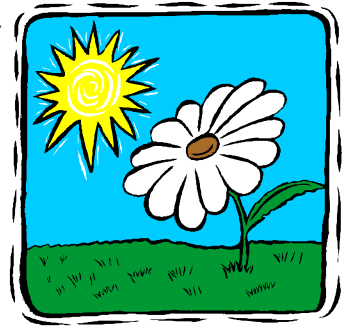
**OUR SYMPATHY** to the **Jeppe Family**. Within a week **Chris** lost his grandfather, and **Jill** lost her grandmother. Please keep this family in your prayers.

**THANK YOU, "FAMILY OF MESSIAH" from Karen Zak**. Your support, prayers, and Christian Love have been greatly appreciated over the past year for her mother, **Avis Slaven**, and for **Karen, and Mike**. It has provided much comfort and peace

*My family and I would like to thank the members of Messiah for the honor of having the new courtyard named in memory of Ralph.*

*We all were hoping for some kind of outside memorial in his name. The courtyard is perfect.*

*Our thanks to Jerry Wantz and David Stefancin, from The Lake View Cemetary Association, for their help in making the beautiful bronze plaque a reality. It is more than we ever dreamed of.*



*Our thanks also to all the people who donated their time and money to make the new courtyard a reality.*

*Last but not least, our thanks to Pastor Fox for all his kind words on Ralph's behalf.*

*Nancy Reichenbach and Family*

**NEEDED BY THE SUNDAY SCHOOL....**The Sunday School needs three new or gently used area rugs for the children to sit on – two 12'x14' and one 5'x8'.

**HYMNFEST RETURNS IN NOVEMBER!** Northeast Ohio's Lutheran musical event returns on **Sunday, November 4 at 7 pm** at Severance Hall. Join with more than 1,000 area Christians for an evening of fellowship, song and faith. Musical guest this year is the Chapel Choir of **Wittenberg University** under the direction of Dr. Donald Busarow. The theme for HymnFest is "Sing with All the Company of Heaven." Tickets are \$15 per person and may be purchased at Severance Hall or by calling 216 231-1111 or 800 686-1141. The event is coordinated by Building Hope in the City to benefit urban mission and ministry.



**THANK YOU** so very much to the following people who contributed the special music this summer to enhance our summer worship services: **Irene Rogner, Alison Griffith, Shirley Drotleff, Hannah Imel, Jay Imel, Rachel Imel, Nancy Durst, Nancy Pittard, Bonnie Voigt, Shirly Wozniak, Esther Hodgkinson, Paul Lawrence, Rick Quellmalz, Eileen Thompson, Jim Mikolich, Jill Levine, Phil Skaggs, Chris Butler, Vince Milner, Vicki Lester, Laurene Pride, Tom Griffith, Bailey Swartz, Nick Bradach, Anna Fox, and the Vacation Bible School Singers.**

**A NOTE OF**



**Messiah Lutheran Church**  
5200 Mayfield Road  
Lyndhurst OH 44124

Return Service Requested

NON-PROFIT ORGANIZATION  
U.S. POSTAGE  
PAID  
CLEVELAND, OHIO  
PERMIT NO. 1317

**Dated Information**  
**Please deliver by**  
**October 1, 2007**