

# Grace Note, November, 2009

## Letter from the Pastor

The past several years have seen a rise in so-called "Reality Television." Shows like *Survivor*, *America's Next Top Model*, and *American Idol* draw millions of Americans in week after week. Well, in that spirit, I wanted to share a few "realities" with you today.

The first reality is this: Messiah members aren't giving enough money to meet our expenses. I know that is a harsh one, but it's true. The budgeting process this year was difficult for the Finance Committee and the Church Council. Cuts have had to be made, and no one is very comfortable with it. There has been a realization that we have a choice: we can pretend we are fine, or we can face the reality of the situation.

Now in the face of hard times, the response of congregations can be to batten down the hatches and circle the wagons. We can become inwardly focused. Fear for the future can become a primary emotion. As we become more and more focused on survival we can lose sight of what our Lord calls us to. When these things happen, the church is no longer the church.

So in the midst of a difficult reality, how do we cope? First of all we always remember: God is still alive and active in the world! The Church isn't GM or IBM. We aren't driven by the bottom line. We are driven by an unshakeable belief in God's provision. As followers of Christ we know that fear is the opposite of faith. One of the wonderful things about following the Lord is that when the rest of the world is panicking, we fall back on the faith that has "brought us safe thus far."

Secondly, when in moments of struggle, we don't sit idly by. Moments like this are a gift from God. In difficult times we are given the opportunity to ask ourselves what is really important in life. We are given the chance to evaluate our priorities and align them once again with God's plan for the world. We can look at our lives and see where our time and efforts are being spent. We can ask ourselves anew what Messiah Lutheran Church means to us and respond accordingly.

November 15<sup>th</sup> is our "Take one step up for Christ Sunday." This is our opportunity to make a difference. This is our chance to step out in faith and defy the world and its fearful ways. This is our chance to walk more closely with the Lord.

As Christians we don't turn away from struggle. We face it with courage and faith. I know times aren't easy for anyone, but I also know that God is good. Together, let's renew our commitment to Christ's work in this place.

As our liturgy says so well:

"Merciful God, we offer with joy and thanksgiving what you have first given us-ourselves, our time, and our possessions, signs of your gracious love. Receive them for the sake of him who offered himself for us, Jesus Christ our Lord, Amen."

That's as real as it gets.

In Christ's name,

## NOVEMBER BIRTHDAYS

- 1 Carrie Skaggs
- 4 Nicole Joliat
- 6 Gregory Shepka
- 7 Sue Joliat  
Janet Scott
- 8 Jim Makee, Jr.  
Erich Quellmalz, Jr.
- 9 Charles McDicken
- 11 David Bregitzer  
Sarah McDicken
- 12 Lawson Anderson
- 14 Anna Fox
- 16 Michael Lester
- 18 Mary Lou Bregitzer  
Jim Vaccarino
- 19 Alex Bill
- 23 Jim Makee, Sr.
- 26 Cameron Halberg  
Nancy Pittard
- 27 Stella Marasko  
Shannon Perry
- 28 Robby Bradshaw  
David Csumitta
- 30 Erich Quellmalz, Sr.



**PLEASE PRAY FOR** for Karl Schmidt, Lisa Perry, Sharon Craig, Diane Drotleff, Carol and Nils Pearson, Phyllis and Lawson Anderson, Barbara Budzinski, Adam, Alma and Fred Fanto, Jack Ferree, Murawski Family, Jeremy, Margurite Gardner, Gladys Elliott, Ann Marie Grossman, Robert Kalvesmaki, Linn Chan, J. D. Sidley, Michael Sraj, Chase Evans, John Lane, Dorothy Kramer, Dick Cross, Andy Waller.

**THE MEN'S MONTHLY LUNCHEON** will be held on Friday, November 20th at noon at Milano's Restaurant located at Cuyahoga County Airport on Richmond Road. Please note that the date has been moved to the third Friday so as not to coincide with Thanksgiving week.

**FAITH CIRCLE** will meet on Thursday, November 19<sup>th</sup> at 12 Noon. Please bring a sack lunch. Dessert will be provided by hostess Nancy Durst. Pastor Fox will lead a

### OUR ANNUAL THANKSGIVING EVE

#### WORSHIP SERVICE

will be held.

Wednesday, November 25<sup>th</sup> at 7:30 PM.

Invite family, friends and neighbors

to offer thanks to God with you.



**OUR ANNUAL CONGREGATION MEETING** will be held Sunday, November 22<sup>nd</sup> immediately following the 11 o'clock worship service. The purpose of the meeting is to approve the 2010 Proposed Budget, to elect officers, council members, an audit committee member, nominating committee members, and to conduct any other business that should come before the congregation. Your presence and your participation are needed at this important event in the life of our congregation. **MARK YOUR CALENDAR NOW AND PLAN TO ATTEND.**

**OUR THANKSGIVING FOOD DRIVE** for New Covenant Hunger Center continues through November 15<sup>th</sup>. Please bring non-perishable canned or packaged food items and cleaning supplies but no glass containers. A table is located outside the conference room in the rear entrance.



### **THANK YOU THRIVENT**

We will be receiving matching funds from Thrivent for our “TRUNK or TREAT” event.



### **TOYS FOR NEW COVENANT**

Christmas is coming and we will again collect new or gently used toys for New Covenant, beginning November 1, through December 6. Think of others while doing your Christmas shopping and pick up an extra toy or two to donate. Consider teaching your children the value of giving by having them pick out a toy or donate things they no longer play with to those less fortunate. Used toys should be clean and in operating order, with batteries included if needed.

**THE HAT AND MITTEN TREE** will once again be in the rear entrance outside the conference room. We are collecting hats and mittens for the children of New Covenant. These items will be delivered along with the toys on December 11<sup>th</sup>.

**ATTENTION PARENTS OF NURSERY AGE CHILDREN  
(6 MONTHS – 5 YEARS)**

**We want to know if you are interested in nursery care during the 11 A.M. service. Would you be willing to help staff the nursery care on Sundays?**

**Please see Alison Griffith or Nancy Durst on Sundays about this project.**

### **CHURCH WOMEN UNITED**

Ladies of Messiah, it's time to start collecting for Transitional Housing and Domestic Violence. The Wish List includes paper products, toilet tissue, cleaning supplies, wash cloths and small towels, toiletries and twin sheets and pillowcases. Look for the complete Wish List on the bulletin board. Please bring items to the Donation Room during the month of November labeled “Transitional Housing. For questions call 216-382-7397. -Bette Schmidt, C.W.U. Representative

## LITERARY LADIES OF MESSIAH

Our next meeting will be on Tuesday, November 10<sup>th</sup> when we will be switching to afternoon meetings as we did last winter. Our meeting will begin at 2:00 pm in the church library. After an enjoyable session in October discussing *Divas of Damascus Road*, written by a black Christian writer, our book for November will be *The Faith Club* written by three women, a Palestinian Muslim, an ex-Catholic now in the Episcopal Church, and a woman of the Jewish faith. Initially the idea behind establishing a faith club was simple—the three women would collaborate on an inter-faith children's book emphasizing the connections between Judaism, Christianity, and Islam that would reinforce the common heritage the three religions share. In post 9/11 America, however, real life kept getting in the way. If you are interested in reading this book and discussing it with us, please contact Nancy Coleman. We are led by the most capable Gail Patton who does her best to keep us on task, which is no easy job.

## WELLNESS

### *Food Contamination and Poisoning* *Also called Foodborne illness*

Each year 76 million people in the U.S. get sick from contaminated food. Common culprits include bacteria, parasites and viruses. Symptoms range from mild to serious. They include: Upset stomach, Abdominal cramps, Nausea and vomiting, Diarrhea, Fever, Dehydration. Harmful bacteria are the most common cause of foodborne illness. Foods may have some bacteria on them when you buy them. Raw meat may become contaminated during slaughter. Fruits and vegetables may become contaminated when they are growing or when they are processed. But it can also happen in your kitchen if you leave food out for more than 2 hours at room temperature. The treatment in most cases is increasing your fluid intake. For more serious illness, you may need treatment at a hospital.

#### **Start Here**

Bacteria and Food borne Illness NIH (National Institute of Diabetes and Digestive and Kidney Diseases)

Food borne Diseases NIH (National Institute of Allergy and Infections Diseases)

Foodborne Illness (Centers for Disease Control and Prevention)

Source: Medline Plus Updated September, 2008

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

**Messiah Lutheran Church**  
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Return Service Requested

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**Dated Information**  
**Please deliver by**  
**November 2, 2009**

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