

## Messiah Lutheran Church

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# Grace Note, October, 2008



**We Say Yes!**

**Stewards of God's mysteries** Think of us in this way, as servants of Christ and stewards of God's mysteries. Moreover, it is required of stewards that they be found trustworthy.  
I Corinthians 4:1-2

On Oprah Winfrey's show, *The Big Give*, contestants were given resources to make a difference in communities throughout the United States. Each week, the contestants were evaluated and allowed to continue on the show based on the effectiveness and creativity of their philanthropic efforts. Many of the people involved in the show may not have known that they were actually involved in carrying out principles from scripture about the gifts and the mystery of giving and receiving. All of the contestants were blessing the needy in their communities and were being blessed as well, through their gifts of time and resources to others.

Throughout scripture, God promises blessings to all who are generous. He will reward cheerful givers who bless others with their time, material blessings, and talents. If we give according to God's will and with the right attitude, we will indeed be blessed.

**Christian, where are you?**

All Christians find themselves in times of uncertainty and fearful circumstances. We may find ourselves finding an unexpected illness, a job loss, or the loss of a loved one.

The ancient Israelites found themselves in a dry and dusty desert headed towards the promised land, miles from anywhere they had been before. Even in this abandoned wasteland, God was always with them, providing them with the essentials they needed to survive.

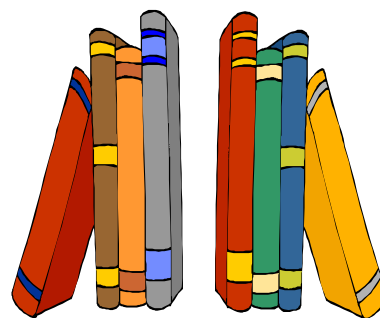
God can use circumstances, such as financial difficulty or health concerns, to draw us closer to Him. Philippians 4:19 says "My God will supply all of your needs according to His riches in glory in Christ Jesus." God wants us to trust Him to help through our struggles, no matter how bleak our circumstances may appear. Wherever you may be, whether in a new or familiar situation, you are always in the presence of God. Wherever you may be, God blesses you and enables you to be a blessing to others.

We are stewards of God's mysteries. Christ is not as concerned about the end product of our lives or all that we accomplish as he is that we be found trustworthy along the path of our life journey. Following Christ and living as a faithful steward may include a few unexpected turns. Yet, we are caught up in Christ's story. We might just be amazed at how fulfilling the whole process can be.

**Say "Yes" to God's call, become a steward of God's mysteries. God has some wonderful surprises in store for you!**

The October book selection for “*The Literary Ladies of Mes-* *siah* is **Rise and Shine** by Anna Quindlen. It is a story of two sisters, the true meaning of success, and the qualities of life that matter most. What follows is the story about how, in very different ways, the sisters, adapt, survive, and manage to bring the whole teeming world of New York to heel by dint of their mouths, quick wits, and the powerful connection between them that even the worst tragedy cannot matter. If you would like a copy of the book to read, please see Nancy Coleman who has a few extra books available.

We have moved our meeting date back to our original time, which is the second Tuesday of each month. This book will be discussed on Tuesday, October 14<sup>th</sup> at 7:00 in our



## WELLNESS NOTE

### *Vitamin D and Cancer*

Known as the “Sunshine Vitamin,” vitamin D has become a popular topic in health-related news over the past few years, in part due to the ongoing debate about potential benefits and optimism levels of this important vitamin. Evidence from the Nurses’ Health Studies and the other Harvard cohorts has been especially important in our understanding of the role of vitamin D in cancer. (This article is quite lengthy so we will present the remaining parts, i.e. Adequate Levels, Diet, Supplements, Sun Exposure and Conclusion in next month’s Grace Note.)

### BENEFITS

A well-known role of vitamin D is the prevention of rickets in infants and children. This benefit is largely due to vitamin D’s assistance in regulating levels of calcium and phosphorus in the body. In adults, adequate vitamin D is important for bone health and in reducing risk of osteoporosis. In the past several decades, many studies – including the Nurses’ Health Studies – have evaluated other roles of vitamin D as well. Vitamin D may be important in reducing the risk of cancer, cardiovascular disease, glucose intolerance, high blood pressure, asthma, some infectious diseases, multiple sclerosis, and type 2 diabetes. While these potential benefits are not definitive, an impressive and growing body of evidence supports that they are valid.

The evidence linking vitamin D with cancer is most consistent for colorectal cancer, women with blood levels of vitamin D above 30 ng/ml (what many experts consider to be the minimum acceptable level) have about half the risk of those with levels below 15 ng/ml. There is also suggestive evidence of a modest benefit on breast cancer. After lung cancer, these are the two most common fatal cancers in women. There may be benefits on other cancers, including ovarian and pancreatic cancers, but these are not definitive and much more work is needed.

A number of researchers are beginning to believe that increasing vitamin D intake may correct a deficiency caused primarily by a lack of the natural source of vitamin D found in sun exposure. Numerous cellular functions require vitamin D to regulate gene expression. For example, vitamin D appears to be important in the regulation of cell proliferation and differentiation, thus, deficiencies could contribute to the formation of cancers. In addition, studies have shown vitamin D to be critical to the immune system, and thus deficiency could contribute to some autoimmune diseases and infections.

Source: NHS News, Nurses’ Health Study Newsletter, Volume 15, 2008

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

## **EXCERPTS FROM COUNCIL MINUTES – September 16, 2008**

**Minutes:** Minutes were amended for the amount of the tithe to synod from the rummage sale. The corrected amount is \$275.65. Approval was moved by Sue Joliat and seconded by Nancy Durst.

**Pastor's Report:** In August Pastor had one week vacation, had 6 office visits and made 4 home visits. He officiated two weddings, Jessica Mills and Lynne Jennings.

**Treasurer's Report:** We are currently \$7000 behind last year in pledges.. \$80,000 is needed before the end of the year.

**Property Committee:** A final plan for flooring will be presented at the October council meeting.

Trees have been cut down on the property.

**Christian Ed:** There are enough adults for each classroom to have the 2 adults per classroom necessary for the safety policy. Unused curriculum is being sent to the synod resource center. The media center is almost complete, only needing a projector and digital camera. Youth Sunday will be held in conjunction with the Christian Ed coffee hour and Sunday School open house on February 8, 2009. The high school class is painting a mural of a tree. Each student will design and paint their own leaf. More will be added in future years

**Youth:** Working on a combined worship with Colleen Bloom from LCPC and members of First Assembly of God. Our courtyard is a central location for this. Working with the fellowship committee to plan a spaghetti dinner/talent show as a fund raiser for the conference in New Orleans. It is planned for November 8.

**Worship:** Considering a sub-committee to plan a contemporary service.

**Social Ministry:** Angel Food Ministries has a record order of 74 regular meals, 24 senior. Also, 4 willing truck drivers.

**Stewardship:** There will be a new format this year with newsletters and passion appeals during 4 services. A guest speaker will be arranged for November 9. A pancake breakfast is scheduled for that day to energize the congregation.

**Fellowship:** Paterson's is scheduled for October 19.

**Communications:** Elise received a letter from Lutheran Outdoor Ministry asking for help from the congregation. Should we include a bulletin insert informing the congregation of their needs and allowing individual help?

**Nominating Committee:** Committee will have a final slate at the October meeting.



## October Birthdays

- 1 Justin O'Connel  
Linda Krahl
- 2 Susan Milner  
Paul Stork
- 3 Kyle Roth  
Kurt Treu
- 4 Jack Kuster  
Herb Scott
- 5 Kelsey Csumitta  
Lisa Perry
- 7 Bethany Hassink
- 8 Julie Meyer
- 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 on Friday, October 24th at noon at Milano's Restaurant located at Cuyahoga County Airport on Richmond Road.



**FAITH CIRCLE** will meet on Thursday, October 16<sup>th</sup> at 12 Noon. Please bring a sack lunch. Dessert will be provided by hostess Mary Lou Cline. Pastor Fox will continue to lead a study of "Women of the Old Testament."

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

**FALL WORK DAY AT MESSIAH** will be Saturday, October 18<sup>th</sup> from 9:00 a.m. till 12:00. A sign-up sheet is posted in the reception area.



## **WORSHIP AND FELLOWSHIP AT PATTERSON FRUIT FARM**

The 11 o'clock worship service on Sunday, October 19<sup>th</sup> will be held at Patterson Fruit Farm, located at 8765 Mulberry Road in Chesterland. There will be a cook-out lunch following the service. Hamburgers, hot dogs and beverages will be provided. Please sign up to bring a side dish or dessert if you plan to attend. Fun Fest tickets will be available to purchase for \$5.00 each. Come dressed comfortably. There will be no Sunday School on that day. However, the regular 8:30 a.m. service will be held at Messiah. Holy Communion will be celebrated at both services.



**OUR THANKSGIVING FOOD DRIVE** for New Covenant Hunger Center  
Is October 12 - November 16. Please bring non-perishable food. A table will be located outside the conference room in the rear entrance.

## **COLLEGE: BEHIND THE SCENES**

Wondering how to make the most of your high school years? Learn ways to make your college decision process easier. Join Karen Dickerson of the University of Akron on October 26 from 9:45 - 10:45 for an "Introduction to College". Youth, parents, friends and the congregation are invited to attend. Meet in the Youth Room where a light breakfast will be served. Contact Sue Joliat or Karen Dickerson for additional information. Hope to see you there!

## **MESSIAH LUTHERAN CHURCH ANNOUNCES**

### ***Trunk or Treat – Saturday, October 25 3pm to 5pm***

Children will be Trick or Treating out of the trunks of vehicles.

Bring candy/goodies to distribute

Goodies, Games, Prizes, Crafts

Decorate your vehicle, dress up your kids and come join the fun!!

Cover charge of \$5 per vehicle.

This is the Sunday School fall fundraiser.

The money is used for the Christmas Family.

Please no full masks, violent, scary or inappropriate costumes.



## **TOYS FOR TOTS**

Our annual collection of toys at Christmas will begin November 2<sup>nd</sup> through December 7<sup>th</sup>. Plan to bring in new or gently used toys.



**THANK YOU** so very much to the following people who contributed the special music this summer to enhance our summer worship services:

Sharon Stork

Paul Stork

Vicki Lester

Tom Griffith

Alison Griffith

Nancy Durst

Lisa Halberg

Jay Imel

Nancy Pittard

Elise Hassink

Laurene Pride

Irene Rogner

Anna Fox

Abbey Fox

Shirlie Wozniak

Stephen Trier

Carol Soltesz



### **OPERATION CHRISTMAS CHILD**

Kids Helping Kids is collecting items to place in shoe boxes for Operation Christmas Child. Items can include anything that can fit into a shoe box: Crayons, markers, colored pencils, pencils, pencil sharpeners, scissors, small notebooks, erasers, paints, etc. Bring items to church and place in the Operation Christmas Child bin located by the children's mailboxes.

### **AMONG OUR MEMBERS:**

Our congratulations to Lynne Jennings and Matt Billington who were married at Messiah on Saturday, August 30<sup>th</sup>.

Congratulations also to Corinne Halberg for earning membership in Alpha Lambda Delta, the National Honor Society for first-year students. Membership in this organization is extended to those who have earned a cumulative grade point average of 3.5 or higher and remained in the top 20% of the class during their first year at Baldwin-Wallace College.

**PLEASE PRAY** for Chris Nuss, Lisa Perry, Carol Lindeman, David Phoenix, Phyllis and Lawson Anderson, Barbara Budzinski, Adam, Jack Ferree, Murawski Family, Jeremy, Margurite Gardner, Gladys Elliott, Fred & Alma Fanto, Peg Ager, Kathy Martinson, Barb & Jim Haynik, Thomas Family, San Manuel cheerleading squad, Todd Skiba, Samantha Powers.



God Hears and Answers Prayers

**COMING SOON-----NOVEMBER 8TH - FROM 5-8 PM.....**  
Talent Show and Spaghetti Dinner, hosted by the Youth Group  
as a fund raiser for their trip to New Orleans next year for the  
National Youth Gathering. Cost is \$5.00 per person. Children 6  
and under are free.  
Do you have a talent to share? Sign up sheet is posted  
In the reception area outside the sanctuary.

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Return Service Requested

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