

# GRACENOTES

THE MONTHLY NEWSLETTER OF GRACE EVANGELICAL LUTHERAN CHURCH

## From the Pastor

By Paul H. Pingel



I read through the Easter hymns in the hymnal during Holy Week a few days ago. There is a bright joy to these hymns. The writers are consistent, as early as John of

Damascus from the 600's – 1400 years ago!

*'Tis the spring of souls today: Christ  
has burst his prison,  
and from three days'  
sleep in death as a sun  
has risen.  
All the winter of our  
sins, long and dark is  
flying  
from the Light to whom  
we give  
laud and praise undying.*

Martin Luther in the 1500's, Charles

Wesley in the 1700's, Bernard Kayamanywa from Tanzania in the 20<sup>th</sup> century:

*Let us sing to him with endless joy.  
Death's fearful sting he has come to  
destroy.  
Our sin forgiving, alleluia!  
Jesus is living, alleluia!*

The songs are consistent, the joy real: there is something we need to be rescued from in this world – what divides us from each other, what keeps us imprisoned: sin and death. And in Easter, we celebrate that we ARE free from sin and death! Forever! What frees the “first responders” from their fear, their

**we celebrate that we  
ARE free from sin and  
death!**

*(Continued on page 2)*

deathliness, their terrified inaction in the upper room, and outside the tomb, is the word of resurrection. Jesus is living, the shadows of this life are drowned out by the Light from heaven. This is our Easter task; like children, looking for Easter eggs, we look for the evidence of death destroyed - dead ends, fears, inaction, repeating bad habits, all the stuff that paralyzes us, keeps us stuck – all of it, no longer holding us captive. The believers FOUND something: a Jesus not dead but alive, not a memory, but a living Son of God with a Way of Life that is freeing and life-giving.

At one of Grace's recent funerals was shared the hymn *The Strife is O'er, the Battle Done*. This hymn is a powerful witness at a funeral, but even more so for us who are alive, who are living:

*The pow'rs of death have done  
their worst;*

*Jesus their legions has dispersed.*

*Let shouts of holy joy outburst;  
Alleluia!*

### **Following the Cross**

You may have noticed beginning in Lent, the worship service has started with the confession by the baptismal font in the back. You may have also noticed that the crucifer, the worship assistant who carries the cross, is also in the back. In ancient times, the

cross was always a “moving cross,” that the congregation followed into the worship space before the cross was placed by the altar, and then followed out of the worship space into the world in which they lived. It was, and is, a symbol of the Christian life: we follow the cross wherever it goes. Just as the Risen Jesus says, *follow me*, so we follow the cross. So, whenever the “moving cross” - the processional cross – is used, follow it wherever it goes. If worship begins in the back, and the cross is in the back, please turn and acknowledge the cross. When it goes past you, follow it as it goes past, and then turn toward the altar when the cross is placed in its stand. At the close of worship, follow the cross, as it leads us out of the worship space, as we “go in peace to serve the Risen Lord.” It is true, we have a beautiful large cross in the front of the worship space, and good audio speakers that allow us to hear, wherever a the worship leader may be. However in this Easter Season, we have Jesus' own words “*tell the disciples I'm going ahead of them...*” And so it is a joyful and powerfully symbolic gesture to follow the cross – an empty cross! Christ is Risen! – to help us remember to follow the Risen Christ wherever he leads us.

# Highlights of Congregation Council Meeting

March 20, 2018

Pastor's Report – Plans are being made for our 125<sup>th</sup> Anniversary with the theme: Blessings of Grace—God's Foundation for the Future. The basis of the theme is 1Timothy 6:17-19, a text that speaks of how Life that really is Life comes from God, not from the riches of the world. A trio of funerals have shown us connections and blessings as we celebrate the resurrection life of Bill Collins, Barbara Boward Stratton and Loretta Boteler. Special services have been planned for Holy Week, beginning with Palm Sunday and the tradition of other congregations coming together as a visible sign of the church united. It concludes on Easter Sunday with breakfast from 8:30 – 9:45 and one service at 10:00.

Jerry Kite, from the Mission Endowment Fund Committee, thanked the council for approving the MEF committee's request to secure the services of Alpha Omega Investment Management. He further asked to present a Temple Talk on April 15. The goal would be to encourage members to make suggestions for the use of MEF available funds. His committee will prepare a simple application to be used and it will be included in a bulletin and Grace Notes. Those requests will be submitted by May 6 and then brought to council for approval. During the rest of the year, additional requests may be made.

Council approved the use of MEF Music funds for the purchase of children's hand bells for \$143.

Approved new members to be received at the Easter Vigil on Saturday: Jan and Jean McComb, Amy Warren, and Beth Ann Doering.

Respectfully Submitted,  
Peggy Marks  
Council Secretary

# Nurse's Health Corner

By Marlene Shaw

## April is **National Humor Month**.

National Humor Month was founded in 1976 by comedian and best-selling author Larry Wilde, Director of The Carmel Institute of Humor. Steve Wilson, Psychologist, Joyologist, ***Cheerman of the Bored*** and Founder of World Laughter Tour, is the Director of National Humor Month. ***Fun*** and ***Happy*** designated days in April are International Fun-At-Work Day on April 5<sup>th</sup> and Pursuit of Happiness Day on April 13<sup>th</sup>. (April 13<sup>th</sup> is Thomas Jefferson's birthday. He is author of the famous 'pursuit of happiness' phrase in our Declaration of Independence.) To bring joy into your life through humor, pick one of the above days to celebrate. Gelotology is the study of laughter and its effects on the body, from a psychological and physiological perspective. Many studies exist supporting the use of Humor to cope with our day-to-day stressors as well as improve our health. According to the World Laughter Tour website, a few health benefits of laughter are:

- Combats Respiratory Infections by increasing antibodies in saliva
- Decreases serum cortisol
- Reduces Pain - Releases endorphins to provide pain relief
- Relaxes Muscles - Muscular tension and laughter are incompatible
- Positive Mental Function - Changes perspective with improved mood through cardio-vascular efficiency
- Helps the Body Fight Infection - Liberates numerous immune boosters
- Improves Tissue Function & Growth - Supplies nutrients and oxygen to tissues
- Happiness Linked to Longevity - Live a longer, more fulfilled life

Laughter is a healthy way of dealing with stress in our lives. Stress affects us all, but finding healthy ways to cope can lessen the burden on our health.

Article provided by Dana H. Breeding, RN Health Educator of Community Outreach, at Augusta Health. To contact Dana Breeding, RN related to the above information please call (540) 332-4988.

# 5 Things You should Know About Stress

Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it?

Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, or traumatic events—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help.

## Here are five things you should know about stress:

### 1. Stress affects everyone

Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one time or short term occurrence, or it can be an occurrence that keeps happening over a long period of time.

Examples of stress include:

- Routine stress related to the pressures of work, school, family, and other daily responsibilities
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness
- Traumatic stress experienced in an event like a major accident, war, assault, or a natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress often experience temporary symptoms of mental illness, but most recover naturally soon after.

### 2. Not all stress is bad

Stress can motivate people to prepare or perform, like when they need to take a test or interview for a new job. Stress can even be life-saving in some situations. In response to danger, your body prepares to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, your brain uses more oxygen and increases activity—all functions aimed at survival.

### 3. Long-term stress can harm your health

Health problems can occur if the stress response goes on for too long or becomes chronic, such as when the source of stress is constant, or if the response continues after the danger has subsided. With chronic stress, those same life-saving responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally.

Different people may feel stress in different ways. For example, some people experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold.

Routine stress may be the hardest type of stress to notice at first. Because the source of stress tends to be more constant than in cases of acute or traumatic stress, the body gets no clear signal to return to normal functioning. Over time, continued strain on your body from routine stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, as well as mental disorders like depression or anxiety.

#### 4. **There are ways to manage stress**

The effects of stress tend to build up over time. Taking practical steps to manage your stress can reduce or prevent these effects. The following are some tips that may help you to cope with stress:

- **Recognize the Signs** of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.
- **Talk to Your Doctor or Health Care Provider.** Get proper health care for existing or new health problems.
- **Get Regular Exercise.** Just 30 minutes per day of walking can help boost your mood and reduce stress.
- **Try a Relaxing Activity.** Explore stress coping programs, which may incorporate meditation, yoga, tai chi, or other gentle exercises. For some stress-related conditions, these approaches are used in addition to other forms of treatment. Schedule regular times for these and other healthy and relaxing activities. Learn more about these techniques on the National Center for Complementary and Integrative Health (NCCIH) website at [www.nccih.nih.gov/health/stress](http://www.nccih.nih.gov/health/stress).
- **Set Goals and Priorities.** Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload. Note what you have accomplished at the end of the day, not what you have been unable to do.
- **Stay Connected** with people who can provide emotional and other support. To reduce stress, ask for help from friends, family, and community or religious organizations.

- **Consider a Clinical Trial.** Researchers at the National Institute of Mental Health (NIMH), NCCIH, and other research facilities across the country are studying the causes and effects of psychological stress, and stress management techniques. You can learn more about studies that are recruiting by visiting [www.nimh.nih.gov/joinastudy](http://www.nimh.nih.gov/joinastudy) or [www.clinicaltrials.gov](http://www.clinicaltrials.gov) (keyword: stress).

## 5. **If you're overwhelmed by stress, ask for help from a health Professional**

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol to cope. Your doctor may be able to provide a recommendation. You can find resources to help you find a mental health provider by visiting [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

### **Call the National Suicide Prevention Lifeline**

Anyone experiencing severe or long-term, unrelenting stress can become overwhelmed. If you or a loved one is having thoughts of suicide, call the toll-free **National Suicide Prevention Lifeline** ([http:// suicidepreventionlifeline.org/](http://suicidepreventionlifeline.org/)) at **1-800-273-TALK (8255)**, available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.

### **For More Information:**

For more information on conditions that affect mental health, resources, and research, visit [www.mentalhealth.gov](http://www.mentalhealth.gov), or the NIMH website at [www.nimh.nih.gov](http://www.nimh.nih.gov). In addition, the National Library of Medicine's MedlinePlus service has information on a wide variety of health topics, including conditions that affect mental health.  
National Institute of Mental Health

### **National Institute of Mental Health**

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NIH Publication No. OM 16-4310

## April Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri.	Sat.
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8:30 a.m.</b> Easter Breakfast  <b>Easter</b>  <b>10 a.m.</b> Holy Communion	<b>OFFICE CLOSED</b>  5:30—8:00 p.m. Office on Youth (Seminar/ Nursery)  6:30—8:00 p.m. Grief Support (Library)	<b>Pastor Off</b>  9:30 a.m.— Quilting (Fellowship)	<b>Pastor Off</b>        7:00 p.m. Handbell Choir 7:30 p.m. Choir	12:30 Bridge Club (Fellowship)   6:00—9:00 p.m. VMA (Fellowship)		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>9 a.m.</b> Sunday School  <b>2nd Sunday of Easter</b>  <b>10 a.m.</b> Holy Communion	1:00—3:00 p.m. Endowment Committee (Conference)  5:30—8:00 p.m. Office on Youth (Seminar/ Nursery)  5:30—7:00 p.m. Emergency Prep. (Conference)	9:30 a.m. Quilting (Fellowship)	6:30 p.m. Chapel  7:00 p.m. Handbell Choir 7:30 p.m. Choir	11:00 a.m. Bible Study (Conference)  12:30 Bridge Club (Fellowship)  4:00 p.m. Diane Giessler (Conference)  6:00—9:00 p.m. VMA (Fellowship)  7:00 p.m. Bible Study (Conference)	All Day Diane Giessler (Conf.)	



# April Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri.	Sat.
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>9 a.m.</b> Sunday School</p> <p><b>3rd Sunday of Easter</b></p> <p><b>10 a.m.</b> Holy Communion</p>	<p>6:00 p.m. Kiwanis (Conference)</p> <p>6:30—8:00 p.m. Grief Support (Library)</p>	<p>9:30 a.m.— Quilting (Fellowship)</p> <p>10:00 a.m.— 3:30 p.m. Lutheran Family Services (Conference)</p> <p>7:00 p.m. Council (Conference)</p>	<p>3:00 p.m. WARM Board (Conference)</p> <p>6:30 p.m. Chapel</p> <p>7:00 p.m. Handbell Choir</p> <p>7:30 p.m. Choir</p>	<p>8:30 a.m. Newcomers Club (Fellowship)</p> <p>11:00 a.m. Bible Study (Conference)</p> <p>12:30 Bridge Club (Fellowship)</p> <p>6:00—9:00 p.m. VMA (Fellowship)</p> <p>7:00 p.m. Bible Study (Conference)</p>		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>9 a.m.</b> Sunday School</p> <p><b>4th Sunday of Easter</b></p> <p><b>10 a.m.</b> Holy Communion</p>		<p>9:30 a.m. Quilting (Fellowship)</p> <p>7:00 p.m. Round Table (Fellowship)</p>	<p>6:30 p.m. Chapel</p> <p>7:00 p.m. Handbell Choir</p> <p>7:30 p.m. Choir</p>	<p>11:00 a.m. Bible Study (Conf. Rm.)</p> <p>12:30 Bridge Club (Fellowship)</p> <p>7:00 p.m. Bible Study (Conf. Rm.)</p> <p>6:00—9:00 p.m. VMA (Fellowship)</p>		

## April Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri.	Sat.
<b>29</b>	<b>30</b>					
<b>9 a.m.</b> Sunday School	6:30—8:00 p.m. Grief Support (Library)					
<b>5th            Sunday            of Easter</b>						
<b>10 a.m.</b> Holy Communion						

## Odds and Ends

**ForwardingFaith Update:** After Commitment Sunday on March 18, we are very happy to announce that Grace Church has committed **\$10,259** to the **ForwardingFaith** campaign so far! With an ultimate target of \$12,500, we are very close to meeting our goal in celebration of Grace’s 125<sup>th</sup> Anniversary! What a wonderful response to this campaign to continue faith formation in our Synod for now and for the future! After Holy Week and Easter Sunday, we will follow up with those who were not present to make a commitment, and fully expect to meet or exceed our goal. If you want to make a pledge before then, forms and instructions will be on the table with the **ForwardingFaith** poster board at the back of the Nave for your use. Just put them in the offering plate or bring them to the church office and we will make sure they are accounted for and submitted to Synod with our other pledges. We are truly blessed to be a blessing to our own congregation and to the Synod as we all seek to bring faith formation programs and activities to youth and adults!

**Anniversary Dates**—Anniversary dates will not be included in Grace Notes until we are able to update the database information. Thank you for your understanding.

*(Continued on page 11)*

## Odds and Ends (Continued)

### **Rev. Pat Nabers begins our 125th Anniversary Celebrations -**

Sunday, April 22nd, the Rev. Pat Nabers of Good Shepherd Lutheran and Mt. Nebo Lutheran of Orange County, Virginia, and a "daughter of Grace," will begin our monthly observances of Grace's 125th Anniversary Year - ***Blessings of Grace - God's Foundation for the Future***. She'll preach on Sunday the 22nd, with a reception following in the narthex area for you to welcome her back and enjoy fellowship in Christ! Pat was ordained in 2004, and has served Good Shepherd and Mt. Nebo for those 15 years! Pat also served as a seminary intern at the Attoaway-Kimberlin Parish in Southwest Virginia (Marion, Groseclose, Bear Creek, and Rural Retreat, VA) the same internship site that Pastor Paul served in 1991-1992. Pat was a member of Grace from 1998 through 2004.

### **Sharing Holy Communion with our Homebound—Eucharistic**

**Ministers** - Grace has now up to 25 members who are less able to attend worship, living in assisted living facilities, some at home. There is a need for Eucharistic Ministers to share Holy Communion on a monthly basis - giving those who are unable to worship with us regularly the opportunity to *take part with us* in sharing the Sacrament of Holy Communion. This is a once per month commitment, and you have the option to work with the person/couple that you would like to serve. It would also be good to have teams of two to serve, so you can choose your Minister partner, as well. Please indicate your interest by signing up on the sheet in the narthex.

### **Keefer VMA Scholarship Applications Sought at Local Schools -**

Students at local area schools (Waynesboro and Augusta County) who are active in school music programs and play instruments will have an opportunity to apply for the Brad Keefer VMA Scholarship to seek financial help for lessons to improve their playing abilities! We are grateful that the Scholarship is underway, and serving the purpose it was created for; to help young people in our area to grow in their abilities to play music, giving them an opportunity they may not otherwise have.

**Hiker Hostel 2018**—14th Season of providing for the AT Thru-Hikers opens May 21 and closes June 17. Please contact the Church Office if you are interested in volunteering.

## Mission Endowment Fund

Grace Evangelical Lutheran Church has a Mission Endowment Fund with seven different categories that are listed below with the amount of funds that are available for distribution during 2018. Our congregation is encouraged to submit grant requests to Church Council by May 6. You can submit your grant proposal by placing them in offering place, giving them to a Council member or turn them into the church office. Requests need to be submitted by May 6 and Council will review proposals in May to select the grant. Please see Grant Request Form.

**Christian Education** - Purpose: "To provide education and training for lay and professional leaders in the congregation (seminar's workshop, etc.)." \$1,242 available for distribution.

**Seminary/Missionary Education** - Purpose: "Primarily intended to help with the tuition and expenses of seminary students from our congregation but may be applied to individuals in sister congregations in our area or the Virginia Synod or may also be used to help train missionaries for national or international mission." \$2,167 is available for distribution.

**Social Ministry** - Purpose: "To provide support for those outside the congregation in need." \$ 1,391 is available for distribution.

**Disaster Relief** - Purpose: "To provide support for mission trips and disaster relief efforts." \$818 is available for distribution.

## Mission Endowment Fund Continued

**Alleviating Hunger** - Purpose: “To be applied to local, national or international mission needs, including but not limited to: helping local indigent families, local Food Banks or the ELCA World Hunger programs.” \$2,288 is available for distribution.

**Special Music** - Purpose: “To provide support to the Music programs of the Church.” \$3,920 is available for distribution.

**The Grace Fund**- Purpose: “The Grace Fund category is to support mission oriented projects with grants from GELC to our local area, United States or World. Grants may be used to support local, national or global missions through existing organizations (examples: WARM (local), the ELCA (national) or Habitat for Humanity (int’l)). The Fund also may be used for startup mission programs within Grace. Grants may be given to support needs or programs for a one year period or multi-year periods that can be extended up to three years to help support special projects or mission organizations that have been approved by Congregation Council. The purpose is not limited to any specific ministry or outreach category and The Grace Fund may be used to support any designated fund under the Mission Endowment Fund, whether currently existing or established in the future.” \$15,422 is available for distribution.in the future.”

# Grace Mission Endowment Grant Request

**Category Fund:**

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**Organization or Purpose:**

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**How the grant would assist the organization or purpose:**

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**Submit by:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Place in offering plate, give to a Council member or turn into church office by May 6<sup>th</sup>.

# Financial Barometer

As of February 2018

<b>Financial Barometer</b>	<b>YTD Actual</b>	<b>YTD Budget</b>	<b>Difference</b>
<b>1. Pledge/Giving of Record/Faith</b>	\$42,355	\$42,041	\$314
<b>2. Total Budget Receipts</b>	\$45,102	\$46,416	(\$1,314)
<b>3. Total Budget Disbursements</b>	\$48,881	\$50,469	(\$1,588)

## Nursing Home & Assisted Living Members

### **Morris Elliot**

The Lodge at Old Trail  
The Seasons, Room 115  
330 Claremont Lane  
Crozet, VA 22932

### **Dot Gladwell**

Bridgewater Retirement  
Community  
202 North 2nd St.,  
Room 216  
Bridgewater, VA 22812

### **Frank Gum**

Augusta Nursing & Rehab  
85 Crossroads Lane  
Fishersville, VA 22939

### **Shirley Krizovsky**

White Birch Estates  
847 Oakwood Drive,  
Room 33  
Harrisonburg, VA 22801

### **Janet Lunger**

Summit Square  
501 Oak Avenue, AL-4  
Waynesboro, VA 22980

### **Fred Meier**

The Legacy  
1410 A North Augusta St.  
Apt. 3088  
Staunton, VA 24401

### **Jennings Whitmer**

Bridgewater Retirement  
Community  
202 North 2nd St., Room 216  
Bridgewater, VA 22812

## April Birthdays

04/01	Jayme Morris	04/11	Katie Etter	04/20	Becky Price
04/02	Ty Elliott	04/12	Erin Camblos	04/20	Barbara Susen
04/03	Owen Graf	04/13	Sam Biggers	04/20	Trotter Franklin
04/05	Kyle Butcher	04/13	Laura Shaw	04/22	Joelle Miller
04/06	Hal Walck	04/13	Julissa Martinez	04/24	Austin Holland
04/06	Jill Humphrey	04/14	Tim Goodrich	04/24	Kai Blosser
04/07	William LeFevre	04/14	Matthew Viel	04/25	Jacob Martin
04/07	Quinn Franklin	04/15	Bradley Hull	04/26	Diego Chandler
04/08	Kasey Goble	04/18	Mike Ekman	04/26	Will Walter
04/09	Gordon Putnam	04/18	Sandra Hoy	04/27	Ann Ekman
04/10	Gene Boissenin	04/18	Jerry Kite	04/28	Flo Walck
04/10	Sue Battani	04/18	Lisa Moran	04/28	Max Martinez
04/10	Gladis Martinez	04/19	Glenn Myers	04/30	Tawana Lynch

## April Baptisms

04/0?	Carolyn Barrette	04/06	Bobby Hite	04/14	Donna Gum
04/0?	Jane Blosser	04/06	Marc Noel	04/14	Calla Lemons
04/0?	Michael Gray	04/07	Alex Skelton	04/14	Katie Morrison
04/0?	Carolyn Hite	04/07	Jenna Smith	04/15	Kaitlyn Hull
04/0?	Jerry Kite	04/07	Paige Smith	04/19	Eden Lemons
04/0?	Shirley Loftus	04/09	Frannie Knicely	04/19	Kaitlyn Myers
04/0?	Jayme Morris	04/10	Janet Lunger	04/19	Kristen Myers
04/0?	Gordon Putnam	04/10	Andrew Moomaw	04/23	Alycia East
04/0?	Jeff Wade	04/11	Kaleb Blackwell	04/23	Zoe Stein
04/02	Flo Walck	04/11	Owen Keefer	04/25	Gregory Ranzini
04/03	Emma Bolig	04/11	Sharon Lynch	04/26	Carolyn Shields
04/03	Kylie Brown	04/11	Kiera Mahoney	04/27	Ann Ekman
04/03	Philip Hagwood	04/11	E. G. Rankin	04/28	Kim Hull
04/03	Brad Keefer	04/12	Jim Kite	04/29	Anne Barnes
04/04	Aaron Lynch	04/12	Carol Varner	04/29	Ellen Miller
04/05	Kayla Metcalf	04/14	Tom Carper		



# Worship Assistants

April 1	April 8	April 15
EASTER	2nd Sunday of Easter	3rd Sunday of Easter
<p><b>Preaching &amp; Presiding</b> Rev. Paul Pingel</p> <p><b>Assisting Minister</b> Tripp Franklin</p> <p><b>Communion Assistants</b> Carrie Jones Jerry Kite</p> <p><b>Ushers</b> Bill Meicke/Bob Moyer Tom Carper/E. G. Rankin Chris Carper/Zachary Rankin Pat Brady/Fred Biggers Jerry Kite</p> <p><b>Greeters</b> Brian Lundstrom Diane Lundstrom Hannah Lundstrom</p> <p><b>Offering Stewards</b> Kate Van Bremen Pat Brady</p> <p><b>Acolyte</b> Brodie Franklin</p> <p><b>Cup Gatherer</b> Quinn Franklin</p> <p><b>Altar Guild</b> Anne Putnam Gordon Putnam</p> <p><b>Altar Flowers</b> Gail Johnson</p> <p><b>Nursery</b> Open</p> <p><b>Council Member of the Week</b> Gwen Kite</p>	<p><b>Preaching &amp; Presiding</b> Rev. Paul Pingel</p> <p><b>Assisting Minister</b> Gail Johnson</p> <p><b>Communion Assistants</b> Donna Gum Mike Trauscht</p> <p><b>Ushers</b> Marge Cloutier Linda Meyer Jean Morgan Marlene Shaw</p> <p><b>Greeter</b> Kate Van Bremen</p> <p><b>Offering Steward</b> Marlene Shaw Pat Brady</p> <p><b>Acolyte</b> Karley Hull</p> <p><b>Cup Gatherer</b> Zachary Rankin</p> <p><b>Altar Guild</b> Jane Stein</p> <p><b>Altar Flowers</b> Open</p> <p><b>Nursery</b> Jean Franklin Tripp Franklin</p> <p><b>Council Member of the Week</b> Bill Meicke</p>	<p><b>Preaching &amp; Presiding</b> Rev. Paul Pingel</p> <p><b>Assisting Minister</b> Karla Rankin</p> <p><b>Communion Assistants</b> Marlene Shaw E. G. Rankin</p> <p><b>Ushers</b> Ron Knicely Dwight Moomaw Glenn Myers Robert Shaw</p> <p><b>Greeter</b> Bernice Archambeault</p> <p><b>Offering Stewards</b> Robin Crowder Pat Brady</p> <p><b>Acolyte</b> Hannah Pingel</p> <p><b>Cup Gatherer</b> Donna Marshall</p> <p><b>Altar Guild</b> Jean Morgan</p> <p><b>Altar Flowers</b> Pete and Pat Giesen</p> <p><b>Nursery</b> Jill Pingel Antoinette Eckstrom</p> <p><b>Council Member of the Week</b> Linda Meyer</p>

# Worship Assistants Continued

April 22	April 29
<b>4th Sunday of Easter</b>	<b>5th Sunday of Easter</b>
<p><b>Preaching &amp; Presiding</b> Rev. Paul Pingel</p> <p><b>Assisting Minister</b> Mike Trauscht</p> <p><b>Communion Assistants</b> Linda Meyer Rev. Pat Nabers</p> <p><b>Ushers</b> Ron Almarode Lee Lynch Joe Perkins Rick Bump</p> <p><b>Greeters</b> Brad Keefer Wilda Keefer</p> <p><b>Offering Stewards</b> Kate Van Bremen Pat Brady</p> <p><b>Acolyte</b> Thea Franklin</p> <p><b>Cup Gatherer</b> Karla Rankin</p> <p><b>Altar Guild</b> Kathy Meicke</p> <p><b>Altar Flowers</b> Open</p> <p><b>Nursery</b> Jane Stein Kim Hull</p> <p><b>Council Member of the Week</b> Gordon Putnam</p>	<p><b>Preaching &amp; Presiding</b> Rev. Paul Pingel</p> <p><b>Assisting Minister</b> Tyler Wertman</p> <p><b>Communion Assistants</b> Tripp Franklin Lily Pingel</p> <p><b>Ushers</b> Jack Eckstrom Brad Keefer Dave Proctor Carrie Jones</p> <p><b>Greeter</b> Dick Tomey</p> <p><b>Offering Stewards</b> Robin Crowder Pat Brady</p> <p><b>Acolyte</b> Kaitlyn Hull</p> <p><b>Cup Gatherer</b> Jean Morgan</p> <p><b>Altar Guild</b> Beth Perkins</p> <p><b>Altar Flowers</b> Walck and Altic Families</p> <p><b>Nursery</b> Deloris Wertman Sarah Kite</p> <p><b>Council Member of the Week</b> Marlene Shaw</p>



## **Robin Crowder, President**

Linda Meyer (Vice President)

Peggy Marks (Secretary)

Jack Eckstrom, Judi Goodrich, Gwen Kite, Bill Meicke, Gordon Putnam,  
Marlene Shaw, Kate VanBremen, Tyler Wertman

Lily Pingel (Youth)

Ron Almarode, Treasurer; Donna Marshall, Assistant Treasurer;

Charles Goodrich and Mike Trauscht, Financial Secretary



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## **Grace Church Sunday School Teachers**

We are proud to announce our Sunday School Teachers for the 2017-2018 school year.

The Class, Location and Teachers names are listed below. Signs will be on room doors.





<b>CLASS</b>	<b>LOCATION</b>	<b>TEACHERS</b>
<b>Pre-K-K</b>	Lower Level	Deloris Wertman Sarah Beth Kite
<b>Gr.1-3</b>	Lower Level	Jane Blosser Sandy Johnson
<b>Gr 4-5</b>	Lower Level	Jill Pingel Jane Stein
<b>Gr.6-8</b> <i>Catechism</i>	Lower Level	Pastor Pingel Fred Biggers Marlene Shaw Robin Crowder (SUB)
<b>Sr. High</b>	Lower Level	Linda Meyer Tyler Wertman
<b>Adult</b>	Upper Level	Gordon Putnam

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**Grace Evangelical Lutheran Church**  
500 South Wayne Avenue  
Waynesboro, VA 22980

LABEL



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-  [youtube.com/GraceEvangelicalLutheranChurchWaynesboro](https://youtube.com/GraceEvangelicalLutheranChurchWaynesboro)

[www.gracewaynesboro.org](http://www.gracewaynesboro.org)

E: [gracelc@cfw.com](mailto:gracelc@cfw.com)

T: 540.949.6171 / F: 540.949.0940

## Church Staff

**The Rev. Paul Pingel**  
Pastor

**Nancy Dowdy**  
Administrative Secretary

**Mike Myers**  
Director of Music & Organist

## Church Office Hours

Mon–Fri: 8:30 a.m.-2:00 p.m.  
(Lunch 12:00 – 12:30 p.m.)