

## Messiah Lutheran Church

5200 Mayfield Road  
Lyndhurst OH 44124  
440-442-6941

office@messiahlyndhurst.org  
pastor@messiahlyndhurst.org  
www.messiahlyndhurst.org

# Grace Note, August, 2008

### *From the Pastor*

By now most of you have heard about our Bishop Elizabeth Eaton. I have been at several functions to watch her in action and I have to say that I am very excited about what she brings to our Synod. She has a contagious energy and personality, and a refreshing habit of calling it as she sees it.

Usually in this space I try to put a few of my thoughts down for you to take a look at. This time, however, I want to let our Bishop speak. This was her July 2008 letter that is available online and was sent to our church office. I realize few of you get to read this, and I liked it so much I wanted to share it with you:

*"This past April I participated in the synod's health screening. For only \$25 I was weighed, measured, stuck and counseled. The synod staff went through the same procedure and we all anxiously awaited the results. They came a week later in sealed envelopes. We opened them with the same trepidation and excitement as hosts on the Academy Awards. I was not a winner. There, in my hands, was proof that I was middle-aged - cholesterol, weight, blood pressure, body mass index - the numbers were irrefutable.*

*It is amazing how easily I was able - up until that point - to cling to a flawed, but preferred, self image. Numbers in hand I took a close look at myself and realized that I had, ah, settled. I had settled into habits that had led me to get out of shape and, at the same time, to accept the shape I was in as natural and even preferred. I could explain it away as being more "substantial." My blood pressure was just an indication of the pressures of my position in the world. I could almost talk myself into a bizarre sense of victimhood AND superiority. Fortunately, the parish nurse who did the counseling at the screening told me in more nuanced medical terms - baloney! Mary Ann Schwabe put all of us on a strict exercise regimen at the office.*

*I think the church has settled into middle age. We've grown comfortable with the way we do things. We expect a degree of respect that should be granted to the "substantial." We justify (the use of the word is intentional) our uneasiness and even, in some congregations,*

*our siege mentality by saying that the world doesn't get us. We are surrounded by a culture of scarcity and fear and we have allowed ourselves to be conformed to that world and in our self justification we hold on to that sense of victimhood and superiority. Baloney!*

*But recently I have caught a glimmer of hope in our synod. There is still some fight left in us. When I meet with church councils I hear them say that they can no longer exist just for themselves, they must find ways to serve their neighbors. When I have asked the question "What difference does your congregation make in your community - what is unique about you?" some councils have taken a good hard look at themselves and have answered honestly "I don't know." That is a hopeful sign. Those councils have realized that they have "settled," that they have grown comfortable with the way they look and with how they do things. But now they are willing to begin the hard work of getting in shape.*

*In last month's unified mailing I wrote that we had come to a kairos moment. I believe that. God has handed us the envelope with all of our test results and is waiting for our response. Do we settle or do we strive?"*

Do we settle or do we strive? That question has been on my mind since I read this. I think each of us has to answer this one for ourselves and for our congregation. Our spiritual leader has issued a challenge to us all. How we answer it will determine whether we make a difference in the world or not. So we settle or do we strive? Think about it.

Pastor Fox



## Remember *in* Prayer

PLEASE PRAY for PLEASE PRAY for Keith Janzen, Chris Nuss, Mary Lou Bregitzer, Tom Short, Carol Lindeman, David Phoenix, Phyllis and Lawson Anderson, Barbara Budzinski, Adam, Alma Fanto, Jack Ferree, Paul Bright, Murawski Family, Jeremy, Gladys Elliott, Douglas Schroyer, Judy Robards, Harold Bode.

**THE MEN'S LUNCHEON** will be held at noon on Friday, August 22<sup>nd</sup> at Milano's (Cuyahoga County Airport on Richmond Road.)

### AUGUST BIRTHDAYS

1	Sue Howe	20	Greg Link
3	Lynne Laurich	20	Tyler Faarkas
4	Brian Buemi	20	Eddie McTernan
4	Audrey Dlugosz	20	Kristen McTernan
5	Robert Reichenbach	21	Dick Hansler
5	Darina Sheridan	21	Shirlie Wozniak
9	Ricky Rozewski	23	Susan McDicken
10	Eric Bower	23	Terry Trentini
10	Tom Griffith	24	Myriam Neil
10	Hannah Imel	27	Kris Frelich
10	Emilie Quellmalz	27	Bill Zeitz
12	Darla Beckman	28	Donald Dalessandro
13	Diane Herold	29	Jimmy Katlen
14	Libby Treu	30	Carla Wollens
19	Thomas Neil	31	Erica Brunton
19	Lee Pittard	31	Abbey Fox

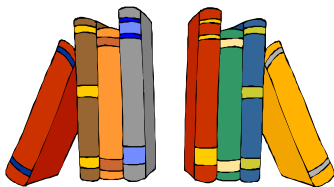


**MESSIAH  
BIRTHDAYS**

**OUR SECOND ANNUAL RUMMAGE, BOOK AND BAKE SALE** will be held Thursday and Friday, August 7<sup>th</sup> and 8<sup>th</sup> (8am – 6pm), and Saturday, August 9<sup>th</sup> (10am – 3pm). Drop off of items for sale ends Wednesday, August 6<sup>th</sup>.

### ATTENTION VBS DONORS

If you loaned us items for VBS and have not picked them up, please do so immediately from the classroom across from the fellowship hall so that they do not get mixed up and sold with the Rummage



**THE LITERARY LADIES BOOK GROUP** will meet on Tuesday, August 12<sup>th</sup> at 6:30 p.m., at the home of Phyllis Short to watch the film, *The Kite Runner*, based on the best seller by Khaled Hosseini, a favorite selection from the past.

**ALL ARE INVITED TO NEW MEMBER DINNER - Croquet, Bocci Ball, Food & Fun**

Everyone is invited to the New Member Dinner to be held at Messiah on Saturday, August 23<sup>rd</sup> at 4:00 p.m. You may bring your favorite potluck dish to share, but it is not required. All are invited to come and meet our newest members and welcome them to our church, make new friends, and enjoy the company of fellow members. A sign-up sheet will be posted on the bulletin board outside the sanctuary so we may know how many to plan for. Looking forward to seeing you all there. – Lee and Nancy Pittard

**LOOKING FOR A CREATIVE OUTLET?**

Jane Nied and Carla Wollens are forming a group to make cards for church members. It's a great opportunity to meet new people., get to know others, and explore your inner creative self! Beginners are welcome, rubber stamp art is easy and fun, but adults only please. If you are interested, please call Carla 440449-2623.



**ARE YOU HEADING TO THE DOCTOR'S OFFICE?** Need something to read while you wait? Pick up a copy of the *Lutheran Digest* in the magazine racks located in the sanctuary and near the rear entrance. When finished reading, please leave it for another to enjoy.

**SUNDAY SCHOOL NEWS**



**RALLY DAY IS SEPTEMBER 7TH.** This will be the last summer service at 9:45 and will include Teacher Installation. After the service, join the Christian Education and Evangelism committees for lunch.

**LYNDHURST HOME DAYS PARADE.....**We are looking for a truck and/or trailer for the Lyndhurst Home Days parade. Our Sunday School children and staff will decorate the truck and/or trailer with items from VBS. Then they Will ride in the "float"/truck while distributing candy to onlookers. If you can assist, please contact Irene Rogner, Sharon Stork or Sue Joliat. Bring your lawn chairs and watch the parade from Messiah's front lawn, or join the parade with all the other "kids". The parade kicks off at 1:00 from Brush High School.

**SUNDAY SCHOOL BEGINS ON SEPTEMBER 14<sup>TH</sup> FROM 9:45 – 10:45.**

**TEACHERS NEEDED:** We need a permanent substitute for the Pre-K class as well as a team teacher for the 4th and 5th Grades from January - May. Additional adults are needed as helpers in each classroom. Contact Cheryl Moser, Jill Jeppe or Sue Joliat to ensure a quality Sunday School experience for our children - TAKE THIS OPPORTUNITY TO GET TO KNOW OUR KIDS - THEY ARE GRRRRRRRRRRREAT

**ATTENTION COMMITTEE CHAIRPERSONS.  
2009 BUDGETS ARE DUE BY THE END OF AUGUST.**



**GETTING TO KNOW LUTHERAN METROPOLITAN MINISTRY**

**Long Term Care**

Adult Guardianship Services (AGS) provides legal guardians to serve as concerned, caring advocates and surrogate decision makers for indigent, incompetent adults. Services to Adult Care Homes provides education and support for group home operators and their residents to encourage a more caring, competent, safe and cooperative living environment. Anyone interested in volunteering for AGS call 216 696-1132.

**NO ENTERTAINMENT BOOKS FOR SALE THIS YEAR AT MESSIAH**

Due to the increased availability of Entertainment Books in the community, sales have decreased dramatically. Lutheran Chaplaincy Service has decided not to sell the 2009 Entertainment Book. Thank you to all who have supported the sale of the books here at Messiah. – Phyllis Short



**ALEXA CAROLINE SUMMERLOT** received the Rite of Holy Baptism on Sunday, July 13<sup>th</sup>. She was born December 20, 2007, the daughter of Charles and Amy Summerlot. Her sponsors were Sarah and Ryan Wilkins.

**CONGRATULATIONS to Halle and Ted Rengers** on the birth of their son, **Aiden** on July 2. Halle and Ted and Halle's mother, Leslie Hurwitz, recently joined our congregation by letter of transfer. We welcome them into our family.

**PAPER RECYCLING BIN.....**You will notice that the Abitibi Paper Retriever has been placed in the far corner of our parking lot, next to Motters, for use by the neighborhood as well as Messiah people. Savings from recycling one ton of paper: 4,102 kwh less Electricity, 60 lbs less Air Pollution, 7,000 gallons less of Water. Recycle at Messiah. The bin holds one ton of paper. Every time it is emptied, Messiah receives \$15.00.

**Accepted Items:**

**Newspapers**  
**Magazines**  
**Shopping Ctalogs**  
**Junk Mail**  
**Office & School Papers**  
**White Envelopes – With and Without Windows**

**Items Not Accepted:**

**NO Cardboard**  
**NO Cereal/Soda Cartons**  
**NO Food Wrap/Containers**  
**NO Tissue Products**  
**NO Phone Books**  
**NO Plastic**  
**NO Glass**

## Wellness Note

### FINDING YOUR PATH TO PEACE

The meaning of the word peace stretches from living in a time that's free from war to having inner serenity. Some people believe that global peace begins with individuals. As a bonus, a focus on personal peace may help you reduce stress and improve your health. To help build your inner peace, consider these ideas....

#### **Peace within you**

Different cultures offer different ways to achieve inner peace that make it easier to face the challenges of life.

*Begin and end your day with meditation or prayer.* One simple form of meditation involves focusing on your own breathing, a mental image, or a sound. You could also take time for prayer each day.

*Reflect on how you're living your life.* Try journaling about the day's events or reading something that inspires you.

*Find ways to immerse yourself* in music, dance, art, or nature.

*Take a yoga or tai chi class.* These mind-body forms of movement, balance and exercise are often taught at community centers or health clubs.

#### **Peace at home**

Imagine what you would consider to be a more peaceful home life. Model that kind of peaceful behavior yourself.

*Try listening more and speaking less.* Active listening helps others feel valued but it takes practice and effort to do it well. Keep trying to be an active listener; you will improve.

*Think how you want to respond before acting.* Learn peaceful methods of conflict resolution and teach your children to practice them too.

*Praise good behavior.* Take notice and commitment on the positive things your loved ones do.

#### **Peace in your community**

Connecting with people around you can build your sense of belonging and give you opportunities to influence others.

*Welcome newcomers to your community.* You can do this in your neighborhood, your workplace, or your church community.

*Invite your co-workers to participate in a charity event.* This can build enjoyable ties with co-workers as well as contribute to a good cause.

*Find new ways to connect with people.* For example, join a book club or help organize a block party,

*Volunteer for an organization* that represents your ideas about peace.

Eleanor Roosevelt said, "It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it." If you would like to live in a more peaceful world, decide what steps you want to take to become more peaceful.

Source: Mayo Clinic HealthQuest, December, 2006

Contributed by: Peg Wilt and Kathy Strom, Wellness Co-chairpersons, Nancy Coleman, secretary

## EXCERPTS FROM COUNCIL MINUTES – JULY 15, 2008

**Pastor's Report:** Pastor made 5 home, 3 office and 0 hospital visits during the month. Additionally, there was 1 funeral during the month. Pastor also took a vacation with his family and participated in Vacation Bible School.

**Treasurer's Report:** We received a generous one-time donation that helped to eliminate a large deficit reported in June. We received the Progressive matching funds for approx. \$10,000 and a separate \$1,000 gift for property and church maintenance. We will donate 10% of each gift to the Synod, as we had previously decided to donate 10% of all undesignated funds to the Synod. Both gifts received were allocated to the capital reserve account. Chris is still projecting a net loss for 2008.

**Property Committee:** Fred Moser is the new property committee chairperson and they held a meeting on Tuesday 7/1. We had a very productive work day on Saturday June 14<sup>th</sup> and a great deal of work was completed. During the July meeting the committee discussed if we should have chemlawn come and spray the grass at the church. The committee will follow-up with courtyard planners to see if this is a good idea. The committee also made a list of additional work that needs to be done at the church. They also discussed guidelines for the air-conditioner, such as usage and temperature settings. The committee has received a quote for new carpeting for \$21,000, they are going to explore other flooring options and gather quotes and evaluate their options at their August meeting.

**Christian Ed:** Jill Jeppe has volunteered to be one of the 2 new committee co-chairpersons. Vacation Bible School was held June 16-20, we had an average attendance of 85 each night, 126 total participants and 56 families participating. We raised \$64.15 for Lutheran World Relief at VBS. A media center sub-committee has been formed. Goal is to have all supplies/materials purchased by the start of Sunday School in the fall. The committee is looking for 1 ½ Sunday School teachers and parent volunteers so that we can comply with the 2 adult per classroom rule stated in our safety policy.

**Worship:** The first 8:00am outdoor courtyard service will be on the last Sunday in July (7/27) and we will still have the traditional 9:45 service that morning. A second outdoor courtyard service is planned for August.

**Evangelism:** The Hillcrest Concert Band performance and ice cream social will be on Tuesday August 5<sup>th</sup> at 7:30 in the courtyard. The committee is looking for volunteers to scoop ice cream and for cookie donations. Rally Day is September 7<sup>th</sup>; the committee is looking for a truck with a trailer for the float in the Lyndhurst Home Days parade. If they are not able to locate a truck we will have the participating members walk in the parade. The committee has blow-up punching balls with a sticker advertising the church to hand out during the parade. The committee discussed ways to get more publicity for the church and how to use the Lutheran Digest more effectively. The committee also discussed having a monthly "What's Happening at Messiah" newsletter for visitors to the church and non-church members who attend events at the church (i.e. ice cream social) and for people who place Angel Food Ministry orders. The committee is also looking for congregation members interested in joining the committee.

**Social Ministry:** We had 69 Angel Food orders and we received a thank you note from New Covenant for the snacks donated by the congregation.

**Stewardship:** The committee is actively looking for new members and they will hold their first meeting on Wednesday July 23<sup>rd</sup>.

**Fellowship:** The pool party and cook-out that was planned for Sunday June 22<sup>nd</sup> was rained out and will not be re-scheduled for this summer. The next event is the Patterson's church service and lunch this fall on Sunday October 19<sup>th</sup> at 11:00. A golf outing is being planned with several other congregation members for September.

**Finance:** The 2009 committee budgets are due by the end of August. A meeting was held with our investment manager to discuss our investment holds and our investment strategy.

**Light of Life Church- Rental Space Inquiry:** We have decided this rental request will not be granted at this time.

**Council Vacancy:** Kirk Maharg has been suggested to finish Chris Kovach's council term. Carla Wollens moved to have Kirk Maharg fill Chris Kovach's vacant seat on council until the next annual meeting. The motion was seconded by Nancy Durst and approved by council.

**Corkboard:** The Christian Education committee has researched a 4ft X 12ft corkboard that they would like to purchase and install along the church wall opposite the name tags to be used as a bulletin board. The corkboard would be paid for out of their budget. Sue Joliat made a motion to purchase and install the corkboard, the motion was seconded by Karen Dlugosz and approved by council.

**Signs for Parking Lot:** The property committee is currently researching signage for the church parking lot that will prohibit unauthorized parking in the church parking lot. They are proposing that the sign read "Messiah Lutheran Church: Authorized Parking Only". Sue Joliat made a motion to purchase and install 3 signs for authorized parking only in the parking lot using funds from the Property Committee budget, seconded by Nancy Durst and approved by Council.

**All Committee Kick-off Meeting:** The committee-wide meeting is scheduled for the last Sunday in September (9/28) after the 11:00 service. Committees are encouraged to have a recruiting push ahead of the meeting to encourage prospective committee members to attend the meeting on 9/28 for the committee they are interested in joining.

**Photo Directory:** It was suggested that we should begin to research options for a new photo directory for the church. Any individuals/committees that would like to plan a new directory should plan a proposal and submit this proposal to council.

**New Member Dinner:** A new member picnic is planned for August 23<sup>rd</sup> at 4:00 at the church and the dinner will be hosted by Lee and Nancy Pittard. The entire congregation is invited to welcome the new members and each council member should bring a side dish or dessert to share and should let the Pittards know what they are bringing. Lee and Nancy will provide the main dish and games to be played after dinner in the courtyard.

**Congregation Birthday Cards:** A group has been formed that would like to get together to make home-made cards and mail them to congregation members for their birthdays.

Looking ahead to Operation Christmas Child –

With all of the back to school supplies on sale now as well as summer clearance items... it's a good time to stock up and make the \$\$ go farther. Here's the website about the project. [http://www.samaritanspurse.org/index.php/OCC/Pack A Shoe Box](http://www.samaritanspurse.org/index.php/OCC/Pack_A_Shoe_Box) Collection of boxes usually takes place mid-November.

### Shoe Box Gift Ideas

#### TOYS

small cars, balls, dolls, stuffed animals, kazoos, harmonicas, yo-yos, jump ropes, small Etch A Sketch®, toys that light up or make noise (with extra batteries), Slinky®, etc.

#### SCHOOL SUPPLIES

pens, pencils and sharpener, crayons or markers, stamps and ink pad sets, writing pads or paper, solar calculators, coloring and picture books, etc.

#### HYGIENE ITEMS

toothbrush, toothpaste, mild bar soap (in a plastic bag), comb, washcloth, etc.

#### OTHER

Hard candy and lollipops (please double bag all candy), mints, gum, T-shirts, socks, ball caps; sunglasses, hair clips, toy jewelry, watches, flashlights (with extra batteries)

#### A PERSONAL NOTE

In a separate envelope, you may enclose a note to the child and a photo of yourself or your family. (If you include your name and address, the child may write back.)

#### *DO NOT INCLUDE:*

Used or damaged items; war-related items such as toy guns, knives or military figures; chocolate or food; out-of-date candy; liquids or lotions; medications or vitamins; breakable items such as snow-globes or glass containers; aerosol cans

**HILLCREST CONCERT BAND** will again perform in Messiah's courtyard on Tuesday August 5th at 7:30 p.m. Invite your family, friends and neighbors to enjoy this concert followed by an **ICE CREAM SOCIAL**. Bring lawn chairs and blankets. The concert will be held rain or shine **Volunteers** are needed to provide cookies and to scoop ice cream. Please sign up on the sheet located outside the sanctuary or contact Irene Rogner, Sharon Stork or Sue Joliat.





**COME JOIN US FOR A GUITAR-BASED WORSHIP SERVICE** in the Court-  
yard **Sunday, August 24<sup>th</sup> at 8:00 a.m.** In the case of inclement weather we will  
hold the service in the sanctuary. **There will still be the usual 9:45 a.m. service.**

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Return Service Requested

NON-PROFIT ORGANIZATION  
U.S. POSTAGE  
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CLEVELAND, OHIO  
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**Dated Information**  
**Please deliver by**  
**August 1, 2008**