

Grace Note, June, 2009

Letter from the Pastor

As I write this we are a few days away from Confirmation Sunday. Two of our young members will make a public profession of their faith before the congregation. I wanted to reprint the words that they will hear and affirm for you here:

“You have made public profession of your faith. Do you intend to continue in the covenant God made with you in Holy Baptism:

To live among God’s faithful people,

To hear the word of God and share in the Lord’s Supper,

To proclaim the good news of God in Christ through word and deed,

To serve all people, following the example of Jesus,

and to strive for justice and peace in all the earth?”

I never looked at it this way before, but that is a pretty good job description for a Christian. The service for Affirmation of Baptism contains all the key pieces of the Christian life: Worship, word, sacrament, witness, and service.

What strikes me are the wonderful opportunities that are opened up for us as we grow in the Christian faith:

We are given a community to be part of. This is a group of people who will share our joys and our sorrows throughout our lives.

We are given the chance to share in the life of our God through Word and Sacrament.

We are allowed to share Good News that the world truly needs to hear.

We are invited to add meaning to our lives by helping others.

We have the opportunity to show the world the peace that comes from knowing the Lord.

What a joyous opportunity! God has truly blessed us, not with obligations, but with gifts that give our lives hope and meaning.

When these words are spoken, I hope that each and every one of us will stop for a moment to realize how good God has been to us, and how blessed we are to do God’s work in this world.

In Christ’s name
Pastor Fox



RUMMAGE SALE - AUGUST 6-9 YES, YES, YES... BRING IT ALL ON!

We are now collecting items for our annual rummage sale which will be held Thursday Aug 6 through Saturday Aug 8. Drop off your items to one of the Sunday School classrooms which has a Rummage Sale sign posted on the door. We are collecting all items...computer equipment, electronics, books, clothing, jewelry, decorations, home furnishings, etc., - We will take it all. Some of the pricier items will be advertised for sale in July on E-Bay or through another avenue. All of the proceeds will be applied to our operating budget this year, and you can rest assured that nothing donated to the sale will go to waste. Don't have any saleable items, but you want to help? We need:

- Mobile clothes racks to display the clothing for sale. Contact Denise or Jill if you have one that we can borrow for the week.
- Single cans/bottles of soda, juice, iced coffee, or any beverage item that we can sell from our large Coca-Cola ice chest along with the baked goods. We anticipate a hot weekend, so beverage and food sales could turn out to be a big chunk of change. Drop off all beverages to the Sunday School classrooms.
- Advertising. Help us spread the word by telling your friends and neighbors about our sale. Beginning July 5th, pick-up a flyer at church or print one on your home printer from our website. Post the flyers one day at each stop you make when running errands.
- Volunteers for Mon and Tues set-up and on our Thurs, Fri, and Sat sale dates. Please sign-up to help with the set-up, sale, or bakery on the sheets posted on the bulletin board in the reception area at church.
- Buyers. Mark your calendar with our sale dates, and make sure to stop by and browse our items before making new purchases.

Thanks! Contact Denise Jennings (440) 951-2059 or Jill Levine (440) 720-0575 for more information.

THANK YOU. THANK YOU....

**From Church Women United for all who participated in the U.S.O. Cookie Drive. Messiah was AGAIN number one in the Heights District with 302 dozen cookies contributed. Gratefully,
Bette Schmidt, C.W.U. Rep.**



DO YOU HAVE MUSICAL GIFTS YOU ARE WILLING TO SHARE???



Please sign up to provide special music at one or more of our summer worship services. A sheet will be posted in the reception area. See or call Esther Hodgkinson (440 729-9550) or Vicki Lester (330 468-4115) to arrange rehearsals, select music, or arrange for accompaniment. Vocal, instrumental and ensembles are all welcome. Call the office and let Peg know the name of your selection and composer by Thursday of your week so it can be included in the bulletin notices.

Onions



Pumpkins



Messiah's Vegetable Garden has been planted with all of our cold weather crops - broccoli, lettuce, spinach, onions and carrots. A special thanks goes out to Sarah & Greg Link, Jill Levine, Betty Schmidt, George Schneider, and Carol Soltesz for all their work.

Our next garden planting will be on either Saturday, May 30th or June 6th from 10 -11:00 am, weather permitting. We will be planting the warm weather crops – Tomatoes: Beefmaster, Super Sweet 100, and Early Girl varieties; Peppers: Red and Grand Bell mix varieties; and giant pumpkins. The transplants need to be hardened off before planting and we want no chance of frost after planting. Everyone who signs up to help will receive a call to confirm the date. Take a look at the Vegetable Garden display board located in the reception area and sign-up to help for this planting or a week of garden maintenance. Only a one week commitment, (1 or 2 visits), is needed by volunteers during the period of June 14 - October 3 (16 total weeks). Responsibilities include watering, weeding and harvesting the produce.

All vegetables are being grown to benefit our Angel Food Ministry program. Our mission is to nutritiously feed families in need in our community while providing Messiah members the opportunity to serve others, have fellowship, and learn about vegetable gardening. For more information call Jill Levine at: (440) 720.0575.



PLEASE PRAY for Fred Dalasta, Lila Boehler, Beth Kaplan, Nils and Carol Pearson, David Phoenix and the Phoenix family, Phyllis and Lawson Anderson, Barbara Budzinski, Adam, Alma and Fred Fanto, Jack Ferree, Murawski Family, Jeremy, Margurite Gardner, Gladys Elliott, Todd Skiba, Dave Phillips, Ann Marie Grossman, Robert Kalvesmaki, Bill Spaan, J. D. Sidley, Sean Hachen, Carol Metzger and Family, Max Griesmar and Family, Linn Chan, Joe Romano, Dorothy Kramer.

FAITH CIRCLE ANNUAL POTLUCK SALAD LUNCHEON

**Thursday, June 18th
At Noon**

**at the home of Chris Nuss: 319 Cobblestone,
Mayfield Heights.
(Call for directions: 440 442-0332)**

ALL ARE WELCOME

OUR CHRISTIAN SYMPATHY to the Ron Neid family on the death of Jane Neid's mother-in-law, Veronica Neid.

HIGH SCHOOL AND COLLEGE GRADUATES.....Tell us about your graduations and future plans. Send your news to office@messiahlyndhurst.org or contact the office.

THE MEN'S LUNCHEON will be held at noon on Friday, June 26th at Milano's (Cuyahoga County Airport on Richmond Road.)

**MESSIAH
MEN'S LUNCHEON**



OUR SUMMER WORSHIP SCHEDULE
 Begins on June 7th
 With One Service Each Sunday
 At 9:45 AM

JUNE BIRTHDAYS

1	Karyn Schmidt	12	Nancy Durst
1	Paul Soltesz	12	Denise Jennings
4	Linnea Hadley	15	Joe Soltesz
4	Jill Makee	16	Samantha Milner
5	Tom Short	17	Patrick Dinnen
6	Jean Csumitta	18	Cindy Brunton
6	Rob Hadley	18	Jean Uhr
6	Joanie McTernan	22	Vera Leide
6	Wanda Hansler	24	Richard Sheridan
8	Leah Kovach	28	Kyle Csumitta
9	Heidi Csumitta	29	Robert Kopsak
10	Halle Rengers	30	Diane Soltesz



A NOTE OF THANKS TO MY MESSIAH FAMILY;

Your prayers, cards, caring, and concern brought me such joy and comfort during my recent hospitalization and recovery. Thank you for all you did for me and all you do for others in need of your support. God bless you. –Wanda Hansler

FATHER'S DAY FUNDRAISER BRUNCH

A brunch is being planned after the Church Service on Father's Day (June 21st). Tickets are \$7.00 for adults and \$3.00 for children (pre-sale and Father's Day morning). Please contact Carrie Skaggs (216 337-9349) if you would like to help with the brunch (set-up, cooking and clean-up).

From the Library

The Literary Ladies of Messiah hosted a second and this time spirited discussion on *The Shack* on Tuesday, May 12th. It was led by Gail Patton who was able to keep everyone focused on the book and the various interpretations of its meaning.

It was an enjoyable evening and for anyone who is interested in reading this book, we will be displaying a copy in the library very soon.

Next meeting will be Tuesday evening, June 9th and our discussion book will be *The Book Seller of Kabul* by Anne Seierstad. In Afghanistan just after the fall of the Taliban, a bookseller allowed a Western journalist to move into his home and experience first hand his family's life in the newly liberated capital of Kabul. Thru this close knit, real life household of one husband, two wives, five children, and many other relatives, we get an intricate view of an Islamic country starting the transition to modernity. We have a few extra books that we could loan out if



WELLNESS NOTE

Continuing **Vitamin D and Cancer** from last month

Sources of Vitamin D

Source	Vitamin D/Serving
Sunlight	N/A
Supplements	400 –1000 IU
Fortified Milk (1 cup)	98 IU
Cooked salmon (3.5 ounces)	360 IU
Canned tuna (3 ounces)	200 IU
Fortified cereals (3/4 to 1 cup)	40 IU

Food sources <http://dietary supplements.info.nih.gov/factsheets/vitamind.asp>

Sun Exposure

A light skinned person sunbathing for 15-20 minutes can make up to 20,000 IU of vitamin D. No case of sun-induced vitamin D toxicity has ever been documented in history. A darker-skinned person can also make similar amounts of vitamin D, but would require more time in the sun. Efforts to avoid excessive sun exposure remain important, especially among lightly pigmented pre-adults, but the extreme avoidance of sun exposure may have inadvertently contributed to widespread vitamin D deficiencies.

Conclusion

There appear to be many health benefits associated with adequate intake of vitamin D, including suggestive evidence with colorectal and breast cancers. While the available data are promising, we need to learn a lot more about vitamin D and its potential health effects. We plan continued study of this remarkable nutrient, which will help resolve the many remaining questions.

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 MAY 19, 2009 COUNCIL MEETING MINUTES

Pastor's Report: In April Pastor had 4 office visits, made 2 home visits, and 27 hospital calls. He officiated at funerals for Shirley Brunton, mother of Eric Brunton, and Mariana Treu. He also planned and conducted services for Holy Week and Easter. Pastor requested a vacation day on Tuesday, June 15th and the weeks from Saturday, June 27th through Saturday, July 11th.

Treasurer's Report: Treasurer, Chris Butler, presented the April report. The Year to Date total pledge income is approximately identical to 2008 Year to Date, but \$12,00 behind 2007. Expenses are close to budget.

Property Committee: Work Day on Saturday, May 30th from 9:00-12:00 is the committee's main focus. Many projects will be addressed.

Christian Ed: May 17th was the last day of Sunday School. A teacher's meeting was held on May 16th. Pastor Fox and Jill Jeppe are working on leadership for the coming Sunday School year.

Youth: Pastor Fox is planning an end of the year party for LYO.

Worship: Setting 7 is being used for worship presently. Three summer outdoor guitar services are being planned. We will begin our summer schedule of one service at 9:45 a.m. on June 7th.

Social Ministry: We will collect snacks for the Summer Snacks Program at New Covenant. The Earth Day Sunday was held on April 26th and photos were printed in the Sun Messenger the following week.

Stewardship: No meeting. The Capital Campaign Committee will be meeting early in June.

Fellowship: A Father's Day Breakfast fundraising event is being planned with volunteers being willing to help. The sign and shed from the Coop Nursery School will be donated to Messiah. A key to the shed was given to Peg to keep in the office. Several Coop folks would like to purchase their own items.

Endowment Fund: Treasurer Chris Butler was asked to explain and discuss the Endowment Fund and other financial matters.

Rummage Sale: Nancy Coleman will donate proceeds from the book sale to the operating fund



**OUR SUMMER WORSHIP SCHEDULE
BEGINS ON JUNE 7TH
WITH ONE SERVICE EACH SUNDAY
AT 9:45 AM**

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
June 1, 2009**