

GRACENOTES

THE MONTHLY NEWSLETTER OF GRACE EVANGELICAL LUTHERAN CHURCH

From the Pastor

By Paul H. Pingel



As for those who are in the present age... set [your] hopes not on the uncertainty of riches but on the God who richly provides us with everything

for our enjoyment...Do good...be rich in good works, generous, ready to share...Store up for [yourselves] the treasure of a good foundation for the future, so that [you] may take hold of life that really is life. I Timothy 6:17-19

Blessings of Grace - God's Foundation for the Future

There is a radio program called On Being that is often broadcast as I'm heading to Grace on a Sunday morning, and on September 23rd, the host Krista Tippett was

interviewing a former marketing executive named Seth Godin, who was talking about children growing up in today's world, and in particular, our very "plugged in" and connected world that includes Facebook, Snapchat, Instagram, etc. I found his observations powerful not only for our children, but for a congregation like Grace. Here's a part of what he said, with a couple of words changed to allow us to think not only of our children, but for us as a congregation called Grace:

Everyone is in the world now. Given that we're in the world, what trail are [our children – and we] going to leave?... There isn't a bright line between off duty and on duty...[As contributors in this world] we trust

(Continued on page 2)

them to be bigger than they could be because they choose to be bigger...

In the 125 years of Grace Evangelical Lutheran Church, Grace has been at its best when each of us has been “bigger” than simply being individuals alone, leaving a trail that God has us on, in which we are a blessing in our community, and a gift to one another. There are easy examples that help remind us of that – ten charter members wanting to share a Lutheran Christian presence in Waynesboro; ministering to prisoners of war in Sherando; envisioning a time when God’s mission for us needed to expand beyond ourselves at 300 South Main Street, and purchasing property to prepare for that mission; opening a United Church Nursery to the community; fostering “pebbles” of ministry from the Spirit working through the ideas of Grace members that rippled out through the congregation and into the community; Christ Care groups that allowed for personal growth through small group ministry; current ministries like Meals on Wheels, Hiker Hostel, WARM House, and Cold Weather Shelter, Backpacks, Quilting, and so much more...

And soon, in our 126th year, we will continue to be in this world, continue to leave a trail of the Good News of Jesus Christ – what will that look like? How will the Spirit lead us forward, as God’s Spirit has for 125 years now? The answer will continue to come from God’s good Foundation for us – The Blessings of God’s Grace that gather us together, and then send us out into the world, so that the world might see and discover the “life that really is life” – God’s life for us in which there is no bright line between off duty and on duty – where, as the old guitar anthem refrain tells us, “... *they’ll know we are Christians by our love...*”

That’s why we’ll celebrate in such a big way in November, invite friends and family back, sing a new song, and rejoice in fellowship – remember to return your RSVP card, and share your list of friends and family with Grace’s Church Office so that we can be sure to invite everyone – we have something to celebrate not merely in the past, but in God’s present for Grace Evangelical Lutheran Church! That’s something to take hold of!

Highlights of Congregation Council Meeting

September 18, 2018

Pastor's Report – Gordon Putnam and Nancy Dowdy have linked pastor's and Nancy's calendars so Pastor can see items she has scheduled. Planning continues on Christian Education, 125th Anniversary Events, and Worship for the rest of the year, and special events coming up. The Rise Against Hunger was a great success with 88 volunteers packing 23,000+ meals for the hungry in Haiti. Pastor was able to celebrate Reverend Benjamin Badgett's installation at St. John's Episcopal. He also shared in Vespers at Summit Square Retirement community, where 13 Grace members live. Pastor Kate Gosswein will be guest speaker September 23rd. Since the Wedding Guidelines have not been updated for years, they were revised to conform to the faith and practices of the Evangelical Lutheran Church in America and this congregation. Maintenance items are being worked on as weather permits.

Respectfully submitted,
Deloris Wertman

Financial Barometer

As of August 2018

Financial Barometer	YTD Actual	YTD Budget	Difference
1. Pledge/Giving of Record/Faith	\$170,013	\$178,673	-\$8,660
2. Total Budget Receipts	\$180,472	\$192,275	-\$11,803
3. Total Budget Disbursements	\$185,029	\$196,823	-\$11,794

Parish Nurse's

Health Corner

By Marlene Shaw

The Real Deal on Electronic Cigarettes

Krystal D. Moyers, M.Ed., CHES

National Healthy Lung Month is observed each October. Lung Cancer is the leading cause of cancer deaths in the United States, and the majority of lung cancers are directly linked to smoking.

One of the newest and most controversial topics in regards to lung health and lung cancer is electronic cigarettes.

Electronic cigarettes are known by a variety of names including e-cigarettes, e-cigs, e-hookahs, vape pens and electronic nicotine delivery systems (ENDS). Using an e-cigarette is often referred to as 'vaping'. E-cigarettes come in a multitude of shapes and sizes and most contain a battery, heating element, and container to hold a liquid. Some resemble regular cigarettes or cigars, or even everyday items such as pens. In addition to nicotine, e-cigarettes can be used for marijuana and other drugs.

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other harmful chemicals. Users inhale the aerosol into their lungs. The harmful chemicals in the liquid could include ultrafine particles that can be inhaled deep into the lungs, flavorings such as diacetyl (a chemical linked to lung disease), volatile organic compounds, heavy metals such as nickel, tin and lead, and other cancer-causing chemicals. However it is difficult to know specifically what an e-cigarette contains. Some e-cigarettes marketed as 'zero percent nicotine' have been found to contain nicotine.

Since e-cigarettes are relatively new, medical experts are still determining the long-term health effects. Here is what scientists have determined so far:

- Most e-cigarettes contain nicotine, which has known health risks, especially for pregnant women and children.
- Besides nicotine, e-cigarette aerosol can contain substances that harm the body and cause cancer.
- E-cigarettes can cause unintended injuries from defective battery fires and explosions or toxic acute nicotine exposure from swallowing the e-cigarette liquid.

E-cigarettes are less harmful than regular cigarettes, but that does not mean they are safe. The aerosol from e-cigarettes contains fewer toxic chemicals than the mix of chemicals in regular cigarette smoke. However, e-cigarette aerosol contains many harmful substances and cancer-causing agents.

Just like regular cigarettes, e-cigarettes have an increased risk for youth, young adults and pregnant women because of the effects of nicotine exposure on brain development. Use of e-cigarettes by youth is associated with an increased use of other tobacco products. Currently youth in the United States are more likely to use e-cigarettes than adults, and e-cigs are the most commonly used tobacco product among youth. In 2016, 11.3% of high school students used e-cigarettes. Among e-cigarette users aged 18-24 years of age, 40% had never been regular cigarette smokers.

The U.S. Food and Drug Administration have not approved e-cigarettes as a quit smoking aid. The U.S. Preventative Services Task Force has determined that there is insufficient evidence to recommend e-cigarettes for smoking cessation in adults. The potential for adult smokers who are not pregnant to benefit from e-cigarettes as a complete substitute from other

tobacco products is still being investigated.

So what is the bottom line for lung health? If you have never smoked or used other tobacco products or e-cigarettes, don't start!

Source: Office on Smoking and Health, Centers for Disease Control and Prevention

Luther's Morning and Evening Prayer

From the Small Catechism

The Morning Blessing

In the morning, as soon as you get out of bed, you are to make the sign of the holy cross and say:

God the Father, Son and Holy Spirit watch over me.
Amen

Then, kneeling or standing, say the Apostles' Creed and the Lord's Prayer. If you wish, you may recite this little prayer as well:

I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have protected me through the night from all harm and danger. I ask that you would also protect me today from sin and all evil, so that my life and actions may please you. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me.

Amen

After singing a hymn, or whatever else may serve your devotion, you are to go to your work joyfully.

The Evening Blessing

In the evening, when you go to bed, you are to make the sign of the holy cross and say:

God the Father, Son and Holy Spirit watch over me.
Amen

Then, kneeling or standing, say the Apostles' Creed and the Lord's Prayer. If you wish, you may recite this little prayer as well:

I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have graciously protected me today. I ask you to forgive me all my sins, where I have done wrong, and graciously to protect me tonight. Into your hands I commend myself; my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me.

Amen

Then you are to go to sleep quickly and cheerfully.



Odds and Ends

Letters have been mailed to all Grace members inviting you to our November 18th 125th Anniversary Celebration. PLEASE MAIL THE RSVP POSTCARD INCLUDED IN THE LETTER (or by email/ phone, see letter) so we will have an accurate number from which to place an order with the caterer. And note that we are asking for everyone's help to make sure past members, and current friends and family members are also invited and included.

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, and one of the most effective disaster relief organizations around. 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 help those in need in the Carolinas following Hurricane Florence, use the Disaster Response envelopes in the pews (making the check out to Grace with "Hurricane Florence" in the memo line), or go to www.elca.org to make a donation.

Bradley Keefer VMA Scholarship Awarded - Valley Music Academy has awarded the first Keefer Scholarship, which is offered by VMA to a gifted musician who will benefit from additional lessons (that might not otherwise be afforded by a family). The musician is a trumpeter and student from Waynesboro High School. The approximate value of the scholarship is \$660. The Keefer Scholarship Fund had collected \$3000 prior to the awarding of this first Scholarship. If you would like to make a contribution to continue funding the Keefer Scholarship, please make a check out to Grace, and put "Keefer VMA Scholarship" in the memo line.

Quilting News—Quilting began the season on Tuesday, September 11. We meet in the Fellowship Hall from 9:30 – 11:45. This past season we completed over 65 quilts and shipped 56 to Lutheran World Relief to be distributed as needed around the world. Please consider joining the quilters on a Tuesday and see how the quilts are made. Sewing is not required for everyone. There are other tasks that can easily be done with no quilting or sewing experience. As well as making quilts, part of this outreach is the fellowship and support of each other.

Meals on Wheels—For nearly 40 years, Grace has delivered meals to the homebound for the month of November. The Senior Center has been contacted and we are on the schedule once again for November. Meals are delivered in the mornings Monday thru Thursday. We are always in need of new volunteers. It takes about 2 hours or less to complete a route. If you have delivered in the past and are able to do it again this year, please let Gwen Kite know. If you are unable to deliver this year as you have done in the past, please let me know as soon as possible so that the schedule can be prepared. As in years past, there are 4 routes and each route has two volunteers per route. It takes 32 volunteers each week to deliver the meals. For more information, please contact Gwen Kite at 540-910-0508.

October Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 19th Sunday After Pentecost 9:00 a.m. Sunday School 10:00 a.m. Holy Communion 2:00 p.m. Crop Walk	1	2 9:30 a.m. Quilting (Fellowship Hall)	3 11:00 a.m. Pastor's Bible Study (Conference Room) 7:00 p.m. Handbell Choir 7:30 p.m. Worship Choir	4 12:30 p.m. Bridge Club (Fellowship Hall) 7:00 p.m. Pastor's Bible Study (Conference Room)	5	6
7 20th Sunday After Pentecost 9:00 a.m. Sunday School 9:30 a.m. Worship Choir 10:00 a.m. Holy Communion	8 <i>Columbus Day School Holiday—Waynesboro</i>	9 9:30 a.m. Quilting (Fellowship Hall)	10 11:00 a.m. Pastor's Bible Study (Conference Room) 7:00 p.m. Handbell Choir	11 12:30 p.m. Bridge Club (Fellowship Hall) 7:00 p.m. Pastor's Bible Study (Conference Room)	12 <i>School Holiday—Augusta County</i>	13
14 21st Sunday After Pentecost 9:00 a.m. Sunday School 10:00 a.m. Holy Communion Rev. Janice (Jamie) Marie Preaching	15 <i>Pastor—Ministerium</i> 6:00 p.m. Kiwanis (Conference Room)	16 <i>Pastor—Ministerium</i> 9:30 a.m. Quilting (Fellowship Hall) 7:00 p.m. Council (Conference Room)	17 <i>Pastor—Ministerium</i> 11:00 a.m. Pastor's Bible Study (Conference Room) 3:00 p.m. WARM Board (Conference Room) 7:00 p.m. Handbell Choir	18 8:30 a.m. New Comers Club (Fellowship Hall) 12:30 p.m. Bridge Club (Fellowship Hall) 7:00 p.m. Pastor's Bible Study (Conference Room)	19 <i>ACTS</i>	20 <i>ACTS</i>

October Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 22nd Sunday After Pentecost 9:00 a.m. Sunday School 10:00 a.m. Holy Communion	22	23 9:30 a.m. Quilting (Fellowship Hall) 7:00 p.m. Round Table (Fellowship Hall)	24 11:00 a.m. Pastor's Bible Study (Conference Room) 7:00 p.m. Handbell Choir 7:30 p.m. Worship Choir	25 12:30 p.m. Bridge Club (Fellowship Hall) 7:00 p.m. Pastor's Bible Study (Conference Room)	26	27 3:00—7:00 p.m. Valley Music Fest
28 23rd Sunday After Pentecost 9:00 a.m. Sunday School 9:30 a.m. Worship Choir 10:00 a.m. Holy Communion	29	30 9:30 a.m. Quilting (Fellowship Hall)	31 <i>Halloween</i> 11:00 a.m. Pastor's Bible Study (Conference Room) 7:00 p.m. Handbell Choir 7:30 p.m. Worship Choir			

Worship Assistants

October 7	October 14	October 21	October 28
Preaching & Presiding Pastor Paul Pingel	Preaching Reverend Janice Marie ("JMe") Lowden Presiding Rev. Paul Pingel	Preaching & Presiding Pastor Paul Pingel	Preaching & Presiding Pastor Paul Pingel
Assisting Minister Tripp Franklin	Assisting Minister Donna Gum	Assisting Minister Ron Almarode	Assisting Minister Lily Pingel
Communion Assistants Carrie Jones Donna Gum	Communion Assistants Robin Crowder Reverend Janice Marie (Jamie) Lowden	Communion Assistants Brodie Franklin Bill Meicke	Communion Assistants Donna Gum Fred Biggers
Ushers Ron Almarode Lee Lynch Rick Bump	Ushers Jack Eckstrom Brad Keefer Dave Proctor Carrie Jones	Ushers Bill Meicke Tom Carper Chris Carper Pat Brady	Ushers Bob Moyer E. G. Rankin Zachary Rankin Fred Biggers Jerry Kite
Greeter(s) Gene and Jan McCombs	Greeter(s) Mike and Cindy Trauscht	Greeter(s) Karl and Jane Stein	Greeter(s) Amber and Isabelle Bokelman
Offering Steward Pat Brady	Offering Steward Pat Brady	Offering Steward Pat Brady	Offering Steward Pat Brady
Acolyte	Acolyte	Acolyte	Acolyte
Cup Gatherer	Cup Gatherer	Cup Gatherer	Cup Gatherer
Altar Guild TBD	Altar Guild TBD	Altar Guild TBD	Altar Guild Kathy Meicke
Altar Flowers Gail Johnson	Altar Flowers Berenice Archambeault	Altar Flowers Rudy Yobs	Altar Flowers Open
Nursery Jane Stein Kim Hull	Nursery Deloris Wertman Sarah Kite	Nursery Jean Morgan Susie Driskill	Nursery Tripp and Jean Franklin
Council Member of the Week/Sunday School Support Marlene Shaw	Council Member of the Week/Sunday School Support Rudolph Yobs	Council Member of the Week/Sunday School Support Robin Crowder	Council Member of the Week/Sunday School Support Jack Eckstrom

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>Faye Glover Curis Waynesboro 1221 Rosser Avenue Waynesboro, VA 22980</p>	<p>Morris Elliott The Lodge at Old Trail The Seasons, Room 115 330 Claremont Lane Crozet, VA 22932</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>

October Birthdays

10/1	Tom Blosser	10/1	Marlene Shaw	10/2	Bob Barrette
10/2	Dottie Sheaffer	10/4	Marge Cloutier	10/7	Lindsey Skelton
10/11	Glen Gray	10/11	Missy Kozubal	10/14	Bill Meicke
10/15	Aaron Lynch	10/18	Mike Kelley	10/10	Susan Morrison
10/21	James Hagwood	10/21	Matthew Miller	10/23	Lee Lynch
10/23	Margaret Quickel	10/24	Mason McCloskey	10/24	Amanda Moyer
10/27	Bob Shumate	10/28	Elizabeth Stelling	10/28	Bill Crowder
10/31	Bob Knemoller				

October Baptisms

10/?	Gwen Kite	10/?	Linda Tomey	10/04	Minnie Moyer
10/04	Brian Lundstrom	10/09	Tanner Walter	10/12	Clay Rankin
10/12	Sam Biggers	10/13	Joe Moyer	10/15	Joan Ranzini
10/28	Justin Metcalf	10/28	Tom Blosser	10/28	Sue Kelley
10/28	Glenn Myers	10/31	Lee Lynch		



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

We are proud to announce our Sunday School Teachers for the
2018-2019 school year.

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

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