

GRACENOTES

THE MONTHLY NEWSLETTER OF GRACE EVANGELICAL LUTHERAN CHURCH

From the Pastor

By Paul H. Pingel



*O God of Grace, who
richly provides us with
all things to enjoy
Instill in us the desire to
do good, To be rich in
good deeds,
To be ready to give,
willing to share.*

*Store up in us the treasure of a firm
foundation for the future,
That we may take hold of the life which
is life indeed;
Through Jesus Christ,
our Savior and Lord.
Amen.*

These words are from a portion of the anthem *The Promise and the Plan* composed by Paul Weber that we will hear for the first time on Sunday, November 18th at our 125th Anniversary Celebration. We'll be using this prayer as a part of worship in the weeks leading up to November 18th. The prayer is based

on the scripture text chosen for our Anniversary year, I Timothy 6:17-19.

Reading through Grace's 125th Anniversary History, which we anticipate having for you on November 18th, one can see this prayer answered throughout the history; God's Grace creating Blessings of Grace, through the good deeds, giving, and sharing that makes up our response to what has been so richly given to us by God: Life that Really is Life. We live in a time where there are so many claims on our lives, and so many voices trying to convince us what Life is really about. But on Sunday, November 18th, 10am, we will celebrate *God's Foundation for our Future*; a treasure stored up, given by God for you, for me. Hope to see you there!

(Continued on page 2)

I wanted to let you know of two invitations I've received and accepted, that I'm very excited about:

First, Rev. Dr. Dave Delaney, who is Director for Youth and Young Adult Ministries of the Virginia Synod, has asked me to be the Chaplain for the Youth Event called Winter Celebration for high school students, being held at Eagle Eyrie Conference Center in Lynchburg, VA, January 18-20, 2019. A part of my responsibilities will be to help the Planning Team – a group of seven (7) high school students from around Virginia (from Rural Retreat to Virginia Beach) – form a theme that will be presented through skits over the Winter Cel weekend. I will also preach and preside at worship at the event in January. There will be two planning weekends: Friday eve and Saturday Nov.30 – Dec. 1 (in Waynesboro) and Dec. 14 – 15 (in Richmond), that I'll be spending with Pr. Delaney and the Planning Team. Grace Youth have been a part of Virginia Synod youth events for many years, and I'm honored to be a part of the upcoming event!

The second invitation I've been honored to received is to preach at Christ Tabernacle Church of God in

Christ, located not too far from Basic United Methodist Church. Rev. C.D. Brown, the pastor, invited me, to introduce the congregation he serves to “a different reformation” of the Church. I am hoping that many of you will join me in worship at Christ Tabernacle on Sunday, December 9th. Pr. Brown and I have been a part of a “Waynesboro/Augusta County” ecumenical pastor's group that crosses not only denominational lines, but also ethnic lines, so we all can embrace our unity in Christ that our Lord Jesus prayed for prior to his crucifixion. For years there have been “pulpit swaps” and “lunch meetings” and “friendship Sundays” that haven't really changed a lot of the ways we have interacted with neighbors and members of our community who live “on the other side of the river,” whether they are Christian or not. *God's Foundation for our Future* includes, as our Bishop Bob Humphrey has said it, crossing new bridges that our Risen Lord has prepared for us in order to move forward in the Mission God has for us to share with the world. We'll hope to invite our sisters and brothers at Christ Tabernacle to Grace in the New Year! I'm thankful for Grace Council's blessing on my participation December 9th. And we will have worship here at Grace on December

Highlights of Congregation Council Meeting

October 23, 2018

Pastor's Report – God's Foundation for our Future is about God with us, enabling us to love, worship and serve one another, offering mutual consolation, and it is serving outside ourselves, in the community. As Grace Lutheran Church, we have been present in many ways. We look forward to our 125th Anniversary celebration, even as we look forward to the new ways God is calling us in this new age and time, as we discussed during our Retreat. Life that really is life! That's what God desires for us.

Several maintenance items are proceeding as weather permits. Resurfacing of the parking lot and driveways will be done next year.

Our 125th Anniversary celebration will be on November 18 with special guests and visitors and will include refreshments, music, and special displays and photos. You can order a special anniversary glassware by signing up on the sheet in the narthex.

Pastor has accepted an invitation to preach at Christ Tabernacle Church of God in Christ on December 9 to foster a relationship between the congregations. We hope a good group will attend for this service. Then in March, volunteers from Christ and Grace will team up to host one night at the Warm Shelter at the Seventh Day Adventist Church.

Respectfully submitted,
Deloris Wertman

Parish Nurse's

Health Corner

By Marlene Shaw

Diabetes Update

Quick Facts

- According to the Centers for Disease Control and Prevention (CDC), Virginia is one of 14 states considered to be in the Diabetes Belt. Over 11% of adults in Virginia have been diagnosed with diabetes
- Rate of Diabetes Mellitus (DM) among adults in the United States has gone down. There is longer life expectancy and improved access and referral rates to Diabetes Self-Management Education and Support Programs.
- Rate of new diabetes among children and adolescents in the United States has gone up. The American Diabetes Association recommends screening children over the age of 12 with one or more risk factors for diabetes.
- The first National Diabetes Prevention Program has been launched. In January of 2018, Medicare approved coverage for this program if it is delivered

through a recognized CDC program.

Diabetes Treatments

There have been new advances in diabetic medicines to help lower average blood glucose levels, commonly referred to as A1C:

- **Trulicity** (dulaglutide) and **Ozempic** (semaglutide) are both once weekly injections for Type 2 Diabetes Mellitus. This medication limits glucose production, stimulates insulin production and slows digestion, which can help with weight loss.
- **Tresiba** (insulin degludec) is an ultra-long-acting insulin given once daily for Type 1 and Type 2 Diabetes.
- **Basalglar and Toujeo** (insulin glargine) is a once daily injection of long-acting insulin for Type 1 and Type 2 Diabetes. It lasts longer in the system than Lantus.
- **SOLIQUA** is a once injectable that contains long acting insulin and is used to treat Type 2 Diabetes. Soliqua is commonly used with Lixenatide, which reduces glucose production and makes cells more receptive to insulin.
- **Humulin** is a meal-time insulin that is much stronger than

- **Freestyle Libre Personal Glucose Monitoring System**

- ◊ Prescription required
- ◊ Sensor placed on back of arm, reader is used to determine blood sugar
- ◊ Sensor lasts 10 days, but an improved 14 day sensor available soon
- ◊ No finger sticks required

Medicare and commercial insurances cover if criteria are met.

Requirements include patients testing four-five times a day, frequent low blood sugar, and a disability that may hinder finger stick monitoring.

Jean E. Magee, MEd, RDH, CDE

Certified Diabetes Educator

Augusta Health

Thank You

Dear Brothers and Sister in Christ at Grace Evangelical Lutheran Church:

I was greatly surprised and touched to the heart by your generous and thoughtful gift in honor of my 25th anniversary of Ordained Ministry. It Will be a great blessing to have a time of Monastery retreat, and I know that time will nourish my soul and re-energize my calling to ministry.

Grace's 125th Anniversary theme is "Blessings of Grace - God's Foundation for the Future." Thank you for being a blessing to Jill, Lily, Hannah and me in our time with you since August 2012. It is indeed a Blessing of Grace for our family. And thanks to each one of you and the ways you take part in being a Blessing of Grace to one another in our congregation, and where you live and serve others in this beautiful area of the world where God has gathered us to be the Body of Christ. That's God's Foundation for our Future; gathering us together - and sending us out - to share ourselves as Blessings of Grace, and take part in "life that really is life." (I Timothy 6:19)

May our Gracious God continue to Bless and guide our life together!

In Christ,
Pastor Paul



Dear Grace Lutheran Church,
Thank you so much for the place to stay ; I
didn't have any cash on me when I stayed there,
so here is my donation!
E13 CA BUD 5173997324_1 66522796
Printed By Walmart.com

—Earth Heart

Shenandoah Valley Lutheran Ministries
(SVLM)
acknowledges your kind donation of
\$125.00
to SVLM

Your thoughtful support of SVLM's
programs so they can continue
and grow to meet the needs of our
community. Your generous contribution
will help us pack backpacks, give
supplemental supplies to the elderly,
and provide infant and toddler essentials
to children throughout Shenandoah County.
Thanks You, Yours in Christ.



Lutheran Social Services
OF THE VIRGIN ISLANDS

516B Hospital Street, Frederiksted, VI 00840-3824
Phone: (340) 772-4099 Fax: (340) 772-0589
e-mail: info@lssvi.org www.lssvi.org

October 1, 2018

Reverend Paul Pingel
Grace Evangelical Lutheran Church
500 S. Wayne Ave
Waynesboro, VA 2298-4836

Dear Pastor Pingel and Members of Grace Evangelical Lutheran Church,

Thank you for supporting our recovery.

We send our heartfelt thanks to all of you for your gift of \$2,500.00 to Lutheran Disaster Response (LDR). You are helping families in the Virgin Islands affected by Hurricanes Irma and Maria recover, rebuild, and restore their lives.

We are gathering information and working with struggling people in our community who are unable to navigate the rebuilding process without support, such as low-income seniors, people with disabilities and single parent families. Your gift is helping us to bring stability and hope to people who may face a number of challenges, from depression and trauma from the storm or the inability to afford home repairs on their low or fixed income.

Lutheran Social Services came into being because of the concern and activism of Lutheran clergymen and congregations. Your gift is making life changes today for many vulnerable homeowners in our community — knocking on doors, holding their hands, and recovering the hope in their situations. We are so grateful for the continued support of our fellow Lutherans. On behalf of everyone at LSSVI, we say thank you to Grace Evangelical Lutheran Church.

Warmest regards,

Julia John-Stroker
Chief Executive Officer

Please note this letter serves as your receipt for tax purposes. Your check number 10375 dated 9/20/2018 in the amount of \$2,500.00 was received by Lutheran Social Services of the Virgin Islands. It is understood that no goods or services were received in exchange for this gift.

Lutheran Social Services of the V.I., Inc. is a non-profit 501 (c)(3) organization.

Odds and Ends



GRACE EVANGELICAL LUTHERAN CHURCH

"A Community of Servants Sharing in the Word and Work of Jesus."

Save the Date! 125th Anniversary Sunday, November 18th, 10:00 a.m.! A day of celebration and praise to the God who has showered us with *Blessings of Grace* and provided us a *Foundation for our Future* will include special music with the JMU Brass and an anthem written for the day by renowned Lutheran composer Paul D. Weber, who will also be conducting the choir at the event. Bishop Robert F. Humphrey will preach, and there will be a Reception with heavy hors d'oeuvres and time for fellowship, and a history room with unique and rare photographs and artifacts from Grace's 125 year history. Return your RSVP to the Church Office if you haven't yet done so.



125th Anniversary Glassware available for order - As a way of remembering and celebrating our 125th Anniversary year, there is an opportunity to order Grace 125th Anniversary glassware. The design and cost are shown on the ordering sheet in the narthex. If you'd like to order, please fill out the necessary info on the order sheet, and provide payment in the envelopes provided (make checks to Grace with "125th Anniversary glassware" in the memo line). We'll deliver them on ***Sunday, November 18th, our Anniversary Sunday!***

Hurricane Relief - As you hopefully know, Lutheran Disaster Response (LDR) is our ELCA (Evangelical Lutheran Church in America) "boots on the ground" response team to disasters worldwide. LDR has the reputation in communities where it works that it "stays around until the job is done." If you'd like to make a contribution to Hurricane and/or Tsunami Relief, use the Disaster Response envelopes in the pews (make check to Grace with "Disaster Relief - Florence", "Michael" or "Indonesia" in the memo line), or go to www.elca.org to make a donation.

Odds and Ends Continued

Altar Guild: Altar Guild is looking for anyone who would be interested in helping with preparing the altar for Sunday communion. Setting up usually takes about 20 minutes, while cleaning up after worship includes washing the small cups so that takes around 30 minutes. The setup schedule averages out to be approximately once every six weeks for the year. More preparers would reduce the number of sign-up times needed. Please consider becoming a vital part of our Sunday services. If you are interested in helping, or would like more information, please email Jean Morgan at jc321morgan@ntelos.net or call/text her at (H) 943-1929 or (C) 649-4422 or you can leave your name with Nancy at the church office and Jean will get in contact with you. Thank you for considering joining our altar guild.

Quilting update—Lutheran World Relief has notified us that the quilts we sent this spring were shipped on September 20. Some went to Tanzanian orphanage centers and homes for the elderly. Some went to Ukraine to the homeless, orphans, single mothers, refugees and disaster survivors. We quilt on Tuesday mornings at 9:30 in the fellowship hall.

Children's Church Helpers at Grace! Our Children's Church needs a corps of Adult Helpers to help Church leaders, Jean Franklin and Amber Bokelman, maintain one of our newest and most vibrant ministries. Sign up on the sheet in the narthex at the back of the Church if you are able to help!





Cribbage Update - not enough have signed up to proceed. Thanks to the three people that signed up but eight are needed to get a club started.

Financial Barometer



As of September 2018

Financial Barometer	YTD Actual	YTD Budget	Difference
1. Pledge/Giving of Record/Faith	\$190,335	\$204,948	-\$14,613
2. Total Budget Receipts	\$202,060	\$220,088	-\$18,028
3. Total Budget Disbursements	\$212,699	\$220,608	-\$7,909

November Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 9:00 a.m. Sunday School 9:30 a.m. Worship Choir 10:00 a.m. Holy Communion	29 Pastor Out of Town	30 Pastor Out of Town 9:30 a.m. Quilting (Fellowship Hall)	31 Pastor Out of Town <i>Halloween</i>  7:00 p.m. Handbell Choir 7:30 p.m. Worship Choir	1 12:30 p.m. Bridge Club (Fellowship Hall) 7:00 p.m. Pastor's Bible Study (Conf. Room)	2	3
 9:00 a.m. Sunday School 9:30 a.m. Worship Choir 10:00 a.m. Holy Communion All Saints Day	5 Meals on Wheels	6 Meals on Wheels ELECTION DAY  School Holiday 9:30 a.m. Quilting (Fellowship Hall) 3:00 p.m. WARM (Conf. Room) 7:00 p.m. Round Table	7 Meals on Wheels 11:00 a.m. Pastor's Bible Study (Conf. Room) 7:00 p.m. Handbell Choir 7:30 p.m. Worship Choir	8 Meals on Wheels 9:00 a.m. Backpacks 12:30 p.m. Bridge Club (Fellowship Hall) 7:00 p.m. Pastor's Bible Study (Conf. Room)	9	10 ACTS
11 Veterans' Day 9:00 a.m. Sunday School 9:30 a.m. Worship Choir 10:00 a.m. Holy Communion	12 Meals on Wheels  6:00 p.m. Kiwanis (Conf. Room)	13 Meals on Wheels 9:30 a.m. Quilting (Fellowship Hall) 2:00 p.m. Finance Committee (Conf. Room)	14 Meals on Wheels 11:00 a.m. Pastor's Bible Study (Conf. Room) 3:00 p.m. WARM Board (Conf. Room) 7:00 p.m. Handbell Choir 7:30 p.m. Worship Choir	15 Meals on Wheels 8:30 a.m. New Corners Club (Fellowship Hall) 9:00 a.m. Backpacks 12:30 p.m. Bridge Club (Fellowship Hall) 7:00 p.m. Pastor's Bible Study (Conf. Room)	16	17

November Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
<p>Grace's 125th Anniversary Celebration</p>  <p>9:00 a.m. Sunday School</p> <p>9:30 a.m. Worship Choir</p> <p>10:00 a.m. Holy Communion</p> <p>Bishop Bob Humphrey Preaching</p>	<p>Meals on Wheels</p> <p>6:00 p.m. Kiwanis (Conference Room)</p>	<p>Meals on Wheels</p> <p>9:30 a.m. Quilting (Fellowship Hall)</p> <p>7:00 p.m. Council (Fellowship Hall)</p>	<p>Meals on Wheels</p> <p>11:00 a.m. Pastor's Bible Study (Conference Room)</p> <p>School Holiday—Waynesboro and Augusta County</p> <p>7:00 p.m. Handbell Choir</p> <p>7:30 p.m. Worship Choir</p>	 <p>Office Holiday</p> <p>School Holiday—Waynesboro and Augusta County</p>	<p>Office Holiday</p> <p>School Holiday—Waynesboro and Augusta County</p>	
25	26	27	28	29	30	
<p>9:00 a.m. Sunday School</p> <p>9:30 a.m. Worship Choir</p> <p>10:00 a.m. Holy Communion</p>	<p>Meals on Wheels</p>	<p>Meals on Wheels</p> <p>9:30 a.m. Quilting (Fellowship Hall)</p>	<p>Meals on Wheels</p> <p>11:00 a.m. Pastor's Bible Study (Conference Room)</p> <p>7:00 p.m. Advent Services - Grace</p> <p>7:00 p.m. Handbell Choir</p> <p>7:30 p.m. Worship Choir</p>	<p>12:30 p.m. Bridge Club (Fellowship Hall)</p> <p>7:00 p.m. Pastor's Bible Study (Conference Room)</p>		

Worship Assistants

November 4	November 11	November 18	November 25
Preaching & Presiding Pastor Paul Pingel	Preaching & Presiding Pastor Paul Pingel	Preaching Bishop Bob Humphrey Presiding Pastor Paul Pingel	Preaching & Presiding Pastor Paul Pingel
Assisting Minister Karla Rankin	Assisting Minister Kathy Bump	Assisting Minister Linda Meyer	Assisting Minister Wilda Keefer
Communion Assistants Marlene Shaw E. G. Rankin	Communion Assistants Jerry Kite Hannah Pingel	Communion Assistants Robin Crowder Bishop Bob Humphrey	Communion Assistants Karla Rankin Marlene Shaw
Ushers Marge Cloutier Linda Meyer Jean Morgan Marlene Shaw	Ushers Ron Knicely Dwight Moomaw Robert Shaw	Ushers Ron Almarode Lee Lynch Rick Bump	Ushers Jack Eckstrom Brad Keefer Dave Proctor Carrie Jones
Greeter(s) Tom and Carol Varnier	Greeter(s) Lee and Sharon Lynch	Greeter(s) Clay, Kelly and Sydney Rankin	Greeter(s) Jimmy Owens
Offering Steward Ernestine Moomaw Eleanor Sampson	Offering Steward Sharon Lynch Bob Shumate	Offering Steward Robin Crowder Kate Van Bremen	Offering Steward Pat Brady Ernestine Moomaw Eleanor Sampson
Acolyte Quinn Franklin	Acolyte Karley Hull	Acolyte Brodie Franklin	Acolyte Kaitlyn Hull
Cup Gatherer Thea Franklin	Cup Gatherer Logan Miller	Cup Gatherer Donna Marshall	Cup Gatherer Jean Morgan
Altar Guild Jane Stein	Altar Guild TBD	Altar Guild TBD	Altar Guild Kathy Meicke
Altar Flowers Linda Meyer	Altar Flowers	Altar Flowers Peggy Marks	Altar Flowers Gail Johnson
Nursery Lisa Gray	Nursery Jill Pingel	Nursery Jane Stein Kim Hull	Nursery Deloris Wertman Sarah Kite
Council Member of the Week/Sunday School Support Pete Giesen	Council Member of the Week/Sunday School Support Kim Hull	Council Member of the Week/Sunday School Support Carrie Jones	Council Member of the Week/Sunday School Support Jerry Kite

Nursing Home, Assisted Living and Homebound Members

<p>Allan and Genevieve Arneson 220 Adventure Trail Waynesboro, VA 22980</p>	<p>Mary Bertelson Summit Square 501 Oak Avenue Apartment 400 Waynesboro, VA 22980</p>	<p>Jimmy and LizAnn Binns 9281 Dick Woods Road Afton, VA 22920</p>
<p>Jean Brower Oak Grove Manner 8 Rainbow Lane Waynesboro, VA 22980</p>	<p>Morris Elliott The Lodge at Old Trail The Seasons, Room 115 330 Claremont Lane Crozet, VA 22932</p>	<p>Maribeth Faivre Summit Square 501 Oak Avenue Waynesboro, VA 22980</p>
<p>Faye Glover Curis Waynesboro 1221 Rosser Avenue Waynesboro, VA 22980</p>	<p>Phyllis Kite 57 Skyline Avenue Stuarts Draft, VA 24477</p>	<p>Bob and Carol Knemoller Summit Square 501 Oak Avenue Apartment 316 Waynesboro, VA 22980</p>
<p>Shirley Krizovsky White Birch Estates 847 Oakwood Drive, Room 33 Harrisonburg, VA 22801</p>	<p>Janet Lunger Summit Square 501 Oak Avenue, AL-4 Waynesboro, VA 22980</p>	<p>Polly McKinley The Legacy 1410 A North Augusta St. Apt. 2029 Staunton, VA 24401</p>
<p>Glen & Flossie Myers 104 Patton Farm Road Apartment 361 Stuarts Draft, VA 24477</p>	<p>Paul Posey Summit Square 501 Oak Avenue Waynesboro, VA 22980</p>	<p>Pete Rufe Summit Square Healthcare 501 Oak Avenue Waynesboro, VA 22980</p>

November Birthdays

11/5 Gary Wade	11/6 Zaden Bandy	11/6 David Glover
11/6 Charlotte Jones	11/6 Jesus Martinez	11/7 Jill Pingel
11/7 Clay Rankin	11/8 Wilda Keefer	11/8 Shirley Loftus
11/9 Sam Grove	11/9 Sam Moyer	11/9 Tom Varner
11/10 Jean Morgan	11/13 Hannah Pingel	11/14 Seth Bokelman
11/14 David Brower	11/14 Lisa Spooner	11/15 Linda Garber
11/16 Emily Lawson	11/18 Peggy Lucas	11/22 Robert Moyer
11/27 Kathy Bump	11/27 Woody Graf	11/27 Logan Miller
11/28 David Schwiesow	11/30 Angelica Martinez	

November Baptisms

11/? Bob Barrette	11/? Tricia East	11/? Michael Kelley
11/? Anne Putnam	11/01 Caroline Perkins	11/02 Kelli Jones
11/05 Mary Bertelsen	11/07 Wilda Keefer	11/10 Gary Morrison
11/13 Jean Wade	11/18 Karen Knemoller	11/18 Margaret Lefevre
11/24 Bob Knemollelr	11/25 Linda Garber	11/27 Hannah Lundstrom
11/28 Jordan Driskill	11/29 Bill Meicke	



Members of Grace Ministers



Robin Crowder, President

Linda Meyer, Vice President

Deloris Wertman, Secretary

Jack Eckstrom, Pete Giesen, Kim Hull, Carrie Jones,
Jerry Kite, Gordon Putnam, Marlene Shaw, Rudolph Yobs

Hannah Pingel/Laura Shaw
Youth Co-Representatives

Ron Almarode, Treasurer

Donna Marshall, Assistant Treasurer

Charles Goodrich, Financial Secretary

Grace Church Sunday School Teachers

CLASS	LOCATION	TEACHERS
Pre-K-K	Lower Level	Deloris Wertman Sarah Beth Kite
Grades 1-3	Lower Level	Amy Warren Sandy Johnson
Grades 4-5	Lower Level	Jill Pingel Jane Stein
Grades 6-8 <i>Catechism</i>	Lower Level	Pastor Pingel Fred Biggers Marlene Shaw Robin Crowder (SUB)
Senior High	Lower Level	Linda Meyer Antoinette Eckstrom
Adult	Upper Level	Gordon Putnam

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

LABEL



 facebook.com/gelc.elca

 twitter.com/gelc_elca

 instagram.com/gelc.waynesboro

 flickr.com/gracewaynesboro

 youtube.com/GraceEvangelicalLutheranChurchWaynesboro

www.gracewaynesboro.org

E: gracelc@lumos.net

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–Thu: 8:30 a.m.–2:00 p.m.
(Lunch 12:00 – 12:30 p.m.)
Friday: 8:30 a.m.—Noon