

Grace Note, July 2009

Letter from the Pastor

Like many people in our area, we lost water to our house last night. It's surprising how much of an inconvenience that can be when you are trying to do the daily activities of life.

On Thursday I came into the office in the afternoon to find a "brown out" had occurred. We had only a trickle of power. It was not enough to run anything but our old analog clock. Running an office with no power nowadays is almost impossible.

Both of these things are things that I have taken for granted all my life. I have never lived anywhere without power and running water. Day to day I use both without thinking about it. But when they are gone, life gets very difficult.

This got me thinking about how many things I take for granted every day. There are simple things like running water, electrical power, cars that work. But it gets much more profound than that. I think of my health, my family, the sun rising, having oxygen to breathe, food to eat, gravity to hold me down, the list goes on and on. Each day I enjoy the benefits of these things, while never stopping to think of what a true blessings they truly are. Everything we touch, everything we smell, taste, or hear... everything we encounter in our day to day lives is a gift from God. We become so blasé about it all that we forget to say thank you to the one who gives these things to us. But when something is taken away from us, we are often quick to complain as if we have suffered a great injustice.

Everything we have is a gift. Everything we are is a gift. **EVERYTHING** is a gift. As Christians we are called to give thanks to the one who gives us these things. When we are mindful of what we have been given we are less likely to take things for granted, and more likely to share from what we have.

God has been so good to us. Let us give credit where credit is due. Always remember to give thanks to God in your prayer life. Make time in your life (yes... even in the summer!) for worship. Take stock of what you have been given and share of the good gifts, material and spiritual, that God has blessed you with.

I think what I am challenging us all to do is to become more aware. Open your eyes to the goodness of God.

There is great contentment in knowing how wonderfully we are provided for.

May God *continue* to bless,

Pastor Fox

Messiah's Vegetable Garden has now been planted with all of our crops - broccoli, spinach, lettuce, onions, carrots, tomatoes, peppers, potatoes, and a pumpkin plant. Take a look at our completed garden! Our first harvest - spinach and lettuce, was distributed on June 20th to our Angel Food Ministry customers. Our next harvest will include broccoli and tomatoes.



A special thanks to gardeners Karen Dlugosz, Bette Schmidt and Carol Soltesz, who did the entire warm weather crop planting on May 30th. Our drip-irrigation (soaker hose) system has been completed and is leak-free! Thanks to the talents of George Schneider and Jill Levine, we now have a custom efficient watering system at our garden.



We are now in need of volunteers to help for a week of garden maintenance. Only a one week commitment, (1 - 2 visits of 1 hour each), is needed by volunteers during the period of June 14 - October 3. Responsibilities include watering, weeding and harvesting the produce. A Vegetable Garden display board located in the reception area has more information and a sign-up sheet. Everyone who signs up to help will receive a call to confirm the date. For more information call Jill at: 440.720.0575.

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.



PLEASE PRAY for Rick Quellmalz, Jay Imel, Carol and Nils Pearson, Fred Dalasta, Lila Boehler, Beth Kaplan, David Phoenix and family, Phyllis and Lawson Anderson, Barbara Budzinski, Adam, Alma and Fred Fanto, Jack Ferree, Murawski Family, Jeremy, Margurite Gardner, Gladys Elliott, Todd Skiba, Ann Marie Grossman, Robert Kalvesmaki, Linn Chan, Joe Romano, Dorothy Kramer, J. D. Sidley, John Dickerson, Owen Patton, Paul and Neefa Fielitz, John and Susan Jergens, Ellen Jergens.

OUR SYMPATHY is extended to Lyn, Sarah and Leah Phoenix and the family and friends of the Rev. David Phoenix who passed away last week. David served the Messiah congregation as Director of Christian Education from 1986 until 1993.

VOLUNTEERS ARE NEEDED FOR SPECIAL MUSIC at our summer services. A sign-up sheet is 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. 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.



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



RUMMAGE SALE - AUGUST 6-9 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...exercise equipment, computer equipment, electronics, books, clothing, jewelry, decorations, home furnishings, etc. 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.

A special thanks to everyone who has already dropped-off their items. Some of the special items include a piano, computer equipment, black & white art prints of Cleveland landmarks, and an antique crib & high chair. Thanks! Contact Denise Jennings (440) 951-2059 or Jill Levine (440) 720-0575 for more information.

JULY BIRTHDAYS

1	Carol Dalessandro	18	Chris Butler
1	Bill Studly	18	Dorothy Frelich
2	Stacy Broerman	19	Mary Argo
3	Harry Lamb	19	Irene Gedris
4	Cheryl Moser	19	Christian Perry
7	Jeff Miele	20	Phyllis Short
8	Kylie Beucler	21	Lissa Farkas
8	Lila Boehler	21	Dan McCord
8	Troy Studly	22	Robert Shemory
10	Eric Brunton	23	Allan Griffith
10	Justus Jenzen	25	Vincent Milner
11	Robert Voigt	26	Tess Herold
13	Nancy Collins	26	Melissa Joliat
14	Robert Hadley	28	Matt Wantz
17	Cristen McCord	30	Jay Carver





SAVE THE DATE.....The Hillcrest Concert Band will again perform in Messiah's courtyard on Tuesday, August 11th at 7:30 p.m. Invite your family, friends and neighbors to this annual summertime treat. Bring lawn chairs and blankets. The concert will be held rain or shine. Ice cream will be served following the concert.

THE LITERARY LADIES OF MESSIAH

Come join us. Our next book is *Pigs in Heaven* by Barbara Kingsolver. When six-year old Turtle Greer witnesses a freak accident at the Hoover Dam, her insistence on what she has seen and her mother's belief in her lead to a man's dramatic rescue. But Turtle's moment of celebrity draws her into a conflict of historic proportion. The crisis quickly envelops not only Turtle and her mother, Taylor, but everyone else who touches their lives in a complex web connecting their future with their past. Our next meeting will be at 7:00 pm, Tuesday, July 14th in the Messiah Library.

WELLNESS NOTE

POTASSIUM: HOW MUCH IS ENOUGH?

Someone suggested that my potassium levels may be lower than they should be. What are the symptoms of low potassium? How much potassium should I take in daily, and how do I meet those requirements? Why is getting the proper amount of potassium important?

Potassium is an electrolyte that is important for normal function of the nervous system, muscles, kidneys, and adrenal glands, as well as for maintaining fluid balance. Low levels of potassium can cause weakness, confusion, muscular twitches, and arrhythmias (abnormal heart rhythms) that can be life-threatening. Most people who eat plenty of foods high in potassium (meats and fish, fruits such as bananas, apricots, and avocados, and vegetables such as spinach and potatoes) get enough in their daily diet. Athletes may need extra potassium during and after marathons or other demanding activities that cause loss of fluid and electrolytes. Other people who might need potassium supplementation are those on diuretics (aka water pills, typically used to treat high blood pressure) and other medications.

Source: Everyday Health (The material on this web site is provided for educational purposes only, and is not to be used for medical advice, diagnosis or treatment.)

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

JOIN US FOR A GUITAR-BASED WORSHIP SERVICE in the Courtyard Sunday, July 12th at 8:00 a.m. In case of inclement weather we will hold the service in the sanctuary. There will be the usual 9:45 a.m. service.



EXCERPTS FROM COUNCIL MINUTES June 16, 2009

Pastor's Report: No Report, Pastor was taking a scheduled vacation day.

Treasurer's Report: Chris Butler presented the May report and noted that May was a good month and we reduced the deficit by approximately \$4,000. Pledges are slightly ahead of where they were this time in 2008.

Property Committee: Mini work day is scheduled for Saturday June 20th to work on several projects left over from the main work day. A suggestion was made to purchase a plastic sign cover for the co-op sign to advertise for church events.

Christian Education: Did not meet and they are continuing to search for a new Sunday school superintendent. Vacation bible school will be in July and they are continuing to look for volunteers.

Social Ministry: Angel Food Ministry orders include 87 basic units and 57 special units. Beginning to harvest the garden and will include bags of lettuce for 62 customers for the next Angel Food distribution. Pictures from the first garden harvest were sent to The Sun Messenger newspaper. Record number of snacks were collected for New Covenant.

Fellowship: Father's Day fundraiser brunch is planned for Sunday June 21st after church. Several very dedicated congregation members have helped to make the brunch possible that are not fellowship committee members. We're planning to meet to plan the summer event, which will probably be in August.

Communications: Pastor Hilty (former Messiah pastor) contacted Jill Levine to donate art work to the rummage sale.

Rummage Sale Update : We have received several antique items, a piano and computer equipment for the rummage sale and donations will continue to be collected.

Capital Campaign Committee: Council discussed the Capital Campaign Committee presentation to the congregation on Sunday June 14th. A few suggestions were made that will be communicated back to the committee.



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